



Michael ANDERSON

WILDERNESS THERAPY MOUNTAINEERING INSTRUCTOR

CONTACT

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SKILLS

- Wilderness Therapy
- Emotional Resilience
- Therapeutic Climbing
- Group Facilitation
- Curriculum Development
- Safety Management

LANGUAGES

- English
- Spanish
- French

EDUCATION

**MASTER OF ARTS IN COUNSELING
PSYCHOLOGY, UNIVERSITY OF
DENVER, 2018**

ACHIEVEMENTS

- Developed a unique climbing program recognized in national mental health conferences.
- Achieved a 90% satisfaction rate among participants in therapeutic programs.
- Published research on the benefits of outdoor activities in mental health recovery.

Experienced mountaineering instructor with a background in wilderness therapy and personal development. Specializes in using climbing as a therapeutic tool to promote mental health and emotional resilience. Demonstrated ability to connect with individuals facing various challenges, providing support and guidance through climbing experiences. Known for creating a safe and nurturing environment that fosters trust and personal growth.

WORK EXPERIENCE

WILDERNESS THERAPY MOUNTAINEERING INSTRUCTOR

Healing Heights Retreat

2020 - 2025

- Designed and implemented therapeutic climbing programs for individuals with mental health challenges.
- Conducted assessments to tailor experiences to individual needs and goals.
- Facilitated group discussions to promote reflection and emotional processing.
- Collaborated with mental health professionals to align therapeutic strategies with climbing activities.
- Utilized climbing to teach coping strategies and resilience-building techniques.
- Maintained participant safety and well-being throughout all activities.

OUTDOOR EDUCATOR

Nature's Path

2015 - 2020

- Conducted outdoor education programs focusing on personal development and teamwork.
- Utilized experiential learning techniques to enhance participant engagement.
- Developed curriculum integrating climbing and wellness practices.
- Facilitated workshops on emotional intelligence and self-awareness.
- Monitored progress and provided feedback to support individual growth.
- Engaged with families to promote understanding of the therapeutic process.