



# Michael

## ANDERSON

### ADVENTURE THERAPY INSTRUCTOR

Dynamic Outdoor Education Instructor specializing in experiential learning and adventure therapy. Combines a deep understanding of psychological principles with outdoor education to foster healing and personal development in participants. Demonstrates expertise in designing programs that cater to individuals dealing with trauma and stress. Committed to creating supportive environments that encourage self-discovery and resilience.

#### CONTACT

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- 📍 San Francisco, CA

#### SKILLS

- Experiential Therapy
- Emotional Resilience
- Trauma-Informed Care
- Program Development
- Community Collaboration
- Assessment

#### LANGUAGES

- English
- Spanish
- French

#### EDUCATION

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

#### ACHIEVEMENTS

- Expanded program participation by 70% through targeted outreach efforts.
- Recognized for excellence in integrating therapeutic practices into outdoor education.
- Successfully implemented a new curriculum focused on emotional well-being.

#### WORK EXPERIENCE

##### ADVENTURE THERAPY INSTRUCTOR

Healing Trails Outdoor Therapy

2020 - 2025

- Developed and implemented therapeutic outdoor programs for individuals facing emotional challenges.
- Facilitated guided sessions focusing on self-reflection and personal growth.
- Collaborated with mental health professionals to create holistic treatment plans.
- Utilized nature as a therapeutic tool to promote healing and resilience.
- Trained staff on trauma-informed practices in outdoor settings.
- Evaluated participant progress and adjusted programs as needed.

##### OUTDOOR EDUCATION FACILITATOR

Pathways to Wellness

2015 - 2020

- Led outdoor excursions designed for personal development and emotional healing.
- Implemented safety measures and protocols to ensure participant welfare.
- Created supportive environments for open discussions and sharing experiences.
- Organized workshops on mindfulness and stress reduction techniques.
- Engaged with participants to gather feedback for program improvements.
- Collaborated with community organizations to expand outreach and support.