



# MICHAEL ANDERSON

## Therapeutic Outdoor Program Facilitator

Experienced Outdoor Recreation Specialist with a focus on therapeutic outdoor programs, holding over 7 years of expertise in facilitating nature-based interventions for individuals with mental health challenges. Demonstrated proficiency in integrating therapeutic principles with outdoor activities to promote healing, resilience, and personal growth. Skilled in conducting assessments and tailoring programs to meet the diverse needs of participants.

### CONTACT

- (555) 234-5678
- michael.anderson@email.com
- San Francisco, CA

### EDUCATION

#### Master of Science in Clinical Psychology

University of Massachusetts  
2016-2020

### SKILLS

- therapeutic programming
- nature therapy
- participant assessment
- collaboration
- logistics management
- feedback evaluation

### LANGUAGES

- English
- Spanish
- French

### WORK EXPERIENCE

#### Therapeutic Outdoor Program Facilitator

2020-2023

Healing Nature Institute

- Designed and implemented therapeutic outdoor programs for individuals facing mental health challenges.
- Conducted participant assessments to tailor interventions to specific needs.
- Collaborated with mental health professionals to ensure holistic program delivery.
- Organized community workshops on the benefits of nature therapy.
- Managed logistics for outdoor sessions, ensuring participant safety and engagement.
- Evaluated program outcomes through participant feedback and assessments.

#### Nature-Based Therapist

2019-2020

Mindful Outdoor Therapy

- Facilitated outdoor therapy sessions that integrated mindfulness practices and nature exposure.
- Developed individualized treatment plans based on participant assessments.
- Trained staff on therapeutic outdoor practices and safety protocols.
- Conducted workshops for families on engaging with nature for mental well-being.
- Collaborated with community organizations to promote outdoor therapy initiatives.
- Implemented feedback mechanisms to assess program effectiveness and participant satisfaction.

### ACHIEVEMENTS

- Developed a nature therapy program that received national recognition for its innovative approach.
- Increased participant engagement in therapeutic programs by 50% within the first year.
- Published research on the efficacy of nature therapy in peer-reviewed journals.