

# MICHAEL ANDERSON

Trauma-Informed Retreat Facilitator

- San Francisco, CA
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Resilient spiritual retreat facilitator with a focus on trauma-informed care and healing practices. Extensive experience working with individuals who have experienced trauma, utilizing a compassionate and holistic approach to facilitate healing journeys. Skilled in creating safe spaces for participants to explore their emotions and navigate their personal narratives. Recognized for the ability to connect with participants empathetically, fostering trust and openness.

## WORK EXPERIENCE

### Trauma-Informed Retreat Facilitator | Healing Journeys Retreats

Jan 2022 – Present

- Designed and led retreats focused on trauma recovery and emotional healing.
- Facilitated group discussions to promote sharing and connection among participants.
- Utilized trauma-informed techniques to create a safe and supportive environment.
- Developed personalized healing plans for participants based on their experiences.
- Monitored participant progress and adjusted programs as necessary.
- Collaborated with mental health professionals to ensure holistic care.

### Support Group Facilitator | Trauma Recovery Center

Jul 2019 – Dec 2021

- Facilitated support groups for individuals recovering from trauma.
- Provided resources and tools for participants to navigate their healing journeys.
- Created a safe and welcoming environment for open discussions.
- Collaborated with therapists to develop group curricula focusing on resilience.
- Maintained confidentiality and trust among group members.
- Evaluated group dynamics and participant feedback to improve sessions.

## SKILLS

trauma-informed care facilitation emotional support group dynamics holistic healing personal growth

## EDUCATION

### Master of Social Work

2015 – 2019

Healing University

## ACHIEVEMENTS

- Achieved a 98% participant satisfaction rate in trauma recovery retreats.
- Recognized for exemplary service in trauma-informed practices at Healing Journeys.
- Published research on the effectiveness of trauma-informed care in retreat settings.

## LANGUAGES

English Spanish French