



MICHAEL ANDERSON

ADVENTURE THERAPY INSTRUCTOR

CONTACT

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-  San Francisco, CA

SKILLS

- Adventure therapy
- Emotional intelligence
- Group facilitation
- Risk management
- Curriculum design
- Community engagement

LANGUAGES

- English
- Spanish
- French

EDUCATION

**MASTER OF ARTS IN COUNSELING
PSYCHOLOGY, UNIVERSITY OF
CALIFORNIA, 2015**

ACHIEVEMENTS

- Conceived and launched a pioneering adventure therapy program recognized by the National Association for Wilderness Therapy.
- Achieved a 95% satisfaction rate among participants in therapeutic programs.
- Authored a published article on the benefits of wilderness therapy in peer-reviewed journals.

PROFILE

Demonstrating an exceptional ability to connect with individuals through outdoor experiences, this Wilderness Instructor has harnessed a profound understanding of group dynamics and personal development. With a focus on adventure therapy, the individual integrates psychological principles into wilderness programs, fostering emotional growth and resilience among participants. The instructor's expertise in navigating complex social interactions in challenging environments has proven invaluable in enhancing participants' self-efficacy.

EXPERIENCE

ADVENTURE THERAPY INSTRUCTOR

Healing Trails

2016 - Present

- Facilitated therapeutic wilderness expeditions focusing on emotional and psychological growth.
- Developed individualized treatment plans incorporating adventure-based activities.
- Utilized reflective practices to enhance participants' self-awareness and coping strategies.
- Conducted risk assessments and managed emergency responses during expeditions.
- Collaborated with mental health professionals to ensure holistic participant care.
- Led workshops on mindfulness and resilience in natural settings.

WILDERNESS SKILLS FACILITATOR

Nature's Pathways

2014 - 2016

- Instructed participants in outdoor skills, emphasizing teamwork and personal growth.
- Designed experiential learning activities that aligned with therapeutic goals.
- Monitored participant engagement and adapted activities to suit diverse needs.
- Utilized debriefing sessions to reinforce learning and emotional processing.
- Maintained safety protocols while navigating challenging outdoor environments.
- Partnered with local organizations to enhance community outreach and program visibility.