

Ryan Welborn

Education

Naropa University Boulder, CO
- MA in Transpersonal Wilderness Therapy

August 2018-May 2021

Boyce College Louisville, KY
- Graduated with a 3.5 GPA and a BA in Theology

August 2010-May 2014

Magnolia High School Magnolia, TX
- Finished in the top ten percent and was elected to participate in the Principal Advisory Group

August 2006-May 2010

Experience

Vemont Center for Anxiety Care Burlington, VT
Registered Psychotherapist

May 2021-Present

- Maintaining a case load of 25+ clients.
- Attending group and individual supervision on weekly basis.
- Upkeeping paperwork involving intakes, progress notes and insurance information for current and previous clients.

Northern Vermont University Johnson, VT
Wellness Center

August 2020-May 2021

- Weekly therapy for college students.
- Maintained a case load of 10+ clients.
- Developed and facilitated weekly mindfulness workshops and support groups.

Focus Reentry Boulder, CO
Mentor

December 2019-May 2020

- Helped support post-incarcerated individuals as they transitioned back into society.
- Had weekly meetings with my supervisor and other mentors to learn and share.
- Developed therapeutic skills and gained exposure to the field.
- Met with mentees on a weekly basis for six months.

Sempervirens Outdoor School Boulder Creek, CA
Naturalist

September 2015-May 2018

- Taught fifth and sixth grade students local ecology, natural history and conservation in forests and coastal settings.
- Created and performed songs and skits for students on site and at schools to inspire an appreciation for the outdoors.
- Mentored elementary and high school students and facilitated conflict resolutions.
- Wrote and led NGSS lessons utilizing Common Core standards.

Skills

- Spent the past seven years hiking various trails across the world such as The Appalachian Trail, The Pacific Crest Trail, El Camino del Norte and more.
- Experienced in various group process methods such as Circling and T-Groups.
- Well-versed in herbalism and considering certification.
- Certified in CPR, First Aid and Wilderness First Responder.
- Trained in Motivational Interviewing and Nonviolent Communication