



Willder Sage LLC

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EXPERIENCE

M.A. Professional Counseling, Central Michigan University (2004)

B.A. Environmental Studies and Native American Spiritual Practices, Naropa University (1994)

Founder, Mountain Sage Wilder, LLC - Durango CO : 12/15/19 - present

Nature Re-integration coaching for families and individuals. Natural outdoor settings for individuals and groups. Goal oriented therapeutic coaching.

Family Services, Open Sky Wilderness Therapy- Durango, CO : 5/15/21-2/15/24

Facilitated Family Quests, a three day nature immersed family retreat for families of students in the Open Sky wilderness therapy program. These retreats focused on family reconnection, communication skills and building emotional resilience.

Founder, Golden Recovery, PLC – Harbor Springs, MI : 4/2016 - 7/2019

Therapist in own private practice treating addictive and mental disorders and families affected by addiction or mental disorders in Harbor Springs, Michigan.

Instructor of Advanced Alcohol and Drug Certificate for Counselors - North Central Michigan College: Winter 2016

Under a grant, I taught 6 (3) hour CEU classes for counselors pursuing their advanced alcohol and drug certificate. Classes included Intro to Substance Use Disorder, Origins of Alcohol Use Disorder and human behavior, Support groups, Co-occurring Disorders and Counseling techniques for Substance Use Disorder.

Clinical Director, Bear River Health, LLC – Boyne Falls, MI: 10/2014 - 4/2016

In this position, I established a Residential, Outpatient, and Transitional Housing Treatment center in Northern Michigan. In less than one year, I opened the center for new patients in Nov. 2015 and attained JAKO Accreditation, allowing the new Bear River Health to begin billing third parties. I established a link with the local Native American Community and wove

the Wellbriety Treatment protocol into the Residential, Outpatient and Transitional programs, training multiple staff in its methods.

- Established and oversaw all clinical services of Residential and Outpatient treatment, as well as Transitional Housing for Substance Use and Co-occurring Disorders as Clinical Director
- Hired, Trained and Supervised all Clinical, Intake and Behavioral Tech staff
- Wrote treatment protocols and supervised the clinical staff in its implementation

Founder, Bear River Health, PLLC – Petoskey, MI: 2/2006 – 6/2015

I established a private counseling practice in Petoskey, Michigan. I treated a variety of clientele with mental illness, anxiety, depression, bi-polar and OCD. I coordinated client care with other health care professionals and sold practice to investors.

- Provided group and family counseling for Grief and Loss, Substance Use Disorder and Anger Management
- Provided group and individual therapy for Health Care Professionals Recovery Program (HPRP) for impaired Health Care Professionals in the community.

Care Coordinator, Northern Michigan Substance Abuse Services – Petoskey, MI: 2/2012 – 12/2013

In this role, I provided assessments for substance use and abuse clients. I coordinated treatment plans for individuals receiving mental health and addiction treatment.

- Assessed clients for substance use disorder
- Coordinated mental health and addiction recovery treatment plans
- Advocated for disempowered clients

ACT Advocate, North Country Community Mental Health – Petoskey, MI: 2/2009 – 9/2011:

- Developed and Facilitated Integral Dual Diagnosis therapy groups as addiction expert on team, we received MI-FAST accreditation in first year of implementation.
- Provided Emergency on-call assessment services and placements
- Treated Trauma, TBI, severe and persistent Mental Illness and Addiction clients

Residential Treatment Counselor & Outpatient Substance Abuse Therapist, Harbor Hall – Petoskey, MI: 11/2008 – 1/2009:

- Provided group and individual therapy with emphasis on anger management, conflict resolution, and criminal thinking errors therapy
- Facilitated Cognitive Behavioral Therapy lectures
- Advised on recommended treatment and facilitated detailed substance abuse assessments
- Provided Intervention services for adults and adolescents using individual and group therapy techniques
- Offered motivational counseling for incarcerated clients

Career and Educational Counselor, Ferris State University – Big Rapids, MI: 8/2004 – 1/2006:

- Provided Career and Educational support to all university students

- Developed and implemented a crisis intervention team with faculty and University staff
- Provided solution orientated counseling for University honors program students
- Facilitated outreach program to local high school students

Specializations

- Addiction
- PTSD / Trauma
- Anxiety / Depression
- Codependency
- Family / Relationship
- Families w/ Addicted/disturbed Member
- Wellbriety Facilitation
- Co-occurring Disorders
- Pain/addiction
- Trauma informed care,
- Anger control, Harm reduction and Crisis intervention

Professional Affiliations

- Healthcare Professional Recovery Program (2008-2019)
- Wellbriety Fire Starter, White Bison, Inc (since 2015)

Community Service Projects

- Board of Directors- Song of the Morning Yoga Retreat Center
- Speaker/Instructor- Get Healthy Northern Michigan, Ferris State University, North Central Community College
- Program Director- Wilderness Solitude Retreats, Northern Michigan Recovery Ride, Visions of Peace Drum and Dance Co.
- Wellbriety- (12-step / Medicine wheel facilitator)- Bear River Health, Golden Recovery
- Therapeutic Art/Music Facilitator- Blue Lakes Fine Arts Camp, Concord Academy