

Ryan M. Forsell, MS, LMFT

◆ ryanforsell.com ◆

Education

Fuller Theological Seminary Pasadena, CA
Master of Science in Marital and Family Therapy – June 2017

Azusa Pacific University Azusa, CA
Bachelor of Arts in Christian Ministry – May 2013

Selected Trainings and Certifications

- ◆ Licensed Marriage and Family Therapist, CA (#118331) February 2020
- ◆ Restoration Therapy Level II Certified Clinician February 2019
- ◆ Collaborative Approach to Managing and Assessing Suicidality (CAMS) December 2018
- ◆ TF-CBT with Childhood Traumatic Grief February 2017
- ◆ Trauma Focused – Cognitive Behavioral Therapy (TF-CBT) November 2016

Occupational Experience

- ◆ **Private Practice Owner** – Ryan Forsell Therapy; Sierra Madre, CA February 2020 – Present
 - Cultivate client centered therapeutic relationships that promote post-traumatic growth, resiliency, and agency for couples in conflict, individuals with extensive complex trauma, and families in crisis.
 - Creatively integrate experiential therapy techniques grounded in attachment theory, Restoration Therapy, and contemporary psychoanalysis to move clients into embodied experiences of self-regulation.
 - Oversee and manage all appropriate legal and ethical requirements for owning and operating a small business.
- ◆ **AMFT** – Kathryn Scott Psychotherapy & Associates; Sierra Madre, CA September 2017 – February 2020
 - Provided psychotherapy to individuals, couples, families, and youth across a wide spectrum of mental health, cultural, and socioeconomic disparities from the lens of trauma informed/experiential therapy, Restoration Therapy, and attachment theory.
 - Managed personal and clinic office schedules, design and implement marketing strategies to local communities, spearhead client outreach and retention, draft professional documentation for office use.
- ◆ **Clinician I** – Hathaway-Sycamores Child and Family Services; San Bernardino, CA January 2018 – February 2019
 - Offered trauma informed, community-based psychotherapy to transitional aged youth recently emancipated from the foster system, as well as severely mentally ill adults under court mandated treatment.
 - Organized and facilitated teams of psychiatrists, social workers, MD's, lawyers, and housing managers in an effort to provide continuity of care for clients with marked barriers to functioning.
 - Managed the demands of DMH paperwork while providing a high level of care for clients experiencing complex ongoing crisis/safety concerns.
- ◆ **MFT Trainee** - Para Los Niños; Los Angeles, CA March 2016 - January 2017
 - Provided trauma informed/sensory sensitive individual and family therapy to youth (ages 6-16) with extensive histories of complex trauma, toxic stress, and low SES.
 - Created dynamic community-based treatment experiences oriented around addressing client need through comprehensive DMH assessment reports, outcome measures, and annual treatment evaluations with various therapy approaches including CBT, Managing and Adapting Practices (MAP), and Parent-Child Interaction Therapy to facilitate collaboration with families, teachers, school counselors, social workers, and other mental health professionals.
- ◆ **Youth and Family Support Staff** – Touchstone BH; Phoenix, AZ January 2014 – May 2015
 - Specialized in Functional Behavioral Analysis and Positive Behavior Support to assess unmet needs of transitional aged youth and families with multiple diagnoses and complex trauma.
 - Created therapeutic experiences of reconciliation and stress management, taught skills to enable children and families to sustainably meet needs, and connected families to natural supports within their community.
 - Developed and lead effective wrap-around services for clients by working closely with therapists, psychiatrists, case managers, MD's, school staff, and family relatives.