

# RYAN DURAND, LCSW

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## EDUCATION

- **Master of Social Work**
  - Tulane University School of Social Work
    - August 2015 – December 2016
    - Earned Global Social Work Certificate
- **BA in International Studies and Spanish**
  - Louisiana State University
    - August 2011 – May 2014

## WORK EXPERIENCE

- **Owner and Provider of Private Practice for Mental Health Therapy** (June 2021 – Present)
  - Respiro Therapy Services, LLC
    - Providing evidence based, trauma-focused therapy through a part-time private practice
    - Serving primarily Spanish-speaking adolescents and young adults
    - Collaborating with community partners to receive referrals and connect clients to services
    - Collaborating with grants through the Louisiana Department of Education to provide services at no cost to eligible clients
- **Bilingual Social Worker for English Language Learners (ELL)** (July 2023 – Present)
  - Las Sierras Academy & Walter L Cohen High School – Collegiate Academies
    - Providing social work services to primarily Spanish-speaking students in a newcomer program
    - Maintaining a caseload of students needing ongoing behavioral/emotional support
    - Conducting assessments for IEPs and creating treatment plans
    - Facilitating crisis interventions, conflict resolutions, and risk assessments
    - Conducting individual, family, and group interventions
    - Advocating for the needs of immigrant families with school admin
    - Building relationships with community partners
    - Connecting students to resources within the community for legal and medical support
    - Facilitating Social-Emotional Learning exercises in classrooms
    - Supporting students in their transition to regular classroom settings
- **Bilingual Social Worker for English Language Learners (ELL)** (September 2020 – June 2023)
  - Jefferson Parish Public School System
    - Providing social work services to primarily Spanish-speaking students at multiple high schools
    - Maintaining a caseload of students needing ongoing behavioral/emotional support
    - Conducting assessments for IEPs and creating treatment plans
    - Facilitating crisis interventions, conflict resolutions, and risk assessments
    - Conducting individual, family, and group interventions
    - Advocating for the needs of immigrant families with school admin
    - Building relationships with community partners
- **Bilingual Clinical Social Worker for Loss and Survival Team (LAST)** (January 2017 – July 2021)
  - Children's Bureau of New Orleans
    - Maintaining a caseload of primarily Hispanic/Latino immigrant youth ages 6-24
    - Applying trauma-informed therapeutic interventions to process psychological distress related to trauma and grief in both individual and group settings
    - Supporting parents/caregivers through family sessions, consultation, and psychoeducation
    - Collaborating with schools and community partners to create environments that promote resilience and restored sense of safety for survivors of trauma or loss of a loved one

- **PRN Clinical Social Worker for Adolescent Psychiatric Unit** (July 2019 – October 2020)
  - River Oaks Hospital of New Orleans
    - Facilitating Educational and Processing Therapy Groups for adolescents twice daily
    - Facilitating Family Therapy Sessions with each patient and family before discharge
    - Providing individual trauma-informed therapy with patients as needed
    - Connecting patients with accessible outpatient resources to continue treatment after discharge
    - Maintaining communication with community partners, including DCFS, as needed
- **Science Teacher at Bilingual School** (February – June 2015)
  - Westland School – San Francisco, Heredia, Costa Rica
    - Taught Biology, Chemistry, and Physics in English and Spanish to 7<sup>th</sup> – 9<sup>th</sup> grade students of various learning styles and offered tutoring sessions after school
    - Facilitated interactive learning activities for the entire school on Earth Day
    - Developed interactive, discussion-oriented Science curriculum for English language learners
- **English as a Second Language (ESL) Instructor** (Jan. – March 2015)
  - New Learning Academy – Guadalupe, San José, Costa Rica
    - Taught English to students of diverse ages ranging from adolescence to middle adulthood
    - Prepared college-ready students for TEFL exam through private tutoring
    - Developed interactive games and role-playing for ESL students

## INTERNSHIP EXPERIENCE

- **MSW Intern in Refugee and Immigration Services** (January – December 2016)
  - Catholic Charities of the Archdiocese of New Orleans – Office of Immigration and Refugee Services
    - Offering trauma-informed therapeutic interventions to Central American unaccompanied minors and caregivers, implementing techniques attributed to EMDR therapy, sand tray therapy, narrative therapy, CBT, psychotherapy, and psycho-education
    - Completing clinical assessments for the legal cases of asylum seekers
    - Working directly with clients of various migrant statuses and national origins, developing self-sufficiency plans with clients, and implementing culturally sensitive intervention techniques
    - Designed age appropriate psycho-educational tools to teach about the physiological & neurological effects of trauma in Spanish
    - Developed interactive tools for EMDR Therapy with children & adolescents in Spanish
    - Collected furniture donations to furnish 3 therapy/consultation rooms, including a play therapy room, at CCANO
- **Spanish/English Interpreter for Refugee Services** (Dec. 2013 – June 2014)
  - Catholic Charities Diocese of Baton Rouge – Office of Immigration and Refugee Services
    - Translated legal documents for incoming refugees and interpreted cultural orientation classes for newly arriving families/individuals from Colombia and Cuba
- **Intern at la Oficina de la Mujer** (August – November 2013)
  - Municipalidad de Heredia, Costa Rica
    - Designed training sessions on small business planning for women in rural areas of Heredia.
- **Intern for Asociación Puente** (May – July 2013)
  - Santa María Cahabón, Alta Verapaz, Guatemala
    - Facilitated projects with a local NGO dedicated to the empowerment of indigenous women, the health of their families, and the development of their communities
    - Taught Asociación Puente staff how to use data collection software on Android tablets for evaluating the health outcomes of the program's participating families
    - Facilitated educational sessions on water filtration with men and children in Spanish

## TRAINING & WORKSHOPS

- **Intro to Somatic Ecotherapy** (March 2023)
  - 2.5 Continued Education Units
  - Trained in use of elements of nature and ecotherapy with somatic experiencing
- **Intro to a Neurobiological Approach to Psychotherapy and Yoga** (March 2023)
  - 2.5 Continued Education Units
  - Trained in techniques combining yoga and polyvagal theory
- **Louisiana School Social Work Conference** (July 2022)
  - 6 Continued Education Units
  - Attended several trainings related to innovations in school social work across Louisiana
- **Intro to Internal Family Systems Model** (April 2022)
  - 2.5 Continued Education Units
- **Ecotherapy-Informed EMDR: Incorporating Nature in EMDR Therapy** (December 2021)
  - 3 Continued Education Units
  - Trained in using ecotherapy techniques in EMDR
- **Brainspotting (Spanish Language) Basic Training** (July - September 2021)
  - 21 Continued Education Units
  - Received basic training in Brainspotting Therapy, used to treat trauma through a neurophysiological approach
- **Cultural Responsiveness and Addressing Cultural Trauma and Adversity in EMDR Therapy** (April 2021)
  - 6 Continued Education Units
  - Trained in addressing trauma related to systemic oppression through culturally-informed approaches in EMDR therapy
- **Attachment-Focused EMDR: Healing Developmental Deficits & Adults Abused as Children** (March 2021)
  - 12 Continued Education Units
  - Trained in attachment-focused EMDR therapy to facilitate healing attachment and development related psychological wounds.
- **Trauma-Based Relational Intervention (TBRI) for Clinicians** (January – March 2020)
  - 32 Continued Education Units
  - Trained in attachment-focused protocol to reinforce caregiver-child relationships in order to promote increased feeling of safety for children and repair attachment with their caregivers.
- **EMDR Therapy and the Treatment of Substance and Behavioral Addictions** (November 2019)
  - 16 Continued Education Units
  - Trained in using EMDR protocol to treat addiction and underlying causes.
- **Advanced Training on EMDR Therapy Protocols for Early Intervention & Ongoing Traumatic Stress** (June 2019)
  - 16 Continued Education Units
  - Trained in using EMDR protocol immediately following a tragedy, for groups following large-scale disasters, and for managing ongoing stress related to continued threats to safety.
- **EMDR Advanced Training – Integrative Treatment of Complex PTSD and Dissociative States** (November 2018)
  - 13 Continued Education Units
  - Trained in using EMDR and IFS Therapy with highly dissociative clients
- **EMDRIA Conference 2018** (October 2018)
  - 22.5 Continued Education Units
- **EMDR: Resourcing and Flash Techniques** (June 2018)
  - 6 Continued Education Units

- **EMDR: Tools for Managing Over- and Under-Activation in Memory Processing** (January 2018)
  - 4 Continued Education Units
- **Trauma-Focused Cognitive Behavioral Therapy** (September 2017)
  - 11 Continued Education Units
- **Clinical Hypnosis Basic Training** (June 2017)
  - American Society of Clinical Hypnosis
  - 20 Continued Education Units
- **EMDR Advanced Training – EMDR Toolbox: AIP Methods for Treating Complex PTSD & Dissociative Personality Structure** (March 2017)
  - 13 Continued Education Units
  - Trained in applying EMDR techniques with complex PTSD and dissociative disorders
- **EMDR Therapy Basic Training** (September – October 2016)
  - Completed Part 1 & 2 – 52 hours of training
  - EMDRIA approved
- **Study Abroad Course in India** (August – September 2016)
  - Tulane School of Social Work
  - Dharamsala, Himachal Pradesh, India
  - 3-Week training on use of Buddhist resilience & mindfulness practices in Social Work
- **Play Therapy Conference** (March 2016)
  - 3-day conference through the Association for Play Therapy
  - Received education in implementing sand tray therapy and in creating therapeutic games for children and adolescents
- **International Student Exchange in Costa Rica** (July – November 2013)
  - Universidad Nacional de Costa Rica in Heredia, Costa Rica
  - Carried 15 credit hours in fully immersive coursework
    - Coursework focused on immigration & globalization, human rights, indigenous ecology, women's history in Latin America, and using games to teach groups about equality

## PREVIOUS VOLUNTEER EXPERIENCE

- **Psycho-Educational Group Coordinator & Facilitator** (June 2016 – April 2017)
  - Albert Schweitzer Fellowship – New Orleans Chapter
    - Developed a psycho-education program focused on trauma and acculturation stress for unaccompanied Central American youth and their caregivers in partnership with Catholic Charities Archdiocese of New Orleans
    - Facilitating a group of 8 youth participants 14 – 18 years of age in Spanish
    - Implementing group activities centered on recognizing & communicating emotions
- **Spanish/English Interpreter for Psychiatric Services** (October 2014 – January 2015)
  - Baton Rouge, LA
    - Interpreting for a 5-year-old unaccompanied child dealing with trauma and behavioral problems after being reunified with his mother
- **ESL Volunteer for Immigrant Youth** (September – November 2014)
  - Tara High School of Baton Rouge, LA
    - Interpreted for Spanish-speaking high school students in their courses and in homework tutoring sessions after school individually and in groups
- **First Contact Coordinator for Spectrum** (October 2011 – May 2012)
  - Louisiana State University – Student Organization for LGBTQ+ students and allies
    - Coordinated a group of students dedicated to helping other LGBTQ+ students to feel dignified and comfortable with their sexual and gender identity through peer mentoring
    - Collaborated with other student organizations to advertise program throughout university
    - Reviewed autobiographical information submitted by LGBTQ+ students and matched them with safe space trained mentors