



Respiro Therapy Services, LLC
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Statement of Qualifications

About Respiro Therapy Services

Respiro Therapy Services, LLC was founded in June 2021 by Ryan Durand with the hope of providing a space where immigrant youth who have experienced displacement, separation and various forms of complex trauma can begin their journey of healing with the help of a caring professional who works fervently to understand and meet their unique needs. Respiro Therapy Services utilizes a variety of evidence-based treatment protocols that allow for consideration of the cultural components, complexities, and intersectionalities of each individual's identity.

Qualifications and Experience

Ryan Durand, MSW, LCSW is a Licensed Clinical Social Worker in Louisiana since 2020. Mr. Durand earned his Master's Degree in Social Work from Tulane University School of Social Work in 2016 where he also earned a certificate in Global Social Work. Mr. Durand's experience working with immigrant families started in 2013 when he began working as cultural orientation course instructor and interpreter for the Office of Immigrant and Refugee Services for Catholic Charities of Baton Rouge, LA. His work providing trauma-focused therapy to immigrant youth began during his Master's program in 2015 when he completed an internship with the Unaccompanied Youth Program through Catholic Charities of New Orleans, LA. Upon completion of his MSW, Mr. Durand joined the team of bilingual mental health professionals for Project LAST (Loss and Survival Team) at Children's Bureau of New Orleans where he managed a complex caseload of Spanish-speaking immigrant youth, court-involved youth, and transitional youth (ages 18-24) through three of Project LAST's subprograms from 2017 to 2021. Mr. Durand's early professional experiences prepared him for the opportunity to join the team of bilingual mental health professionals for Jefferson Parish Public Schools in 2020. His role for the school district includes providing mental health and social work services for English Language Learners (ELLs) enrolled in Jefferson Parish's East Bank high schools. In order to continue providing mental health services in a clinical setting, Ryan Durand began his private practice in 2021. From the time Mr. Durand was in his MSW program, he has dedicated much of his clinical development to training in Eye Movement Desensitization and Reprocessing (EMDR) Therapy. He has attended several conferences for EMDR as well as facilitated multiple trainings for other professionals in the use of EMDR with children and adolescents.

Evidence-Based Practices

EMDR Therapy

Eye Movement Desensitization and Reprocessing (EMDR) Therapy is an evidence-based, trauma-focused treatment protocol that emerged from the Adaptive Information Processing (AIP) Model, which details that the human brain is designed to process or digest information that it collects throughout our lives adaptively, always returning to a state of stability and safety with each new conclusion it makes. However, when an individual experiences something so destabilizing like a traumatic event or a series of complex traumas, it becomes impossible for the brain to process the information it receives in an adaptive way and therefore it becomes impossible for the individual to return to a feeling of safety and stability, resulting in the emotional, physiological, and behavioral effects of trauma. In order to treat the symptoms of trauma, the individual needs to be able to activate the memory network and target unprocessed information related to the traumatic event(s), followed by reprocessing it more adaptively, using new resources and the present feeling of safety facilitated between the client and clinician. This is achieved by following a specific 8-phase protocol that involves activities including history taking, psychoeducation, resource development, assessment, desensitization and reprocessing, installation of adaptive cognitions, future planning, and re-assessment. EMDR Therapy has proven to be highly effective with the population that Respiro Therapy serves. EMDR is a highly adaptive protocol that allows for cultural sensitivity and consideration for each individual's identity, values, spirituality, and future goals. It offers each client the freedom to process through spoken word, writing, art or play. Data regarding the effectiveness of this treatment model is collected through pre- and post-assessments to measure the change in each client's reported trauma symptoms.