

SETH MULLER

PROFILE

I am *here* to help... Using a compassionate, mindfulness and strengths-based approach I leverage the duality of acceptance and change to empower my clients. My calling is to serve anyone seeking to heal and grow, and hopefully—one client at a time—help construct a more unified and equitable society, with liberation and justice for all.

EXPERIENCE

**RESEARCH ASSISTANT, SCHOOL COUNSELING MENTAL HEALTH INITIATIVE LITTLETON, CO
| 2022 - 2023**

As a Research Assistant I was instrumental in writing research on Social-Emotional Learning. Also, I spearheaded the compilation of suicidality reports for major think tanks in America; particularly concerning causative suicidal factors that affect our youth and the best evidence-based interventions to help them in their desperation and pain.

OWNER/CREATIVE, CIVIL & WILD DESIGNS | DENVER, CO | 2016 - PRESENT

While I have been making sawdust since I was eight years old, my work of late consists of sustainable, nature-inspired, functional art; like custom skis, sound-studio doors, wall art, light fixtures, and community tables where folks can gather around. My art captures the dual nature of humanity as both the *Wild* mammals that we evolutionarily arise from and the collaborative, kind, and *Civil* individuals into which we are continually evolving. My art aspires to bring people closer to themselves both as *Civil & Wild* beings.

SOFTWARE ENGINEER, IDEAS MADE MEASURABLE | BOULDER, CO | 2019 - 2020

I listened to client's visions and then collaborated with a team of designers, strategists, and managers to translate that dream into meaningful web enterprises.

EDUCATION

**DENVER SEMINARY | CLINICAL MENTAL HEALTH COUNSELING - HONOR SOCIETY
UNIVERSITY OF NORTH CAROLINA - CHAPEL HILL | PHILOSOPHY & JOURNALISM**

SKILLS

I am fortunate to have lived many lives and learned much along the way. My skills range from sailing and ski guide, to software engineer, functional artist, and now counselor. The long road I've walked informs my foundational skills of empathy, understanding, and warmth, but I am also well-versed in technical skills including DBT, MBSR, EMDR, ACT, SE, IFS, Existential Therapy, Rogerian Therapy, Narrative Therapy, and Strengths-Based Approaches.

REFERENCES

Joy Lanzano, LPC, LAC | joylanzano@comcast.net

Dr. Adam Wilson, PhD-CES, LPC | scmhi.info@gmail.com

Dr. Eric Suddeath, PhD-CES, LMFT | eric.suddeath@denverseminary.edu