

I know the culture, because I have lived it.

Support From Someone Who Has Been There.

Therapy for first responders, military personnel, veterans, and the families who carry the job alongside them.



Ryan works with clients who are ready to:



Process critical incident exposure



Manage operational stress and hypervigilance



Reconnect with family after deployment or hard shifts



Navigate the transition out of service



Talk to someone who understands the culture

Ryan Listberger, AMFT

MARRIAGE & FAMILY THERAPIST ASSOCIATE

Registration 155564

US Air Force Veteran · Law Enforcement Officer & Weapons Instructor

Ryan Listberger is an AMFT with specialized experience supporting first responders, military personnel, veterans, and their families. With prior service in the US Air Force as a Law Enforcement Officer and Weapons Instructor, Ryan brings firsthand understanding of operational stress, critical incident exposure, and the culture of high-demand professions.

Supervised by

Shea Marie Phinney, LMFT 50023



Where Resilience Meets Rhythm

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cadencetraumawellness.com

CALL OR TEXT
916-770-9053

TAKE THE NEXT STEP
We're here when you're ready.

Real support. Real connection. Real change. *We are in this with you.*