

Jay Ryser, M.Ed, LPC: Behavioral Health Leader Advancing Clinical Care With Evidence-Based Strategic Leadership

Driving Program Development, Crisis Intervention, and Psychotherapy Excellence to Improve Patient Outcomes and Strengthen Quality of Care Across Treatment Settings



Lakewood, Colorado May 1, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Jay Ryser, M.Ed, LPC, is a highly respected Licensed Professional Counselor and behavioral health leader whose career spans decades of clinical excellence, program innovation, and organizational leadership. With a proven track record across inpatient, intensive outpatient (IOP), partial hospitalization (PHP), and outpatient settings, Jay has become known for his ability to design and lead high-performing behavioral health programs that prioritize patient outcomes, safety, and quality of care.

Throughout his career, Jay has played a central role in building and managing comprehensive behavioral health services. His leadership has consistently focused on strengthening program infrastructure, expanding access to care, and ensuring the delivery of effective, evidence-based treatment. By combining clinical expertise with operational insight, he has successfully increased program capacity, enhanced referral networks, and improved patient engagement while maintaining high levels of satisfaction and safety.

In his leadership roles, Jay has overseen multidisciplinary teams composed of both licensed and unlicensed clinicians, as well as graduate students entering the field. He is recognized for fostering professional growth, mentoring emerging clinicians, and cultivating a culture of accountability and excellence. His experience includes the development and implementation of policies and procedures that meet rigorous regulatory standards, including compliance with JCAHO requirements and achieving Accreditation with Commendation—an indicator of exceptional program performance and quality.

Clinically, Jay specializes in a range of evidence-based treatment modalities, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Behavioral Activation, Exposure Therapy, and Exposure and Response Prevention (ERP). His primary focus is working with adults experiencing mood and anxiety disorders, delivering both individual and group therapy tailored to each patient's needs. In addition, he brings extensive experience in crisis intervention, having conducted emergency psychiatric evaluations in high-acuity environments such as emergency departments, intensive care units, and medical floors. His ability to assess appropriate levels of care and facilitate timely admissions or referrals has been instrumental in supporting patients during critical moments.

Jay's professional development has been shaped by training with some of the most influential figures in modern psychotherapy, including Albert Ellis, Aaron Beck, David Burns, Jacqueline Persons, and Donald Meichenbaum. This foundation has informed his commitment to evidence-based practice and continuous improvement in clinical care.

Beyond his direct clinical and leadership roles, Jay has made meaningful contributions to the behavioral health field through published work and educational resources. His articles have appeared in psychiatric journals, and he has developed training materials—including manuals, videos, and audio programs—that continue to support clinicians and behavioral health organizations. His most notable publication, *The Feral Child Syndrome*, released by Rapid Psychler Press, has received significant recognition within the psychiatric community.

Jay earned his Bachelor of Arts in English and Psychology and his Master of Education in Counseling/English from Stephen F. Austin State University. He currently practices with LifeStance Health in Lakewood, Colorado, and has previously held key roles at AdventHealth Porter and Pinelands Hospital. Licensed in both Colorado and Texas, he remains dedicated to advancing the field through mentorship, innovation, and a steadfast commitment to high-quality patient care.

In recognition of his impact and leadership, Jay Ryser was recently featured in *America's Best in Medicine*, underscoring his ongoing contributions to behavioral health and his influence on the future of clinical practice.

Learn more about Jay Ryser:

Through his America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/jay-ryser> or through his profile on LifeStance Health, <https://lifestance.com/provider/therapist/co/lakewood/jay-ryser/>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

Media Contact

America's Best in Medicine

*****@americasbestinmedicine.com

1-877-346-0175

<https://americasbestinmedicine.com>

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