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SKILLS

- Cognitive Behavioral Therapy
- Art Therapy
- Personal Empowerment
- Program Development
- Client Collaboration
- Community Advocacy

EDUCATION

**MASTER OF ARTS IN ART THERAPY,
UNIVERSITY OF CREATIVE ARTS, 2018**

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Increased program participation by 60% through community engagement initiatives.
- Recognized for innovative approaches to client therapy by local organizations.
- Published research on the effectiveness of art therapy in mental health treatment.

Michael Anderson

COGNITIVE BEHAVIORAL THERAPY CONSULTANT

Visionary Alternative Therapy Consultant with a robust background in the integration of therapeutic modalities aimed at enhancing mental and physical well-being. Expert in cognitive behavioral techniques and art therapy, with a focus on personal empowerment and holistic growth. Demonstrates an unwavering commitment to providing compassionate care tailored to individual client needs.

EXPERIENCE

COGNITIVE BEHAVIORAL THERAPY CONSULTANT

Empower Wellness Center

2016 - Present

- Conducted individual and group therapy sessions utilizing cognitive behavioral techniques.
- Developed personalized treatment plans focusing on client strengths and goals.
- Facilitated workshops on art therapy and its benefits for mental health.
- Collaborated with multidisciplinary teams to enhance therapeutic outcomes.
- Monitored client progress and adjusted treatment plans as necessary.
- Engaged in community outreach to promote mental wellness through alternative therapies.

ART THERAPY FACILITATOR

Creative Healing Arts Studio

2014 - 2016

- Led art therapy sessions designed to assist clients in expressing emotions.
- Created a safe environment for creative exploration and personal growth.
- Evaluated client outcomes to measure the effectiveness of art therapy.
- Provided training for volunteers on art therapy methodologies.
- Developed community programs to promote art as a therapeutic tool.
- Participated in local exhibitions to showcase client artwork and raise awareness.