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SKILLS

- Integrative Health
- Wellness Coaching
- Acupuncture
- Patient Empowerment
- Educational Workshops
- Team Collaboration

EDUCATION

MASTER OF SCIENCE IN INTEGRATIVE HEALTH, CALIFORNIA INSTITUTE OF INTEGRAL STUDIES

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Increased patient adherence to treatment plans by 50% through personalized coaching.
- Successfully developed a wellness program that served over 300 clients annually.
- Recognized for innovative approaches to patient education and engagement in health care.

Michael Anderson

INTEGRATIVE HEALTH PRACTITIONER

Innovative Chinese Medicine Practitioner with expertise in integrative health practices and wellness coaching. With more than 9 years of experience, I specialize in combining Eastern and Western medical approaches to enhance patient care and outcomes. Proficient in developing wellness programs that incorporate acupuncture, nutrition, and lifestyle changes tailored to individual patient needs.

EXPERIENCE

INTEGRATIVE HEALTH PRACTITIONER

Whole Health Institute

2016 - Present

- Conducted integrative assessments to develop personalized treatment plans for patients.
- Utilized acupuncture and herbal medicine alongside conventional treatments to optimize health outcomes.
- Facilitated workshops on wellness coaching and self-care practices.
- Collaborated with dietitians and fitness experts to create comprehensive wellness programs.
- Monitored patient progress and made necessary adjustments to treatment plans.
- Maintained detailed documentation of patient interactions and outcomes.

WELLNESS COACH

Zen Wellness Center

2014 - 2016

- Provided coaching sessions to help clients set and achieve health goals.
- Developed educational content on the benefits of integrative health practices.
- Conducted group workshops to promote community engagement in wellness initiatives.
- Collaborated with health professionals to ensure holistic care delivery.
- Evaluated client progress and adjusted coaching strategies accordingly.
- Engaged in public speaking to raise awareness about integrative health methods.