



# MICHAEL ANDERSON

Mental Health Acupuncturist

Passionate Chinese Medicine Practitioner with a focus on mental health and emotional wellness. Over 6 years of experience in utilizing acupuncture and counseling techniques to support patients dealing with anxiety, depression, and stress-related disorders. Committed to creating a safe and supportive environment for patients to explore their emotional health through holistic approaches.

## CONTACT

- (555) 234-5678
- michael.anderson@email.com
- San Francisco, CA

## EDUCATION

### Bachelor of Arts in Psychology

University of California  
Berkeley

## SKILLS

- Mental Health
- Acupuncture
- Counseling
- Emotional Wellness
- Group Facilitation
- Community Outreach

## LANGUAGES

- English
- Spanish
- French

## WORK EXPERIENCE

### Mental Health Acupuncturist

2020-2023

Serenity Wellness Center

- Provided acupuncture treatments specifically tailored for mental health issues.
- Conducted assessments to determine patient needs and develop effective treatment plans.
- Collaborated with mental health professionals to provide integrated care.
- Facilitated support groups for patients to discuss emotional wellness.
- Educated patients on the benefits of Chinese medicine in managing mental health.
- Maintained detailed records of treatment outcomes and patient progress.

### Holistic Counselor

2019-2020

Mindful Living Therapy

- Provided counseling sessions focusing on emotional wellness and stress management.
- Developed personalized plans combining acupuncture with therapeutic techniques.
- Conducted workshops on mindfulness practices to enhance mental health.
- Worked with clients to incorporate self-care strategies into daily routines.
- Engaged in community outreach to raise awareness of mental health resources.
- Collaborated with a team of therapists to ensure comprehensive mental health support.

## ACHIEVEMENTS

- Increased patient engagement in mental health programs by 40% over two years.
- Successfully treated over 200 patients for anxiety and stress-related disorders.
- Recognized for contributions to community mental health awareness initiatives.