

MICHAEL ANDERSON

Clinical Social Worker

- San Francisco, CA
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Compassionate Clinical Social Worker with over 10 years of experience in private practice, specializing in adult mental health and relational therapy. Deeply committed to providing a safe and supportive environment for clients to explore their emotional and psychological challenges. Adept in various therapeutic modalities, including Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT).

WORK EXPERIENCE

Clinical Social Worker | Healing Hearts Therapy

Jan 2022 – Present

- Provided individual and couples therapy focusing on relationship dynamics and emotional well-being.
- Developed personalized treatment plans utilizing CBT and ACT methodologies.
- Conducted workshops on mental health awareness and coping strategies within the community.
- Monitored client progress and adjusted therapeutic approaches based on feedback.
- Collaborated with healthcare professionals to ensure comprehensive care for clients.
- Maintained accurate records and documentation in compliance with legal standards.

Therapy Assistant | Mindful Mental Health Associates

Jul 2019 – Dec 2021

- Assisted licensed therapists in providing individual and group therapy sessions.
- Coordinated scheduling and administrative tasks to ensure smooth therapy operations.
- Documented client interactions and maintained confidentiality in all records.
- Participated in case discussions to enhance therapeutic approaches and strategies.
- Engaged clients in therapeutic activities to promote engagement and participation.
- Facilitated workshops on stress management techniques for clients.

SKILLS

Cognitive Behavioral Therapy

Acceptance and Commitment Therapy

Couples therapy

Community workshops

Client progress monitoring

Documentation

EDUCATION

Master of Social Work

2010

New York University

ACHIEVEMENTS

- Successfully increased client retention rates by 30% through enhanced therapeutic relationships.
- Recognized as a leader in community mental health education with a Local Hero Award.
- Implemented a new client feedback system that improved service delivery based on client insights.

LANGUAGES

English

Spanish

French