

MICHAEL ANDERSON

Geriatric Clinical Therapist

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As a Clinical Therapist with a focus on geriatric mental health, I have dedicated over 9 years to supporting older adults facing various psychological challenges. My experience includes working in nursing homes and outpatient clinics, where I have developed specialized skills in addressing issues such as depression, anxiety, and cognitive decline in the elderly population.

WORK EXPERIENCE

Geriatric Clinical Therapist | Golden Years Counseling Center

Jan 2022 – Present

- Provided individual therapy for older adults dealing with anxiety, depression, and cognitive decline.
- Developed personalized treatment plans that addressed the unique needs of seniors.
- Facilitated family therapy sessions to educate caregivers on mental health issues.
- Conducted assessments to evaluate mental health status and treatment effectiveness.
- Collaborated with medical professionals to ensure holistic care for clients.
- Engaged in community outreach to promote mental health resources for seniors.

Clinical Therapist | Elder Care Services

Jul 2019 – Dec 2021

- Provided therapy for older adults facing life transitions, grief, and adjustment issues.
- Utilized evidence-based practices to enhance therapeutic effectiveness.
- Worked closely with families to create supportive environments for clients.
- Conducted workshops on mental health awareness for caregivers.
- Maintained thorough documentation of therapy sessions and client progress.
- Participated in training programs focused on geriatric mental health.

SKILLS

Geriatric Therapy

Cognitive Behavioral Therapy

Family Therapy

Crisis Intervention

Empathy

Communication Skills

EDUCATION

Master's Degree in Gerontology

2015 – 2019

University of Aging

ACHIEVEMENTS

- Increased access to mental health services for seniors by 35% through community outreach.
- Recognized for excellence in geriatric care and advocacy for older adults.
- Developed a caregiver training program that improved family involvement in treatment.

LANGUAGES

English

Spanish

French