



# MICHAEL ANDERSON

## Cognitive Behavioral Therapist

Dynamic Cognitive Behavioral Therapist with extensive experience in addiction recovery. Over the past 11 years, I have focused on helping individuals overcome substance use disorders through evidence-based therapeutic practices. My approach integrates CBT with motivational interviewing and relapse prevention strategies, providing a comprehensive framework for recovery. I have worked in various settings, including outpatient clinics and residential treatment centers, allowing me to adapt my techniques to meet diverse client needs.

### CONTACT

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- San Francisco, CA

### EDUCATION

#### Master's in Addiction Counseling

University of Recovery Studies  
2010

### SKILLS

- Cognitive Behavioral Therapy
- Addiction Counseling
- Motivational Interviewing
- Group Therapy
- Assessment
- Community Outreach

### LANGUAGES

- English
- Spanish
- French

### WORK EXPERIENCE

#### Cognitive Behavioral Therapist

2020-2023

Recovery Center

- Provided CBT to individuals with substance use disorders, focusing on motivation and coping strategies.
- Developed personalized treatment plans that addressed underlying psychological issues.
- Facilitated group therapy sessions that promoted peer support and accountability.
- Conducted assessments to monitor client progress and treatment effectiveness.
- Collaborated with medical staff to coordinate comprehensive care for clients.
- Organized community workshops on addiction awareness and prevention strategies.

#### Addiction Counselor

2019-2020

Change Your Life Program

- Delivered individual therapy sessions focused on CBT for addiction recovery.
- Implemented relapse prevention strategies tailored to individual client needs.
- Engaged clients in developing personal recovery goals and action plans.
- Facilitated educational workshops on the impact of addiction on mental health.
- Provided support to families affected by addiction, enhancing their understanding of recovery.
- Maintained comprehensive case notes to track client progress and outcomes.

### ACHIEVEMENTS

- Facilitated a support group that resulted in a 40% increase in client retention rates.
- Organized a community event that raised awareness about addiction recovery.
- Recognized for excellence in client engagement and therapeutic outcomes in 2021.