

# MICHAEL ANDERSON

Cognitive Behavioral Therapist

- San Francisco, CA
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Experienced Cognitive Behavioral Therapist with a focus on elderly care and geriatric mental health. With over 10 years in the field, I specialize in addressing the unique psychological needs of older adults, including issues related to grief, loneliness, and cognitive decline. My therapeutic approach is rooted in empathy and respect, ensuring that clients feel valued and understood.

## WORK EXPERIENCE

### Cognitive Behavioral Therapist | Senior Wellness Center

Jan 2022 – Present

- Provided CBT tailored to the needs of elderly clients experiencing depression and anxiety.
- Developed group therapy programs that fostered social interaction and emotional support.
- Collaborated with healthcare providers to create integrated care plans for seniors.
- Conducted educational workshops for families on elder mental health issues.
- Implemented recreational activities that enhanced client engagement and joy.
- Monitored client progress and adjusted treatment approaches as necessary.

### Mental Health Counselor | Geriatric Care Facility

Jul 2019 – Dec 2021

- Provided individual counseling to elderly clients focusing on grief and adjustment issues.
- Facilitated support groups for caregivers to enhance understanding and coping strategies.
- Engaged in interdisciplinary team meetings to coordinate comprehensive care.
- Developed community outreach programs to raise awareness of elder mental health.
- Assessed client needs and tailored therapy approaches accordingly.
- Maintained detailed documentation of client progress and treatment outcomes.

## SKILLS

Cognitive Behavioral Therapy

Geriatric Counseling

Group Therapy

Community Outreach

Family Education

Assessment

## EDUCATION

### Master's in Gerontology

2011

University of Elder Studies

## ACHIEVEMENTS

- Increased participation in mental health programs for seniors by 35% over three years.
- Conducted a seminar series that educated over 200 caregivers about mental health in aging.
- Recognized for excellence in geriatric therapy by the National Association for Geriatric Care in 2022.

## LANGUAGES

English

Spanish

French