



# MICHAEL ANDERSON

## TRADITIONAL CHINESE MEDICINE PRACTITIONER

### PROFILE

As a passionate Complementary Medicine Practitioner with 8 years of experience, I focus on the integration of mind-body therapies to enhance overall patient wellness. I hold a Master's degree in Traditional Chinese Medicine and specialize in qigong and tai chi practices. My approach emphasizes the importance of mental and emotional health in physical healing, and I work closely with clients to develop strategies that incorporate movement, meditation, and nutrition.

### EXPERIENCE

#### TRADITIONAL CHINESE MEDICINE PRACTITIONER

##### Eastern Healing Arts Center

2016 - Present

- Provided individualized treatment plans combining acupuncture and qigong for over 200 patients.
- Facilitated group tai chi classes to enhance community engagement and wellness.
- Conducted workshops on stress management techniques utilizing mindfulness and movement.
- Collaborated with nutritionists to develop comprehensive health plans for patients.
- Monitored patient progress and adjusted treatment plans as needed.
- Maintained up-to-date knowledge of practices and trends in complementary medicine.

#### WELLNESS COACH

##### Mindful Living Institute

2014 - 2016

- Guided clients through personalized wellness plans focusing on holistic health practices.
- Developed educational resources on the benefits of complementary therapies.
- Led community workshops on nutrition and lifestyle changes to promote healthier habits.
- Utilized client feedback to enhance service offerings and improve satisfaction rates.
- Tracked client progress and adjusted coaching strategies to meet individual needs.
- Fostered a supportive environment for clients to explore their wellness journeys.

### CONTACT

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### SKILLS

- Qigong
- Tai Chi
- Mindfulness
- Wellness Coaching
- Patient Education
- Holistic Nutrition

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

MASTER OF TRADITIONAL CHINESE  
MEDICINE, PACIFIC COLLEGE OF HEALTH  
AND SCIENCE

### ACHIEVEMENTS

- Successfully increased client retention rates by 40% through improved wellness programs.
- Recognized for outstanding community service in promoting holistic health practices.
- Published research on the effectiveness of tai chi in managing chronic illness.