

# MICHAEL ANDERSON

Family Counseling Psychologist

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As a Counseling Psychologist with a background in family therapy, I specialize in helping families navigate complex dynamics and improve their relational health. My approach integrates various therapeutic modalities, including systemic therapy and solution-focused techniques, to address issues such as communication breakdowns, conflict resolution, and parenting challenges.

## WORK EXPERIENCE

### Family Counseling Psychologist | Harmony Family Therapy Center

Jan 2022 – Present

- Provided family therapy sessions for over 150 families, resulting in a 60% improvement in relational dynamics.
- Developed and implemented workshops focused on effective communication and conflict resolution.
- Conducted assessments to identify family strengths and areas for improvement.
- Collaborated with schools to support families dealing with academic challenges.
- Facilitated support groups for parents, enhancing their coping strategies.
- Engaged in community outreach to promote family mental health resources.

### Counseling Psychologist Intern | Family Resource Center

Jul 2019 – Dec 2021

- Assisted in providing family therapy services, supporting families in crisis.
- Conducted intake assessments to understand family dynamics and needs.
- Participated in family workshops, gaining insights into effective therapeutic techniques.
- Collaborated with supervisors to develop treatment plans focused on family healing.
- Facilitated peer support sessions for parents, fostering community connections.
- Engaged in training sessions on family systems theory and practice.

## SKILLS

Family Therapy

Communication Skills

Conflict Resolution

Group Therapy

Parenting Strategies

Community Outreach

## EDUCATION

### M.A. in Family Therapy

2015 – 2019

University of North Texas

## ACHIEVEMENTS

- Developed a family wellness program that enhanced participation in therapy by 50%.
- Recognized for contributions to family mental health initiatives in the community.
- Presented at conferences on family therapy best practices and innovations.

## LANGUAGES

English

Spanish

French