



MICHAEL ANDERSON

Lead Mental Health Counselor

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SUMMARY

Distinguished Elder Mental Health Counselor with over a decade of experience in providing comprehensive therapeutic support to geriatric populations. Expertise in developing tailored mental health programs that address the unique psychological and emotional needs of older adults. Proven ability to collaborate with multidisciplinary teams to enhance patient care and ensure adherence to best practices in mental health.

WORK EXPERIENCE

Lead Mental Health Counselor Silver Linings Senior Care

Jan 2023 - Present

- Developed individualized treatment plans for elderly clients, addressing both mental and emotional health needs.
- Conducted group therapy sessions focused on cognitive behavioral techniques to improve social interaction.
- Collaborated with medical professionals to monitor medication management and its effects on mental health.
- Implemented crisis intervention strategies during acute mental health episodes.
- Facilitated training workshops for staff on recognizing signs of mental distress in seniors.
- Established community outreach programs to raise awareness about mental health issues among the elderly.

Mental Health Counselor Golden Years Care Home

Jan 2020 - Dec 2022

- Provided one-on-one counseling sessions, utilizing evidence-based therapeutic approaches.
 - Assessed mental health needs through comprehensive evaluations and ongoing assessments.
 - Participated in interdisciplinary team meetings to discuss patient progress and treatment modifications.
 - Designed and implemented recreational therapy programs aimed at enhancing cognitive function.
 - Maintained accurate documentation of client progress and treatment outcomes.
 - Engaged families in the therapeutic process to support client recovery and well-being.
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EDUCATION

Master of Social Work, University of Southern California

Sep 2019 - Oct 2020

ADDITIONAL INFORMATION

- **Technical Skills:** Therapeutic Techniques, Crisis Intervention, Geriatric Psychology, Program Development, Team Collaboration, Family Counseling
- **Awards/Activities:** Increased client satisfaction scores by 30% through enhanced therapy programs.
- **Awards/Activities:** Recipient of the Outstanding Service Award for exceptional dedication to elder mental health.
- **Awards/Activities:** Published research on the impact of social engagement on mental health in seniors.
- **Languages:** English, Spanish, French