



Michael

ANDERSON

ELDER COUNSELOR

Dedicated Elder Mental Health Counselor with a strong foundation in psychological assessment and therapeutic intervention for older adults. Committed to enhancing the mental health landscape for seniors through evidence-based practices and compassionate care. Skilled in building rapport with clients and their families, fostering a supportive environment conducive to healing. Experienced in conducting individual and group therapy sessions, with a focus on enhancing cognitive function and emotional well-being.

CONTACT

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- 🌐 www.michaelanderson.com
- 📍 San Francisco, CA

SKILLS

- Psychological Assessment
- Individual Counseling
- Group Therapy
- Family Collaboration
- Community Education
- Record Keeping

LANGUAGES

- English
- Spanish
- French

EDUCATION

**BACHELOR OF SCIENCE IN
PSYCHOLOGY, UNIVERSITY OF
FLORIDA**

ACHIEVEMENTS

- Recipient of the Excellence in Counseling Award for outstanding service to elderly clients.
- Increased participation in group therapy by 40% through engaging program design.
- Developed a resource guide for families navigating elder mental health issues.

WORK EXPERIENCE

ELDER COUNSELOR

Tranquil Pathways

2020 - 2025

- Provided psychological assessments to determine mental health needs of elderly clients.
- Facilitated individual counseling sessions focusing on grief and loss.
- Developed and implemented group therapy programs aimed at improving social skills.
- Collaborated with families to develop comprehensive care plans.
- Maintained accurate records of client progress and treatment plans.
- Engaged in community education initiatives about mental health resources for seniors.

MENTAL HEALTH TECHNICIAN

Elder Care Solutions

2015 - 2020

- Assisted in the implementation of therapeutic activities for elderly residents.
- Supported mental health counselors in conducting assessments and therapy sessions.
- Provided direct support to clients in daily living activities while promoting independence.
- Documented client interactions and reported on behavioral changes.
- Participated in staff training on elder mental health best practices.
- Contributed to the development of mental health resources for families.