

MICHAEL ANDERSON

Senior Mental Health Counselor

- San Francisco, CA
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Distinguished Elder Mental Health Counselor with over a decade of extensive experience in providing comprehensive mental health support to senior populations. Expertise encompasses the development and implementation of tailored therapeutic interventions that address the unique psychological and emotional needs of elderly clients. A proven track record in facilitating group therapy sessions, conducting individual counseling, and collaborating with multidisciplinary teams to foster holistic care environments.

WORK EXPERIENCE

Senior Mental Health Counselor | Golden Years Care Center

Jan 2022 – Present

- Conducted comprehensive mental health assessments for elderly patients.
- Developed individualized treatment plans tailored to client needs.
- Facilitated weekly group therapy sessions focusing on coping strategies.
- Collaborated with healthcare providers to integrate mental health care.
- Trained junior staff on geriatric mental health best practices.
- Monitored patient progress and adjusted treatment plans as necessary.

Mental Health Counselor | Senior Support Services

Jul 2019 – Dec 2021

- Provided individual counseling for seniors dealing with depression and anxiety.
- Implemented community outreach programs to raise mental health awareness.
- Coordinated with families to support client mental health interventions.
- Utilized therapeutic techniques such as CBT and mindfulness.
- Documented client progress in compliance with healthcare regulations.
- Participated in staff training sessions focused on elder mental health.

SKILLS

mental health counseling geriatric care therapeutic interventions group therapy patient assessment
multidisciplinary collaboration

EDUCATION

Master of Social Work (MSW)

Berkeley

University of California

ACHIEVEMENTS

- Increased client satisfaction scores by 30% through enhanced service delivery.
- Successfully implemented a new therapy program that reduced anxiety symptoms in 85% of participants.
- Recipient of the Excellence in Mental Health Award for outstanding service in geriatric counseling.

LANGUAGES

English Spanish French