



MICHAEL ANDERSON

ENERGY HEALING THERAPIST

PROFILE

With a background in psychology and over 8 years of experience in energy healing, I specialize in utilizing holistic approaches to aid individuals in overcoming emotional and psychological barriers. My practice is rooted in a deep understanding of how energy affects mental health, and I integrate techniques such as Emotional Freedom Techniques (EFT) and guided visualization into my sessions.

EXPERIENCE

ENERGY HEALING THERAPIST

Mindful Healing Center

2016 - Present

- Conducted over 1,200 energy therapy sessions, focusing primarily on emotional healing.
- Utilized EFT and guided visualization techniques to facilitate client breakthroughs.
- Collaborated with mental health professionals to develop integrated treatment plans.
- Led support groups for individuals recovering from trauma, fostering community and sharing.
- Maintained a 90% client retention rate through personalized follow-up care.
- Developed an online resource center for clients to access tools and support materials.

HOLISTIC COUNSELOR

Healing Through Connection

2014 - 2016

- Provided holistic counseling services focusing on emotional and mental wellness.
- Implemented workshops on stress management techniques, attracting up to 40 participants.
- Created a referral network with local therapists and wellness practitioners.
- Facilitated community outreach programs that educated the public on the benefits of energy healing.
- Maintained accurate documentation of client progress and treatment efficacy.
- Trained interns in holistic counseling methods and energy healing practices.

CONTACT

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SKILLS

- Emotional Freedom Techniques
- guided visualization
- trauma recovery
- client-centered therapy
- stress management
- holistic counseling

LANGUAGES

- English
- Spanish
- French

EDUCATION

MASTER OF ARTS IN PSYCHOLOGY, HOLISTIC HEALING INSTITUTE

ACHIEVEMENTS

- Developed a trauma recovery program that resulted in a 40% improvement in client outcomes.
- Presented at national conferences on the relationship between energy healing and mental health.
- Received client testimonials highlighting transformative healing experiences and personal growth.