



# MICHAEL ANDERSON

## Senior Health Psychologist

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### SUMMARY

Dynamic Health Psychologist with over 8 years of experience in behavioral health and wellness programs. Proven track record in designing and implementing evidence-based interventions to enhance mental health in diverse populations. Skilled in conducting psychological assessments, developing treatment plans, and evaluating program effectiveness. Adept at collaborating with multidisciplinary teams to promote health education and preventive strategies.

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### WORK EXPERIENCE

#### Senior Health Psychologist Wellness Clinic of New York

Jan 2023 - Present

- Conducted comprehensive psychological evaluations to assess patient needs and tailor interventions.
- Developed and led group therapy sessions focused on stress management and coping strategies.
- Collaborated with healthcare providers to integrate psychological care into overall treatment plans.
- Utilized statistical software to analyze patient outcomes, enhancing program effectiveness.
- Educated community members on mental health awareness through workshops and seminars.
- Implemented feedback mechanisms to continuously improve service delivery and patient satisfaction.

#### Health Psychologist Behavioral Health Solutions

Jan 2020 - Dec 2022

- Provided individual and family counseling for clients dealing with chronic illnesses.
  - Designed personalized treatment plans based on cognitive-behavioral therapy principles.
  - Facilitated support groups to help individuals cope with anxiety and depression.
  - Engaged in community outreach to promote healthy lifestyle choices and mental resilience.
  - Monitored and evaluated client progress, adjusting interventions as needed.
  - Collaborated on research projects focused on the impact of lifestyle changes on mental health.
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### EDUCATION

#### Ph.D. in Health Psychology, University of California, Los Angeles

Sep 2019 - Oct 2020

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### ADDITIONAL INFORMATION

- **Technical Skills:** Cognitive-Behavioral Therapy, Program Evaluation, Data Analysis, Patient Advocacy, Group Therapy Facilitation, Community Outreach
- **Awards/Activities:** Increased patient engagement by 30% through innovative program designs.
- **Awards/Activities:** Published research on the efficacy of psychosocial interventions in peer-reviewed journals.
- **Awards/Activities:** Received 'Excellence in Care' award for outstanding contributions to patient mental health.
- **Languages:** English, Spanish, French