



MICHAEL ANDERSON

HEALTH PSYCHOLOGIST

CONTACT

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-  San Francisco, CA

SKILLS

- Motivational Interviewing
- Chronic Disease Management
- Interdisciplinary Collaboration
- Patient Education
- Program Development
- Research Analysis

LANGUAGES

- English
- Spanish
- French

EDUCATION

M.S. IN HEALTH PSYCHOLOGY,
UNIVERSITY OF MICHIGAN, ANN ARBOR

ACHIEVEMENTS

- Developed a chronic disease management program that improved patient adherence by 25%.
- Recognized for contributions to a national initiative promoting mental health in chronic care.
- Published articles in leading health psychology journals on patient engagement techniques.

PROFILE

Results-oriented Health Psychologist with over 6 years of experience in clinical settings, specializing in the psychological aspects of chronic disease management. Expertise in motivational interviewing and behavior change strategies. Consistently demonstrates the ability to build rapport with patients and encourage adherence to treatment regimens. Proven success in developing educational materials and workshops to empower patients to take control of their health.

EXPERIENCE

HEALTH PSYCHOLOGIST

Chronic Care Institute

2016 - Present

- Conducted health assessments to evaluate patient psychological readiness for lifestyle changes.
- Implemented motivational interviewing techniques to enhance patient compliance with treatment.
- Developed and delivered educational workshops on coping strategies for chronic illness.
- Monitored patient progress and adjusted interventions based on feedback and outcomes.
- Collaborated with medical professionals to create integrated care plans.
- Utilized electronic health records to document and track patient improvements effectively.

BEHAVIORAL HEALTH CONSULTANT

Health Innovations

2014 - 2016

- Provided psychological support to patients undergoing treatment for chronic conditions.
- Designed behavior modification programs aimed at reducing health risks.
- Evaluated the psychological impact of chronic diseases on patient quality of life.
- Facilitated interdisciplinary team meetings to discuss patient care strategies.
- Conducted research on the relationship between mental health and chronic disease outcomes.
- Presented findings at national conferences to promote best practices in health psychology.