



# Michael ANDERSON

## MENTAL WELLNESS HERBAL CONSULTANT

### CONTACT

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### SKILLS

- Mental health support
- Herbal consultation
- Program development
- Public speaking
- Client engagement
- Research

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**BACHELOR OF ARTS IN PSYCHOLOGY,  
UNIVERSITY OF MINDFUL STUDIES,  
2014**

### ACHIEVEMENTS

- Increased client engagement by 50% through tailored mental wellness programs.
- Recognized for contributions to community mental health awareness campaigns.
- Published articles on herbal approaches to mental health in local magazines.

### WORK EXPERIENCE

#### MENTAL WELLNESS HERBAL CONSULTANT

Mindful Herbs Therapy

2020 - 2025

- Developed specialized herbal programs targeting anxiety and depression for clients.
- Conducted over 200 client assessments, leading to increased treatment satisfaction.
- Organized public speaking events on the benefits of herbal support for mental health.
- Collaborated with therapists to create integrative treatment plans for clients.
- Utilized client feedback to refine herbal offerings and improve outcomes.
- Maintained a resource library of research on herbal efficacy and mental health.

#### HERBAL CONSULTANT FOR MENTAL WELLNESS

Holistic Minds Clinic

2015 - 2020

- Provided one-on-one consultations focusing on stress management through herbal solutions.
- Created informational brochures on herbal remedies for mental health awareness.
- Facilitated group workshops on herbal relaxation techniques.
- Tracked client progress and adjusted herbal plans accordingly for optimal results.
- Engaged with local mental health organizations to promote herbal options.
- Delivered webinars on the integration of herbal medicine into psychological practices.