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## SKILLS

- Adolescent Therapy
- Art Therapy
- Play Therapy
- Behavioral Interventions
- Parent Collaboration
- Communication

## EDUCATION

**MASTER OF SCIENCE IN CLINICAL MENTAL HEALTH COUNSELING, UNIVERSITY OF NORTH CAROLINA, 2018**

## LANGUAGE

- English
- Spanish
- German

## ACHIEVEMENTS

- Introduced art therapy sessions that increased engagement rates among adolescent clients by 50%.
- Awarded 'Intern of the Year' for exceptional performance during internship.
- Conducted a successful community workshop that educated parents on adolescent mental health issues.

# Michael Anderson

## ADOLESCENT COUNSELOR

Innovative Licensed Professional Counselor with 4 years of experience specializing in adolescent therapy and behavioral interventions. Adept at utilizing creative therapeutic techniques such as art and play therapy to engage young clients in the healing process. Committed to creating a safe and supportive environment where adolescents can express themselves and work through personal challenges.

## EXPERIENCE

### ADOLESCENT COUNSELOR

Bright Futures Counseling Center

2016 - Present

- Provided individual and group therapy to adolescents dealing with emotional and behavioral challenges.
- Utilized art therapy techniques to help clients express emotions and build self-esteem.
- Collaborated with parents and educators to create supportive interventions for students.
- Conducted needs assessments to determine appropriate therapeutic approaches.
- Facilitated workshops on stress management for teens.
- Maintained accurate records and documentation for all client interactions.

### COUNSELING INTERN

Counseling Connections

2014 - 2016

- Assisted lead counselors in conducting therapy sessions with adolescents.
- Participated in team meetings to develop treatment plans and monitor client progress.
- Facilitated peer support groups to encourage positive interactions among youth.
- Engaged in community outreach to promote the counseling center's services.
- Conducted intake assessments to gather information for treatment planning.
- Maintained confidentiality and ethical standards in all client interactions.