



MICHAEL ANDERSON

MARRIAGE AND FAMILY THERAPIST

CONTACT

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-  San Francisco, CA

SKILLS

- Adolescent Therapy
- Family Systems Theory
- Play Therapy
- Crisis Management
- Parent Workshops
- Cognitive-Behavioral Techniques

LANGUAGES

- English
- Spanish
- French

EDUCATION

MASTER OF SCIENCE IN FAMILY THERAPY, UNIVERSITY OF CALIFORNIA, BERKELEY

ACHIEVEMENTS

- Increased client retention rate by 25% through enhanced engagement and support strategies.
- Developed a successful outreach program that connected 50+ families with mental health resources.
- Recognized with the Outstanding Intern Award by Helping Hands Counseling in 2018.

PROFILE

Empathetic and results-driven Marriage and Family Therapist with over 5 years of experience specializing in adolescent therapy and family conflict resolution. My approach focuses on creating a welcoming environment where clients feel safe to express their emotions and work through their challenges. I have a proven track record in addressing issues such as teenage anxiety, depression, and behavioral problems, often collaborating with schools and community organizations to provide comprehensive support.

EXPERIENCE

MARRIAGE AND FAMILY THERAPIST

Youth and Family Services

2016 - Present

- Conducted therapy sessions with adolescents experiencing emotional and behavioral challenges.
- Developed intervention strategies tailored to the needs of individual clients and families.
- Collaborated with educational staff to create supportive environments for at-risk students.
- Led workshops for parents on effective communication and parenting techniques.
- Utilized art and play-based therapy techniques to engage young clients in the therapeutic process.
- Maintained clinical documentation and ensured compliance with state regulations.

FAMILY THERAPIST INTERN

Helping Hands Counseling

2014 - 2016

- Assisted in conducting family therapy sessions under the supervision of licensed therapists.
- Participated in case reviews and contributed to treatment planning discussions.
- Facilitated group therapy sessions for families dealing with addiction issues.
- Provided crisis intervention services to families in distress.
- Coordinated with community resources to support family needs outside of therapy.
- Collected client feedback to improve service delivery and therapeutic approaches.