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SKILLS

- Teletherapy
- Cognitive-Behavioral Techniques
- Digital Resources
- Cultural Competence
- Community Outreach
- Client Engagement

EDUCATION

MASTER OF ARTS IN MARRIAGE AND FAMILY THERAPY, PEPPERDINE UNIVERSITY

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Increased client engagement by 50% through innovative use of technology in therapy.
- Awarded for excellence in teletherapy by the Telehealth Association in 2022.
- Developed a virtual workshop series that attracted over 500 participants.

Michael Anderson

MARRIAGE AND FAMILY THERAPIST

Innovative Marriage and Family Therapist with a focus on integrating technology into therapy practices. With over 7 years of experience, I have successfully utilized teletherapy and digital resources to enhance client engagement and accessibility. My therapeutic approach incorporates cognitive-behavioral techniques and modern technology to create interactive and supportive environments for clients.

EXPERIENCE

MARRIAGE AND FAMILY THERAPIST

Virtual Wellness Therapy

2016 - Present

- Provided teletherapy services to clients, enhancing accessibility to mental health care.
- Developed digital resources for clients to facilitate ongoing engagement and support.
- Implemented cognitive-behavioral techniques in virtual settings to address client needs.
- Conducted workshops on the benefits of teletherapy and digital mental health tools.
- Maintained client confidentiality and compliance with HIPAA in a virtual environment.
- Gathered feedback to improve teletherapy practices and client experience.

COMMUNITY THERAPIST

Neighborhood Mental Health Clinic

2014 - 2016

- Provided face-to-face therapy to clients from diverse backgrounds, focusing on cultural competence.
- Conducted assessments to identify client needs and develop treatment plans.
- Collaborated with local organizations to promote mental health awareness in the community.
- Facilitated support groups for families dealing with addiction and mental health issues.
- Documented treatment plans and client progress in compliance with clinic standards.
- Engaged in continuous professional development to stay updated on best practices.