



MICHAEL ANDERSON

Marriage and Family Therapist

Skilled Marriage and Family Therapist with over 4 years of experience focused on working with couples to strengthen relationships and improve communication. My therapeutic approach emphasizes the importance of understanding relational dynamics and enhancing emotional intimacy between partners. I utilize a range of methods, including Emotionally Focused Therapy and Imago Relationship Therapy, to facilitate constructive dialogue and conflict resolution.

CONTACT

- (555) 234-5678
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- San Francisco, CA

EDUCATION

Master of Arts in Counseling Psychology

Columbia University
2016-2020

SKILLS

- Couples Therapy
- Conflict Resolution
- Emotionally Focused Therapy
- Communication Skills
- Workshop Facilitation
- Therapeutic Documentation

LANGUAGES

- English
- Spanish
- French

WORK EXPERIENCE

Marriage and Family Therapist

2020-2023

Couples Therapy Center

- Conducted couples therapy sessions focusing on communication and conflict resolution.
- Utilized Emotionally Focused Therapy to enhance emotional connection between partners.
- Created customized treatment plans based on couples' specific needs and goals.
- Facilitated workshops on effective communication techniques for couples.
- Maintained accurate documentation of sessions and client progress.
- Collaborated with other therapists to provide comprehensive care for clients.

Therapy Intern

2019-2020

Relationship Wellness Institute

- Assisted in couples therapy sessions under the supervision of licensed therapists.
- Participated in developing treatment plans tailored to individual couples.
- Conducted intake assessments to gather information about couples' histories and dynamics.
- Co-facilitated workshops on relationship skills and effective communication.
- Maintained case notes and participated in supervision meetings for feedback.
- Engaged in ongoing training to enhance therapeutic skills and knowledge.

ACHIEVEMENTS

- Successfully increased client retention rates by 30% through effective therapeutic techniques.
- Awarded the Emerging Therapist Award in 2020 for innovation in couples therapy.
- Developed a series of successful relationship workshops attended by over 200 couples.