



MICHAEL ANDERSON

ADOLESCENT MENTAL HEALTH COUNSELOR

PROFILE

Enthusiastic Mental Health Counselor with 3 years of experience specializing in adolescent mental health. I am passionate about providing support to young individuals facing emotional and behavioral challenges. My approach includes using creative therapies, such as art and play therapy, to engage clients and facilitate expression. I have a proven ability to build rapport with adolescents, helping them navigate their feelings in a safe and constructive manner.

EXPERIENCE

ADOLESCENT MENTAL HEALTH COUNSELOR

Youth Support Services

2016 - Present

- Provided individual and group counseling sessions for adolescents dealing with anxiety and depression.
- Utilized creative therapy techniques to enhance client engagement and expression.
- Coordinated with schools to implement mental health awareness programs.
- Conducted assessments and developed personalized treatment plans.
- Facilitated workshops for parents on adolescent mental health issues.
- Maintained accurate records of client progress and treatment outcomes.

COUNSELING INTERN

Local High School

2014 - 2016

- Assisted licensed counselors in conducting therapy sessions with students.
- Participated in developing and implementing school-wide mental health initiatives.
- Supported students in crisis, providing immediate assistance and resources.
- Engaged in regular feedback sessions to improve counseling techniques.
- Documented client interactions and reported significant changes to supervisors.
- Contributed to creating a resource guide for students seeking mental health support.

CONTACT

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- ✉ michael.anderson@email.com
- 📍 San Francisco, CA

SKILLS

- Creative Therapy
- Crisis Management
- Adolescent Counseling
- Communication
- Empathy
- Teamwork

LANGUAGES

- English
- Spanish
- French

EDUCATION

MASTER OF ARTS IN COUNSELING PSYCHOLOGY, CITY UNIVERSITY

ACHIEVEMENTS

- Implemented a successful peer support program, increasing student participation by 40%.
- Recognized for outstanding dedication to student mental health in 2021.
- Contributed to a publication on youth mental health strategies.