



MICHAEL ANDERSON

Integrative Mental Health Support Worker

Ambitious Mental Health Support Worker with a focus on integrative mental health practices, combining traditional therapy with holistic approaches. With 3 years of experience in private practice settings, I have developed a unique skill set that includes both psychological support and alternative therapies such as mindfulness and art therapy. My approach is centered on treating the whole person, considering physical, emotional, and spiritual well-being.

CONTACT

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- San Francisco, CA

EDUCATION

Bachelor of Arts in Psychology
New Age University
2018

SKILLS

- Integrative Practices
- Mindfulness
- Art Therapy
- Client-Centered Care
- Documentation
- Professional Development

LANGUAGES

- English
- Spanish
- French

WORK EXPERIENCE

Integrative Mental Health Support Worker

2020-2023

Harmony Integrative Wellness Center

- Provided integrative mental health support, combining traditional and holistic therapies for optimal client outcomes.
- Developed personalized care plans that addressed individual client needs and preferences.
- Facilitated mindfulness and art therapy sessions to promote emotional expression and healing.
- Educated clients on the benefits of holistic practices alongside traditional mental health treatments.
- Maintained comprehensive documentation of client progress and therapy effectiveness.
- Participated in ongoing training to enhance skills in integrative mental health practices.

Mental Health Support Intern

2019-2020

Mindful Pathways Therapy Group

- Assisted therapists in the delivery of integrative therapy sessions, focusing on client-centered care.
- Conducted client intake assessments and assisted in developing treatment plans.
- Engaged clients in therapeutic art projects to facilitate communication and healing.
- Documented client interactions and progress towards treatment goals.
- Participated in team discussions to enhance service delivery and client care strategies.
- Coordinated workshops on mindfulness practices for clients and community members.

ACHIEVEMENTS

- Successfully increased client participation in holistic therapy programs by 40%.
- Recognized by management for innovative approaches to client care and engagement.
- Developed a resource guide on integrative mental health practices for staff and clients.