



# MICHAEL ANDERSON

## SUBSTANCE ABUSE COUNSELOR

### CONTACT

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-  San Francisco, CA

### SKILLS

- Motivational Interviewing
- Relapse Prevention
- Trauma-Informed Care
- Group Therapy
- Client Advocacy
- Case Management

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**MASTER'S DEGREE IN SOCIAL WORK,  
STATE UNIVERSITY**

### ACHIEVEMENTS

- Reduced relapse rates among clients by 30% through targeted intervention strategies.
- Recognized for exceptional client engagement and support with a 'Star Performer' award.
- Developed a resource guide for clients that improved access to community support services, utilized by over 200 individuals.

### PROFILE

Experienced Mental Health Therapist with a strong background in addiction recovery and trauma-informed care. Over 5 years of experience working in outpatient settings, providing therapy and support to individuals struggling with substance use and mental health disorders. Expertise in motivational interviewing and relapse prevention strategies. Committed to empowering clients to achieve their recovery goals through personalized treatment plans and ongoing support.

### EXPERIENCE

#### SUBSTANCE ABUSE COUNSELOR

##### Recovery Center

*2016 - Present*

- Conducted individual therapy sessions to support clients in their recovery journey, utilizing evidence-based practices.
- Facilitated group therapy sessions focused on addiction recovery and coping strategies, enhancing peer support.
- Developed and implemented relapse prevention plans tailored to each client's unique circumstances.
- Maintained detailed clinical documentation to track client progress and treatment effectiveness.
- Collaborated with community resources to provide clients with additional support services.
- Participated in regular team meetings to discuss client cases and share best practices.

#### MENTAL HEALTH INTERN

##### Community Mental Health Clinic

*2014 - 2016*

- Assisted licensed therapists in conducting assessments and developing treatment plans for clients with dual diagnoses.
- Observed and participated in therapy sessions to gain practical experience and insight into therapeutic techniques.
- Contributed to the development of educational materials on addiction and mental health for community workshops.
- Supported clients in group therapy sessions and facilitated discussions on recovery topics.
- Engaged in case management activities, including resource referrals for clients in need.
- Participated in training sessions to enhance skills in crisis intervention and therapeutic communication.