



MICHAEL ANDERSON

Geriatric Mental Health Therapist

Dynamic Mental Health Therapist with extensive experience in working with geriatric populations and addressing age-related mental health issues. Over 9 years of clinical experience in long-term care facilities, focusing on dementia and depression in elderly clients. Expert in developing specialized therapeutic programs that enhance cognitive functioning and emotional well-being. Skilled in conducting assessments and collaborating with interdisciplinary teams to create comprehensive care plans.

CONTACT

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- San Francisco, CA

EDUCATION

Master's Degree in Gerontology

University of Aging
2016-2020

SKILLS

- Geriatric Therapy
- Cognitive Behavioral Techniques
- Family Counseling
- Interdisciplinary Collaboration
- Patient Education
- Community Outreach

LANGUAGES

- English
- Spanish
- French

WORK EXPERIENCE

Geriatric Mental Health Therapist

2020-2023

Senior Care Facility

- Provided individual and group therapy sessions tailored to the cognitive and emotional needs of elderly clients.
- Developed and implemented cognitive stimulation programs to enhance memory and engagement among residents.
- Collaborated with healthcare providers to ensure holistic care for clients, addressing both physical and mental health needs.
- Conducted family counseling sessions to educate families about dementia and coping strategies.
- Maintained accurate documentation of client assessments and treatment progress.
- Participated in interdisciplinary team meetings to discuss client care and treatment adjustments.

Mental Health Intern

2019-2020

Elderly Support Services

- Assisted with assessments and therapy sessions for elderly clients experiencing mental health challenges.
- Engaged clients in therapeutic activities designed to promote socialization and cognitive engagement.
- Provided support to families navigating the complexities of caring for aging loved ones.
- Documented client interactions and therapy sessions for supervision and training purposes.
- Participated in training on geriatric mental health and effective communication strategies.
- Contributed to the development of community resources for elderly mental health support.

ACHIEVEMENTS

- Increased resident participation in cognitive programs by 50%, enhancing social interaction and mental stimulation.
- Recognized for exceptional service and compassionate care with a 'Compassionate Care Award'.