

MICHAEL ANDERSON

School Mental Health Counselor

- San Francisco, CA
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Enthusiastic Mental Health Therapist with a background in school counseling and a passion for supporting students' emotional and academic success. Over 4 years of experience working with children and adolescents in educational settings, providing counseling services to address issues such as anxiety, depression, and behavioral challenges. Skilled in developing and implementing programs that promote mental health awareness and resilience among students.

WORK EXPERIENCE

School Mental Health Counselor | Local High School

Jan 2022 – Present

- Provided individual counseling sessions for students facing emotional and behavioral challenges, promoting academic success.
- Developed and facilitated workshops on mental health topics for students, parents, and faculty.
- Collaborated with teachers and school administrators to create a supportive environment for students.
- Conducted assessments to identify students in need of additional support and resources.
- Maintained detailed records of counseling sessions and student progress.
- Participated in school-wide initiatives to promote mental health awareness and reduce stigma.

Counseling Intern | Middle School Counseling Department

Jul 2019 – Dec 2021

- Supported licensed counselors in providing services to students experiencing mental health issues.
- Assisted in developing individualized treatment plans for students with diverse needs.
- Engaged in group counseling activities to promote peer support and emotional expression.
- Documented student interactions and progress toward counseling goals.
- Participated in professional development workshops to enhance counseling skills.
- Contributed to school mental health programs and initiatives.

SKILLS

School Counseling

Student Advocacy

Group Facilitation

Program Development

Emotional Support

Crisis Intervention

EDUCATION

Master's Degree in School Counseling

2015 – 2019

Educational University

ACHIEVEMENTS

- Increased student participation in mental health programs by 30% through engaging outreach efforts.
- Awarded 'Outstanding New Counselor' for exceptional contributions to school mental health initiatives.
- Developed a resource toolkit for teachers that improved classroom interventions for students with mental health challenges.

LANGUAGES

English

Spanish

French