



# MICHAEL ANDERSON

## Geriatric Psychotherapist

I am a psychotherapist with a background in working with geriatric populations, focusing on mental health issues associated with aging, including depression, anxiety, and dementia-related challenges. With over 10 years of experience, I have developed a compassionate approach that respects the dignity and individuality of each client. I employ therapeutic techniques tailored to the unique needs of older adults, including reminiscence therapy and cognitive behavioral strategies.

### CONTACT

- (555) 234-5678
- michael.anderson@email.com
- San Francisco, CA

### EDUCATION

#### Master of Social Work (MSW)

University of MNO  
2016-2020

### SKILLS

- Geriatric Therapy
- Reminiscence Therapy
- Family Involvement
- Cognitive Behavioral Therapy
- Caregiver Training
- Community Outreach

### LANGUAGES

- English
- Spanish
- French

### WORK EXPERIENCE

#### Geriatric Psychotherapist

2020-2023

Senior Wellness Center

- Provided psychotherapy to older adults dealing with depression and anxiety.
- Utilized reminiscence therapy to enhance cognitive engagement and emotional well-being.
- Conducted family therapy sessions to involve relatives in the treatment process.
- Collaborated with nursing staff to create individualized care plans.
- Developed training materials for caregivers on mental health issues in aging.
- Participated in community outreach programs to raise awareness about mental health in older adults.

#### Psychotherapist

2019-2020

Golden Years Counseling

- Delivered individual therapy sessions focused on dementia and behavioral issues.
- Conducted assessments to evaluate mental health and cognitive function.
- Engaged family members in treatment planning and support strategies.
- Maintained detailed records of client progress and therapeutic interventions.
- Led workshops for caregivers on best practices in geriatric mental health.
- Participated in interdisciplinary team meetings to discuss client needs and progress.

### ACHIEVEMENTS

- Increased client participation in therapy sessions by 35% through family engagement strategies.
- Recognized for excellence in geriatric mental health care by local health organizations.
- Published articles on mental health issues in aging populations in professional journals.