

MICHAEL ANDERSON

Chronic Illness Psychotherapist

- San Francisco, CA
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I am a psychotherapist specializing in the intersection of mental health and physical health, particularly in chronic illness management. With over 9 years of experience, I have worked with clients coping with the psychological effects of chronic conditions such as diabetes, heart disease, and cancer. My therapeutic approach incorporates cognitive-behavioral techniques and motivational interviewing to help clients develop coping strategies and improve their quality of life.

WORK EXPERIENCE

Chronic Illness Psychotherapist | Integrated Wellness Center

Jan 2022 – Present

- Provided psychotherapy to clients managing chronic illnesses and mental health challenges.
- Utilized cognitive-behavioral techniques to develop effective coping strategies.
- Collaborated with healthcare providers to create comprehensive treatment plans.
- Conducted workshops on mental health and chronic disease management.
- Engaged in community outreach to raise awareness about mental health in chronic illness.
- Maintained detailed case notes to track client progress and outcomes.

Psychotherapist | Wellness First Therapy

Jul 2019 – Dec 2021

- Delivered individual therapy to clients with chronic health conditions.
- Conducted assessments to identify mental health needs related to physical health issues.
- Developed personalized treatment plans that included coping strategies.
- Participated in interdisciplinary meetings to ensure holistic client care.
- Provided resources and education for clients and families on managing mental health.
- Led support groups for clients facing similar health challenges.

SKILLS

Chronic Illness Management

Cognitive Behavioral Therapy

Motivational Interviewing

Holistic Health

Community Education

Support Group Facilitation

EDUCATION

Master of Arts in Clinical Psychology

2015 – 2019

University of PQR

ACHIEVEMENTS

- Increased client satisfaction rates by 25% through enhanced therapeutic interventions.
- Developed a community resource guide for families navigating chronic illness.
- Recognized for excellence in chronic illness mental health advocacy by local health organizations.

LANGUAGES

English

Spanish

French