



# MICHAEL ANDERSON

## Therapeutic Storytelling Facilitator

Talented Storytelling Performer with a unique emphasis on therapeutic storytelling and emotional wellness. Expertise in utilizing storytelling as a modality for healing and personal development, particularly in therapeutic settings. Skilled in crafting narratives that facilitate emotional expression and foster resilience among individuals facing challenges. Experienced in conducting workshops that empower participants to use storytelling as a tool for self-discovery and healing.

### CONTACT

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

### EDUCATION

#### Master of Arts in Counseling Psychology

Columbia University  
2020

### SKILLS

- Therapeutic Storytelling
- Emotional Wellness
- Narrative Therapy
- Workshop Facilitation
- Community Engagement
- Performance Arts

### LANGUAGES

- English
- Spanish
- French

### WORK EXPERIENCE

#### Therapeutic Storytelling Facilitator

2020-2023

Wellness Through Stories

- Conducted storytelling workshops for individuals in therapeutic settings.
- Developed programs that utilize storytelling for emotional healing.
- Collaborated with therapists to create tailored narrative interventions.
- Facilitated group sessions that promote emotional expression through storytelling.
- Utilized feedback to refine storytelling approaches for various demographics.
- Received the Healing Arts Award for excellence in therapeutic storytelling.

#### Narrative Therapy Consultant

2019-2020

Community Mental Health Center

- Advised therapists on integrating storytelling into client interventions.
- Developed training materials for mental health professionals on narrative therapy.
- Created case studies showcasing the effectiveness of storytelling in therapy.
- Facilitated workshops that train individuals in therapeutic storytelling techniques.
- Analyzed participant feedback to enhance narrative therapy programs.
- Increased program engagement by 40% through innovative storytelling practices.

### ACHIEVEMENTS

- Featured speaker at the National Mental Health Conference, 2023.
- Published research on the impact of storytelling in therapy.
- Recipient of the Community Wellness Award for outstanding contributions to mental health initiatives.