



MICHAEL ANDERSON

Behavioral Weight Management Consultant

Strategic Weight Management Consultant with a focus on integrating behavioral science into weight loss interventions. Demonstrated ability to design and implement programs that effectively address psychological barriers to weight management. Expertise in motivational interviewing and cognitive-behavioral techniques to foster client commitment and adherence. Recognized for developing innovative strategies that lead to sustained weight loss and improved health outcomes.

CONTACT

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- San Francisco, CA

EDUCATION

Master of Arts in Psychology

University of Illinois
2013

SKILLS

- Behavioral science
- Motivational interviewing
- Program development
- Client coaching
- Data analysis
- Psychological assessment

LANGUAGES

- English
- Spanish
- French

WORK EXPERIENCE

Behavioral Weight Management Consultant

2020-2023

Mindful Weight Solutions

- Developed behavioral weight management programs incorporating psychological principles.
- Utilized motivational interviewing techniques to support client engagement.
- Conducted workshops focusing on the psychology of weight loss.
- Monitored client progress and provided ongoing behavioral support.
- Collaborated with psychologists to enhance program effectiveness.
- Analyzed data to assess behavioral change outcomes.

Weight Loss Coach

2019-2020

Behavioral Health Associates

- Provided coaching services to clients focused on overcoming psychological barriers to weight loss.
- Developed personalized strategies to enhance motivation and commitment.
- Conducted assessments to identify individual psychological needs.
- Facilitated support groups to foster community and accountability.
- Monitored client feedback to refine coaching approaches.
- Collaborated with healthcare providers to ensure a holistic approach.

ACHIEVEMENTS

- Achieved a 30% increase in client adherence through innovative behavioral strategies.
- Published articles on the psychological aspects of weight management in professional journals.
- Recognized for excellence in client outcomes in 2021.