

MICHAEL ANDERSON

Adolescent Wellness Therapist

- San Francisco, CA
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Compassionate Wellness Therapist with a focus on adolescent mental health and holistic wellness practices. Expertise in developing and implementing therapeutic interventions that address the unique challenges faced by young individuals. Recognized for a nurturing approach that fosters trust and openness, essential for effective therapy. Committed to empowering youth through education and support, utilizing evidence-based practices to promote mental and emotional well-being.

WORK EXPERIENCE

Adolescent Wellness Therapist | Youth Empowerment Center

Jan 2022 – Present

- Developed therapeutic programs tailored to the needs of adolescents.
- Conducted group therapy sessions that improved peer relationships.
- Facilitated workshops on coping strategies and stress management.
- Collaborated with schools to provide mental health resources.
- Monitored progress and adjusted therapeutic approaches as needed.
- Engaged families in the therapeutic process to enhance outcomes.

Wellness Educator | Healthy Futures Program

Jul 2019 – Dec 2021

- Conducted workshops on mental health awareness for youth.
- Developed educational materials to promote wellness among adolescents.
- Facilitated discussions on self-esteem and resilience.
- Collaborated with community organizations to enhance outreach.
- Evaluated program effectiveness through participant feedback.
- Provided individual counseling to support youth development.

SKILLS

Adolescent therapy

Group facilitation

Coping strategies

Mental health education

Family engagement

Program evaluation

EDUCATION

Master of Arts in Counseling Psychology

2017

University of Youth Studies

ACHIEVEMENTS

- Increased adolescent participation in wellness programs by 50% through engaging initiatives.
- Recognized for excellence in youth mentorship by community organizations.
- Developed a resource toolkit that improved mental health literacy among teens.

LANGUAGES

English

Spanish

French