

Anjana Markou

Psychotherapist

Details

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Profile

A dedicated and compassionate Psychotherapist with 5 years of experience providing comprehensive mental health care to diverse clientele. Proficient in various therapeutic approaches, including CBT, DBT, and psychodynamic therapy, to tailor treatment plans based on individual needs. Demonstrated ability to create a supportive and non-judgmental environment, fostering strong therapeutic alliances and empowering clients to achieve their goals. Committed to ongoing professional development and staying current with the latest research to enhance clinical practice and client outcomes.

Employment History

Psychotherapist at Maine Behavioral Healthcare, ME

Apr 2023 - Present

- Successfully treated over 250 clients with various mental health issues, including anxiety, depression, and PTSD, resulting in a 90% improvement rate in symptom management and overall well-being.
- Developed and implemented an effective group therapy program for individuals struggling with substance abuse, leading to a 75% reduction in relapse rates among participants within one year.
- Collaborated with a team of mental health professionals to develop a comprehensive mental health education program that reached over 1,000 community members, increasing awareness and understanding of mental health issues in the region by 50%.
- Streamlined the intake process for new clients, reducing wait times for appointments by 40% and improving overall client satisfaction ratings by 30% within six months.

Associate Psychotherapist at Health Affiliates Maine, ME

Jul 2018 - Mar 2023

- Successfully treated over 100 clients with various mental health disorders, resulting in a 90% improvement rate in symptom reduction and overall well-being.
 - Developed and implemented a group therapy program for clients with anxiety and depression, which led to a 75% increase in client engagement and satisfaction.
 - Collaborated with a multidisciplinary team of healthcare professionals to create comprehensive treatment plans, improving coordination of care for 80% of clients.
 - Conducted 50+ mental health assessments and evaluations, leading to accurate diagnoses and appropriate treatment recommendations for new clients.
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Education

Master of Arts in Clinical Psychology at University of Southern Maine, Portland, ME