
Kathleen Lisson CMT, CLT

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619-880-6538 solacesandiego@gmail.com

Education

Siena Heights University / Bachelor of Science, Massage Therapy
2017, Adrian, MI

Klose Training / Certified Lymphedema Therapist
2016, Denver, Co

University of California Irvine Ext. / Spa and Wellness Management
Certificate
2018, Irvine, CA

University of California, San Diego Ext. / Exercise Science Certificate
2016, San Diego, CA

IPSB / Massage Therapy Program
2016, San Diego, CA

Professional Experience

Solace Massage and Mindfulness / Owner

September 2016 - PRESENT, San Diego, CA

- Provide 60 - 90 minute sessions of skilled, compassionate massage therapy, including manual lymphatic drainage, to clients with post-surgical swelling, lipedema, lymphedema or metastatic cancer.
- Author of 'Swollen, Bloated and Puffy' & 'Lipedema Treatment Guide'
- Speaker, FDRS Conference 2018 & 2019
- Keynote Speaker, MLD UK Conference, May 2019

Adams Avenue Integrative Health / Massage Therapist

August 2016 - PRESENT, San Diego, CA

- Provide 60 - 90 minute sessions of manual lymphatic drainage massage for clients with swelling issues.

IPSB / Primary Instructor

July 2016 - December 2016, San Diego, CA

- Taught upper level (HHP) Communications class on Mindfulness.
- Assistant teacher / lecturer in Massage for Special Populations class.

Continuing Education

2nd Annual USC Multidisciplinary Approach to Lymphedema and Related Disorders Symposium, Office of Continuing Medical Education, Keck School of Medicine of USC 10 hrs. June 2019

MLD UK Conference 10 hrs. May 2019

Orthopedic Edema & Lymphostatic Fibrosis, Klose Conference 3.5 hrs. May 2019

Klose Lymphedema Conference 15 hrs. May 2019

Lymphedema Seminars 15 hrs. November 2018

Sigvaris Basic Compression Fitter 7.5 hrs. September 2018

Lymphedema Advanced and Review, Foldi Clinic, 32.5 hrs. June 2018

Sigvaris Certified Lymphedema Compression Course 7.5 hrs. May 2018

Obesity & Obesity-Related Lymphedema & Lipedema, Klose Training 2.5 hrs. April 2018

Lymphedema Seminars 15 hrs. November 2017
Orthopedic Swelling Solutions, Klose Training 16 hrs. August 2017
Klose Lymphedema Conference 15 hrs. May 2017
Evaluation and Management of Head and Neck Lymphedema, Norton School,
20 hrs. March 2017
Head & Neck Lymphedema Mgmt., Klose Training, 6.75 hrs. December 2016
Breast Cancer Rehabilitation, Klose Training 16 hrs. November 2016
Lymphedema Seminars 15 hrs. November 2016
Manual Lymphatic Drainage, Klose Training 45 hrs. August 2016

Certifications

CAMTC Certified Massage Therapist #70128
Klose Certified Lymphedema Therapist
Klose Certified Manual Lymphatic Drainage Therapist
Board Certification in Therapeutic Massage & Bodywork by NCBTMB
McLean Meditation Institute Certified Meditation and Mindfulness Teacher
Medi Certified Master Fitter
Sigvaris Certified Lymphedema Compression Fitter