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## **Kathleen Lisson CMT, CLT**

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### **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' & 'Plastic Surgery Recovery Handbook'
- Speaker, FDRS Conference 2018 & 2019
- Speaker, Better Wounds Post-op Masterclass 2019
- Keynote Speaker, MLD UK Conference, May 2019
- Society for Oncology Massage Preferred Practitioner

#### **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.

### **Certifications**

Board Certification in Therapeutic Massage & Bodywork by NCBTMB  
CAMTC Certified Massage Therapist #70128

Klose Certified Manual Lymphatic Drainage Therapist

Klose Certified Lymphedema Therapist

McLean Meditation Institute Certified Meditation and Mindfulness Teacher

Medi Certified Master Fitter

NHI Certified Clinical Master Aromatherapist

Sigvaris Certified Lymphedema Compression Fitter

## Continuing Education

American Vein and Lymphatic Society Annual Congress, 21 hrs.  
November 2019  
Lymphedema Seminars 15 hrs. November 2019  
NLN Conference, 16.25 hrs. October 2019  
Orthopedic Edema - CDT to the Rescue, NLN, 1 hr. October 2019  
Advanced Scar Tissue Technique Lab: Enhance Lymph Drainage, NLN, 3 hrs.  
October 2019  
Lymphedema of the Lower Extremity, Medi, 8 hrs. September 2019  
Continuing Competence in Lymphedema Management, 20 hrs.  
September 2019  
ACE Fitness Nutrition Specialist, 25 hrs. September 2019  
Instructional Methods in Health Professions Education, University of  
Michigan, 21 hrs. July 2019  
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  
Gaston Technique M2 Training 15 hrs. April 2019  
American College of Phlebology Annual Congress, 23 hrs. November 2018  
Lymphedema Seminars 15 hrs. November 2018  
Basic Compression Fitter, Sigvaris, 7.5 hrs. September 2018  
Gaston Technique M1 Basic Training, 13 hrs. September 2018 Lymphedema  
Advanced and Review, Foldi Clinic, 32.5 hrs. June 2018  
Certified Lymphedema Compression Course, Sigvaris, 7.5 hrs. May 2018  
Obesity & Obesity-Related Lymphedema & Lipedema, Klose Training 2.5 hrs.  
April 2018  
Cancer Exercise Specialist, Cancer Exercise Training Institute, 17 hrs.  
December 2017  
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  
Oncology Massage Healing Summit, 18 hrs. April 2016  
Foundational Course Massage Therapy for People Living with Cancer, 30 hrs.  
April 2016  
CKTT (Certified Kinesio Taping Technician) Level 1 Workshop, 2 hrs.  
September 2014

