
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

Health & Wellness: The Role of Integrative, IMTRC, 1 hr. September 2020
Research on and Treatment of Diabetes, AMTA, 2 hrs. September 2020
Breast Cancer and Massage Therapy, IMTRC, 1 hr. September 2020
Whole-Food, Plant-Based Fuel for Fitness, IDEA World, 1.5 hrs. August 2020
After the Injury: Functional Training Periodization, IDEA World, 1.5 hrs. August 2020
BLAME: Client Excuses for Not Exercising and Solutions to Retrain Their Behaviors, IDEA World, 1.5 hrs. August 2020
The Most Effective Way to Customize Programs and Choose the Best Exercises for Every Client, IDEA World, 1.5 hrs. August 2020
Integrative Mgmt for the Lymphedema & Lipedema Patient, Compression Guru 1 hr. July 2020
Common post-operative complications, and how to avoid them, WoundCon 1 hr. July 2020
The ACE IFT® Model: Program Design for Every Client, ACE 1 hr. July 2020
Integrative Management for the Lymphedema and Lipedema Patient, Compression Guru 1 hr. July 2020
New Insights on Pathophysiology and Treatment of Lipedema, Lympa Press 1 hr. June 2020
Managing Chronic Edema, Tactile 2 hrs. June 2020
Controversies of Lymphedema Surgery, CompressionGuru, 2 hrs. May 2020
Fascia is Fascinating, Graston Technique, May 2020
Infection Control, Milady 2 hrs. May 2020
Barbicide Certification, 1 hour April 2020
Advanced Compression Therapy Considerations, Juzo Academy, 1.5 hrs. April 2020
Power Lymphatics Symposium, 13 hrs, March 2020
Advanced Skills for Teaching Adult Learners, AMTA Schools Summit, 1 hr. February 2020
Massage Therapy Education: Setting Students Up for Success, AMTA Schools Summit, 1.5 hrs. February 2020
UCSD Integrative Research Day, February 2020
Blog Her Health 2020, January 2020
Komen San Diego Metastatic Breast Care Conference, January 2020
The Science of Compression therapy course, Haddenham Healthcare, 1 hr. November 2019
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
Fitness Nutrition Specialist, ACE, 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

Graston 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

Graston 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