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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**

April 2016 - PRESENT, San Diego, CA

- Provide massage therapy, including manual lymphatic drainage, to clients with post-surgical swelling, lipedema, or lymphedema.
- Author of Swollen, Bloating and Puffy, Lipedema Treatment Guide, Plastic Surgery Recovery Handbook & Southern California Plastic Surgery Cookbook
- Speaker, NLN Conference 2020
- Speaker and Panel Moderator, AVLS Congress 2020
- Speaker, FDRS Conference 2018 & 2019
- Speaker, Better Wounds Post-op Masterclass 2019
- Keynote Speaker, MLD UK Conference, May 2019
- Member, Affiliate Network of Center for Advanced Lymphedema Treatment and Surgery at Keck Medical Center of USC (LE&RN Comprehensive Center of Excellence)
- Society for Oncology Massage Preferred Practitioner
- NCBTMB Approved Continuing Education Provider

#### **Adams Avenue Integrative Health / Massage Therapist**

August 2016 - March 2020, 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

ACE Certified Personal Trainer  
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  
NCBTMB Board Certification in Therapeutic Massage & Bodywork  
NHI Certified Clinical Master Aromatherapist  
Sigvaris Certified Lymphedema Compression Fitter

## Continuing Education

Assessment and Collaboration: Massage Therapy as an Essential Service, 3 hr.  
AMTA-CA Conference, April 2021  
Motivational Interviewing in Brief Consultations, 1 hr. BMJ, April 2021  
WoundCon Spring 2021, 3 hrs, WoundSource, March 2021  
Power Lymphatics Conference, 9.5 hrs. March 2021  
Beyond Edema: Lymphatic Dysfunction Caused by Cancer Treatment, 1 hr.,  
Tactile, March 2021  
Aromatherapy & Integrative Therapies for Lymphedema and Lipedema, 1 hr.  
Juzo, February 2021  
Health Behavior Change: From Evidence to Action, 16 hrs, Yale, January 2021  
The Role of Exercise in Lymphedema Management, 2 hrs. Klose Training,  
November 2020  
Compression Therapy--How to Tell the Good from the Bad!, 1.5 hrs.  
Juzo Academy, November 2020  
WoundCon Fall 2020, 4.5 hrs, WoundSource, November 2020  
Expanding your Practice to Include Head and Neck Lymphedema, a Therapist  
Perspective, 1 hr. Tactile, Nov. 2020  
Lymphatic Function and Malfunction and Associated Comorbidities,  
1 hr., LE&RN, Nov. 2020  
A Magical Experience of Lymphology, 24 hrs. NLN, October 2020  
Breast Cancer-Related Lymphedema, 2 hrs., Tactile, October 2020  
Make it stop! Managing edema and exudate, 1 hr. Medi, October 2020  
Breast Cancer Rehab, 1 hr. Compression Guru, October 2020  
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, Lympha 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

