
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
- Co-author, Standard of Care for Lipedema in the United States doi: 10.1177/0268355211015887
- 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 #1000280

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 Health Coach #W56361
ACE Certified Personal Trainer #T195602
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 Therapeutic Massage & Bodywork #44847385
NHI Certified Clinical Master Aromatherapist
Sigvaris Certified Lymphedema Compression Fitter

Continuing Education

Science of Behavior Change & Habits, 1 hr, ObVus, July 2021
WoundCon Summer 2021, 2 hrs, WoundSource, July 2021
Compare and Contrast the US and European Lipedema Consensus Documents, 1 hr, AVLS, July 2021
Double Despair: Compassionate and Competent Treatment for Co-occurring Eating Disorders and the Unresolved Trauma of Abuse, 1.5hr, IAEDP, June 2021
Mind, Body, and the Matrix, 1 hr, LympaPress, June 2021
Primary Lymphedema and Differential Diagnosis, 1 hr., AVLS, May 2021
Anatomy of the Lymphatic System and Its Changes in Lymphedema, 1 hr. NLN, May 2021
Managing Fibrosis When Treating Lymphedema, 1 hr., Compression Guru, May 2021
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