
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
- 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

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 Lymphedema Therapist
McLean Meditation Institute Certified Meditation and Mindfulness Teacher
Stanford Medicine Certified Empowered Relief Provider
Medi Certified Master Fitter
NCBTMB Board Certification Therapeutic Massage & Bodywork #44847385
Sigvaris Certified Lymphedema Compression Fitter

Publications

Co-author, Standard of Care for Lipedema in the United States
May 2021, Phlebology doi: 10.1177/02683555211015887

Conferences

Faculty, American Vein and Lymphatic Society Congress 2020, 2021, 2022
Faculty, Fat Disorders Resource Society Conference 2018, 2019, 2022
Faculty, National Lymphedema Network Conference 2020
Keynote Speaker, MLD UK Conference 2019

Continuing Education

Applications for the Post-Surgical Patient 1 hr. Graston Technique, Oct. 2022
Virtual Lymphatic Summit 2022 - The Clinician/Patient Interface in State-of-the-Art Diagnosis and Management. 4 hrs. LE&RN Sept. 2022
Decongestive Exercises for Lymphedema, 1 hr. LymphaPress, Sept. 2022
A Field Guide to Fascia, 1.5 hrs. Academy of Integrative Medicine, Sep. 2022
Elastic Taping for Lymphedema, 1 hr. Compression Guru, August, 2022
Disease Differentiation for Fitters: Navigating Compression Solutions, 1 hr. Medi August, 2022
WoundCon Summer 2022, 3 hr, WoundSource, July 2022
Telling the Story of Racism in American Health Care, 1 hr. USC Annenberg Center for Health Journalism, June 2022
3rd Annual USC Multidisciplinary Approach to Lymphedema and Related Disorders Symposium, 8 hrs. Office of Continuing Medical Education, Keck School of Medicine of USC, June 2022
Phlebolympedema – The Most Common Among U.S., 1 hr. Medi, June 2022
Lipedema: Evidence-Based Truths, 1 hr. LymphaPress, June 2022
LGBTQIA 101: How to Support Service Recipients, 2 hrs., The Health Federation of Philadelphia, June 2022
Understanding Lipedema Diagnosis and Treatment, 1 hr. Tactile, June 2022
Lipedema Landmines: How MCAS, hEDS, and POTS Show Up and Affect Lipedema Treatment, 1 hr. LymphaPress, June 2022
Solutions for Breast Cancer Survivors, 1 hr. Medi USA, June 2022
Dimensions of Gender, 1.5 hrs. Caltrin, May 2022
All Edema is Lymphedema/VAIL 1 hr. AVLS April 2022
Fat Disorders Resource Society Conference, 16 hrs. April 2022
Population Considerations in Wound Care 1 hr. WoundSource April 2022
PAD - Assess then Compress. 1 hr., Medi, April 2022
Power Lymphatics Conference. 16 hrs. March 2022
Integrating Research in Decongestive Lymphatic Therapy, 1 hr., Lympha Press, Jan. 2022
The Promise of Drug Therapy to Reverse and Prevent Lymphedema, 1 hr. LE&RN Jan. 2022
Pathomechanisms of Lipo-lymphedema 1 hr. LE&RN, Dec. 2021
Understanding the glycocalyx: a paradigm shift in future treatment options for chronic edema 1 hr. AVLS, December 2021
Virtual Lymphatic Summit 2021, 6 hrs. LE&RN, November 2021
WoundCon Fall 2021, 1 hr, WoundSource, November 2021
Disease Differentiation for Fitters: Navigating Compression Solutions, 1 hr. Medi, November 2021
American Venous and Lymphatic Society Congress 20 hrs. AVLS, Oct. 2021
The Role of Nutrition to Optimize Surgical Healing, 1 hr. Abbott, Oct. 2021
Secondary Trauma Training 2 hrs. Warren Coalition, September 2021
Becoming ACEs Aware in California 2 hrs., Postgraduate Institute for Medicine, August 2021
Introduction to Negative Pressure Therapy 2.5 hrs. Structure & Function Education, August 2021
Massive Localized Lymphedema, 1 hr., LymphaPress, August 2021
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, LymphaPress, 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
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
Fundamentals of Teaching Yoga and Meditation in Military Communities, Warriors at Ease 13 hrs. August 2016
Mindful Educator Essentials, Mindful Schools, 16 hrs. July 2016
Oncology Massage Healing Summit, 18 hrs. April 2016
Mindful Performance Enhancement, Awareness and Knowledge (mPEAK) 8 Week course & 3 day Intensive, UCSD Center for Mindfulness, 30 hrs. March 2015
Tibetan Buddhist Meditation & the Modern World: Lesser Vehicle, University of Virginia on Coursera, 40 hrs. October 2015
Mindful Awareness Practices I, UCLA Semel Mindful Awareness Research Center 16 hrs. October 2015
McLean Meditation Institute Teacher Training 300 hrs. April 2016
Foundational Course Massage Therapy for People Living with Cancer, 30 hrs. April 2016
Labyrinth Facilitator Training at Grace Cathedral with Lauren Artress 15 hrs. February 2016
CKTT (Certified Kinesio Taping Technician) Level 1 Workshop, 2 hrs.

September 2014