
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/ Registrations

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

Yoga Alliance Registered Yoga Teacher (RYT) #396369

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, International Society of Lymphology Congress 2023

Faculty, National Lymphedema Network Conference 2020

Faculty, Oncology Massage Healing Summit, 2023

Keynote Speaker, MLD UK Conference 2019

Continuing Education

The Perrin Technique: A Deeper Dive Into the Glymphatics, 1 hr. Lipedema Simplified, November 2023
Educated Patient® Updates in Metastatic Breast Cancer, 1 hr. Cure Today, October 2023
Applications for the Lymphatic System and Vagus Nerve, 1 hr. Graston Technique, October 2023
World Congress of Lymphology, 20 hrs. International Society of Lymphology, September 2023
Lifestyle & Lymphedema: Impacts of Nutrition, Exercise, Sleep & Stress, 1 hr., LymphaPress, August 2023
Sound Therapy Massage with Bowls, Certified Sound Healing, 1 hr. Primordial Sounds Bali, August 2023
The Patient Journey in Oncology, 3 hrs. NLN, August 2023
A Non-Compliant Patient or a Central Lymphatic Dysfunction?, 1 hr., Aeros Medical, August 2023
Exercise & Lymphedema: What Kind of Exercise is the Most Effective?, 1 hr. LE&RN, August 2023
WoundCon Summer 2023, 2 hr, WoundSource, July 2023
Examining the Central Lymphatics, 1 hr. Lympha Press, July 2023
Unlocking the Secrets of Lipedema Diagnosis and Treatment, 1 hr. Tactile Medical, June 2023
Managing Life with Lymphedema, 1 hr. BreastCancer.org, June 2023
Lipedema is Caused by Subclinical Compartment Syndrome, 1 hr. LymphaPress, June 2023
Breast Cancer-Related Lymphedema Continuing Education Course, 1 hr., Tactile Medical, May 2023
Genital lymphedema: New Perspectives From Diagnosis to its Management, 1 hr. Thuasne, May 2023
Update on Lymphedema Surgery: 2023, 1 hr. LE&RN, May 2023
Lymphedema Seminars, 8 hrs. May 2023
Power Lymphatics Symposium, 12 hrs, April 2023
Oncology Massage Healing Summit, 10 hrs., S4OM, April 2023
Head to Toe Compression, 7.5 hrs., Juzo, April 2023
Improving Outcomes Before Lymphatic Surgery with Decongestive Therapy and Intermittent Pneumatic Compression, 1 hr. Lymphapress, April 2023
Medical Complications of Eating Disorders, 1 hr. IAEDP-SD, March 2023
Obesity-Related Lymphedema, 1 hr. Tactile, March 2023
Insights in Post-Traumatic Lymphedema, 1 hr. LE&RN, February 2023
GT Shorts: Basic Concepts of Therapeutic Exercise, 1 hr. Graston Technique, Feb. 2023
AVLS Presents: Benefits of Integrating APPs and Therapists in Lymphatic Evaluation & Treatment, 1 hr. AVLS, January 2023
Pelvic Cancer Diagnosis, Treatment and Related Lymphedema, 1 hr. Tactile Medical, January 2023
Managing Lymphedema Through Lymphatic Yoga, 1 hr. LE&RN, January 2023
Obesity-Related Lymphedema, Tactile Medical, 1 hr. December 2022
The Art and Science of Surgery & Therapy, 14 hrs. NLN, November 2022
Recognizing Primary Lymphedema and Differential Diagnosis, Tactile Medical, 1 hr. October 2022
Lymphatic Therapies: Reviewing and Renewing – Part 2, S4OM, 1.5 hrs. October 2022
Lymphedema Seminars, 12 hrs. October 2022
ABMP CE Summit, 2 hrs. ABMP, October 2022
AMTA 2022 Virtual Schools Summit, 3 hrs. AMTA, October 2022
American Venous and Lymphatic Society Congress 14.5 hrs. AVLS, Oct. 2022
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
Phlebolympheidema – 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

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

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

