

Sandra Grover Mason

BA, LMBT 4403, CMT, NCMTB, AMTA

Education:

- **Bachelor of Arts, University of Virginia**, Charlottesville, VA, graduated May 1987.
- **610-hour Full-Time Medical Massage Program, Virginia School of Massage**, Blacksburg, VA, graduated 6/1999. Completed Medical Externship at New River Valley Carilion Center Hospital, Radford, VA, 6/1999.

Licensures and

Certifications:

- **National Certification Board for Therapeutic Massage and Bodywork** - Approved Provider of Continuing Education, #451398-10, since 8/2010.
- **North Carolina Board of Massage and Bodywork Therapy** - LMBT #4403, since 1/2004.
- **North Carolina Department of Revenue** – Art of Healing License, #200001802796, since 6/2004.
- **Department of Nursing, Commonwealth of Virginia** – CMT, # 0019002939, since 10/2001.
- **National Certification Board for Therapeutic Massage and Bodywork** – NCTMB, #283958-00, since 3/2000.
- **Board Certification (BCMT)** – by NCBTMB, #283958-00 since 11/2013.

Employment:

- **Forsyth Technical Community College, Therapeutic Massage Department**, Kernersville, NC.
 - **Clinical Education Coordinator**, Jan. 2011-present.
 - Supervision and oversight of regular student clinic facilities, supplies, schedules and instructors.
 - Coordination and design assistance of Associate Degree (AAS) Program, and its advanced student clinic wherein students concentrate advanced modalities on repeating clients with specific complaints.
 - Coordination of off-site AAS Cooperative Education in conjunction with Wake Forest Baptist Medical Center, Novant Health medical facilities in Winston-Salem, Kernersville and Mt. Airy, Northern Surry Outpatient Clinic and Hospice.
 - Instructor, AAS Program, *Oncology Massage, Lymphatic Drainage Techniques*.
 - Continuation of all roles as Assistant to Program Coordinator. ○

Assistant to Program Coordinator, June 2010-Dec. 2010.

- Assisted in design and implementation of Fast Track summer program, including creation and teaching of new *Anatomy and Physiology for the Massage Therapy Student* class.
- Instruction in AAS Program, *Myofascial Release*, *Mobility Enhancement Therapy*, *Ethics*.
- Lead Instructor, coordinating administrative information with Adjunct Instructors

▪ Continuing all instructional duties of previous Adjunct Faculty role. ○ **Adjunct Faculty** Sept., 2008-Jan. 2011 - Instructor *Pathology and Therapeutic Applications*, and *Assessment* classes, creating all class prep and materials, research, organization, planning and creative learning tools within the classroom.

• **Natural Touch School of Massage**, Greensboro, NC, Sept. 2006-Sep. 2008. Reorganization and Instruction of *Anatomy, Physiology and Pathology I and III* courses for fully accredited massage school with 500-hour program.

• **Blue Ridge School of Massage and Yoga**, Blacksburg, VA, Oct. 2002-Sept. 2005.

- Co-authored the school's *Myofascial Release* program, personally creating curriculum, text

reference and all written and verbal materials. ○ Instructor, *Myofascial Release* and *Anatomy & Physiology* courses.

• **Virginia School of Massage**, Blacksburg, VA, June 1999-May, 2002.

- Clinic Coordinator - supervised small staff to operate both regular and Medical Massage student clinics, interfacing between students and public in semi-autonomous facility designed to transition students into the professional world of Massage Therapy.
- Instructor, *Advanced Anatomy and Physiology*, *Basic Anatomy*, *Swedish*, and *Myofascial Release* classes.

• **Owner/Operator, Body Therapeutic**

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- Small business operation, Floyd, VA (2000-2004), Winston-Salem, NC (2004-present). Focus of practice centered on soft tissue pain relief for medically-challenged clients. ○ Independently contracted on-site Massage Therapy, Foster Chiropractic, Kernersville NC (2007-8), Clinical Chiropractic Research Institute, Winston-Salem, NC (2004-5), and New Town Fitness, Blacksburg, VA (2002-3).

Additional Professional Experience:

- **Speaker, National AMTA Convention, Denver 2014**, Paranasal Sinus Drainage, 8/2014.
- **Speaker, AMTA-NC Western Unit**, Paranasal Sinus Drainage, 5/2016.
- **Speaker, AMTA-NC Triad Unit**, Paranasal Sinus Drainage, 2/2012, 7/2012.
- **Speaker, AMTA-NC NE Unit**, Paranasal Sinus Drainage, 10/2012.
- **AFMTE (Alliance), Founding member 2009**
 - **NTESP Committee** (National Teacher Education Standards Project), 2/2012-2014.
 - **NTTCCDC Committee** (National Teacher Training Curriculum Development Committee), 1/2014-2016
 - **CPC Committee** (Certification Process Committee), 2/2017-present.
- **Subject Matter Expert, NCBTMB Item Writing/Review Committee**, Board Certification Exam, 6/2012-present.
- **Contributing Author, Massage Therapy – Principles and Practice, 4th and 5th ed., Susan G. Salvo, Elsevier, 2011**. Chapter 10 *Treatment Planning: Intake, Assessment, and Documentation*, Appendix, *S.O.A.P. Notes*.
- **Subject Matter Expert, NCBTMB National Certification Exam Form Review Committee**, 3/2011- 2012.
- **Subject Matter Expert, NCBTMB Board Certification Exam Item Writing Committee**, 6/2013.
- **NCBTMB Approved Provider for Continuing Education**, 8/2010-present.
 - **Paranasal Sinus Drainage** – 4-hr. class of personally-developed manual techniques to promote drainage and relief of sinus congestion and common related maladies, including sinusitis, headaches, TMJD and allergies.
 - **Mobility Enhancement Therapy – Upper Extremities** – a 6-hr. seminar of a fully-clothed movement education skillset, focusing on increasing mobilization of the major joints of the upper body.
 - **Mobility Enhancement Therapy – Lower Extremities** – the 6-hour complimentary seminar to Upper Extremities, focusing on techniques designed to increase the ROM of the hip, knee and ankle.

- **Faculty Senate Member**, Forsyth Technical Community College, 3/ 2011-present. Elected member of Senate and its subcommittees, responsible for acting as liason between faculty and college President and Board of Trustees.

- **Founding member, Alliance for Massage Therapy Education (AFMTE)**, 2009-present. Supported creation of professional organization dedicated to contributing to the regulation of schools and educators in the massage therapy field, and furthering the profession of massage therapy education as a whole. Participated in TESP (teacher education standards project) in 2013 and NTTCDC (national teacher training curriculum development committee) in 2013-16.

Professional

Memberships:

- **American Massage Therapy Association (AMTA)**, professional membership since 2000.

- **Alliance For Massage Therapy Education (AFMTE)**, founding member since 2009.