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PROFESSIONAL SUMMARY

Multidisciplinary educator, manual therapist, and business consultant with over 25 years of experience in massage therapy, spa consulting, continuing education, and holistic wellness. Proven expertise in structural integration, medical massage, curriculum development, and community health. Hybrid practitioner and CE provider dedicated to mentoring professionals and advancing integrative health practices across educational, spa, and clinical settings.

EDUCATION

Seattle University, Seattle, WA

Master of Public Administration

Uppsala University, Sweden

Comparative Educational Policy (Study Abroad, MPA Thesis) | Sept 2012 – June 2014

Washington State University, Pullman, WA

Bachelor of Arts, Social Science | Sept 2009 – June 2011

Certificate in Entrepreneurship and Business Planning | 2020

Alexandar School of Natural Therapeutics, Tacoma, WA

Massage Therapy Program – 654 hours (Trigger Point, Myofascial Release) | Feb 1998 – Feb 1999

Online Yoga School

200-Hour Yoga Teacher Training (In Progress)

BODYWORK CERTIFICATIONS

- **Zen Bodytherapy®** (79 hrs) – Bill Thompson, LMT
- **Zen Trigger Point Anatomy®** (62 hrs) – Bill Thompson, LMT
- **Certified Holistic Manual Lymph Drainage Therapist** (19 hrs) – Elisa DiFalco, RN, LMT (Evergreen Certifications)
- **Acupoint™** (16 hrs) – Tiffany Carole, L.Ac, LMT
- **Craniosacral Therapy I & II** (32 hrs) – Bastyr University & Steve Heinrich, PT
- **Advanced Clinical Sports Massage** (16 hrs) – Leif Grunseth, LMT, CNMT

PROFESSIONAL CERTIFICATIONS

- **Workplace & Family Mediation** – King County DRC
- **Conflict Management/Mediation** – WA Dept. of Ecology, Thurston DRC
- **Lean Six Sigma Yellow Belt** – Employment Security Department

AWARDS

- Academic Scholarship, Washington State University (2009–2011)
- Magna Cum Laude, Washington State University (2011)
- Study Abroad Selection – Uppsala University, Sweden (2012–2014)
- Brown Belt, T.R.U.T.H. Martial Arts, Spanaway, WA
- Silver Medalist – Sports Massage, WA State Massage Championship (2025)

TEACHING & ADVISING (Selected Highlights)

Alexandar School of Natural Therapeutics, Tacoma, WA

Instructor: Pregnancy Massage, Aromatherapy, Sports Massage, Spa Therapy (1999–2007)

American Red Cross, WA State

HIV/AIDS Curriculum Trainer for Nurses and LMTs (2000–2005)

Scouts BSA (2017–2021)

Trainer, Den Leader, Cubmaster, Outdoor Leadership Educator

Bodymechanics School of Massage, Olympia, WA

Port Townsend School of Massage, Port Townsend, WA

Contract Instructor (Present)

Spa Consulting:

- Quinault Beach Resort (2002) – Spa Menu & Treatment Design
- Wellspring Spa, Mt. Rainier (2004–2007) – Hiring & Program Design
- MOD Skin and Body (2018–2020) – Facial Massage Training & Service Development

EMPLOYMENT HISTORY

Dreamspace Natural Therapeutics, Yelm, WA — *Owner & Practitioner*

April 2023 – Present

Provide structural integration-based medical massage for chronic pain, injuries, and lymphedema. Collaborative practice within a multi-disciplinary wellness center. Also provides CE, seminars, and private consulting.

Employment Security Department, Olympia, WA — *Investigator I*

June 2020 – March 2023

Fraud investigations, pandemic response, DEI committee member.

Vita Nova Spa – The Lodge at St. Edward, Kenmore, WA — *Opening Spa Director*

March 2021 – Sept 2021

Spa launch, staff training, hospitality design, art curation.

MOD Skin and Body, Kirkland, WA — *Massage Therapist/Trainer*

April 2018 – March 2020

Developed spa treatments, trained staff, and advised leadership.

Essie Hicks Consulting — *Consultant*

2015 – 2018

Spa, wellness business, and political campaign advising.

Absolute Relaxation, Olympia, WA — *Owner*

1999 – 2008

Provided massage, operated multi-therapist clinic, advised major spas.

PUBLICATIONS

- **Washington Massage Journal** (2001–2006) – Sports massage columnist
 - **DreamspaceSeminars.com** Blog (Launched Dec 2024) – ~500 engaged readers/month
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VOLUNTEER & INTERNSHIPS (Selected Highlights)

- Washington Sports Massage Team – Board Member, Events Chair (2000–2006)
- Nisqually Tribe – Onsite massage therapist (1999–2000)
- United Community AIDS Network – Massage Volunteer (1999–2001)
- Scouts BSA – Leadership Trainer, Cubmaster (2017–2021)
- Eastshore Garden Ministry – Gardening Program Director (2012–2015)

PROFESSIONAL MEMBERSHIPS

- American Massage Therapy Association (AMTA)
- NCBTMB – Approved CE Provider
- International Association of Structural Integrators
- American Guild for Structural Integration
- Alliance for Massage Therapy Education
- Thurston County Chamber of Commerce

REFERENCES

- **Jenne Oxford** – General Manager, The Lodge at St. Edward
Email: joxford@thelodgeatstedward.com
- **Bill Thompson** – Owner, The Alexandar School of Natural Therapeutics
Phone: (253) 473-1142
- **Polly Tabares** – Manager, MOD Skin and Body
Phone: (425) 406-8455 | Email: polly@modskinandbody.com