**Sandra Collins, LMT**

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# Career objective

* To seek a position as a massage therapist in a reputable salon/spa.
* As a recent graduate of Sonoma Institute, I am looking to advance my knowledge and perfect the skills that I obtained through my education. I also seek to further develop my skills through experience working in the massage field
* To continue developing my skills so that I can provide high-quality massage and complimentary therapies to clients

# summary of qualification

* Outstanding knowledge of the following massage techniques:
* Swedish, Deep Tissues and Facial Release, Sport's, and Lymphatic Drainage
* Proficiency in S.O.A.P. charting and documentation
* Outstanding understanding of human anatomy and physiology of the body
* Ability to analyze postural issues and chart as necessary
* Able to guide clients through range of motion and other special tests
* Experience in planning of massage treatments and performing evaluations
* Clinical experience in a massage setting and at sports events
* Excellent interpersonal and communication skills
* Professional approach towards the job

# professional work experience

**Starbucks March** Portland, Oregon (222) 555-2121

*Customer Service Team Member* 2004 – Present

* Present a friendly attitude. Serve customers quickly and as efficiently as possible in a fast-paced environment. Store won Best Customer Service Award for March 2005.
* Employee of the Month Award October 2004 and November 2005.
* Responsible for stocking supplies, taking and ordering new inventory
* Design and help in distributing promotional material for the store
* Supervise upkeep of store and deal with maintenance issues as they arise

# Massage Experience

**Sandra Collins Spa Center**

*Sole Proprietor* February 1987 – Present

* Owner of a medical massage practice which focuses on treating injuries and providing pain management and other types of medically needed massage
* Primary medical massage techniques include “trigger point technique”, myofascial release, deep tissue massage, and various other clinical and orthopedic massage manipulations
* Strong focus on stress management as well as educating clients on good health maintenance
* Wellness techniques include primarily Swedish, deep tissue, and craniosacral
* Couples/partner massage classes are also taught

**Chapman School of Massage** Lakewood, Oregon

*Teaching Assistant* February 2003 – Present

* Assist in teaching continuing education classes in hot stone and trigger point work, provide private tutoring for pregnancy massage

**Healthy Horizons Spa** Seattle, Washington

*Employee* April 2000 – August 2002

* Performed both spa-style relaxation and wellness massage. Maintained thorough knowledge of Swedish massage therapy

**Relaxations Chair Massage, Limited** Appleton, Oregon

*Employee* March 1982 – March 2000

* Assisted the group's physical therapist in performing 5 to 10 minute medical massages on patients with a variety of chronic pathological disorders, averaging 100 patients a week
* Spoke with patients about the importance of proper body mechanics and breathing exercises
* Performed therapeutic massages on-site. Used Amma, Swedish, Sports and Shiatsu techniques

# Education

**University of Chicago** Chicago, Illinois

*B.S., summa cum laude* 1983

* Government Major.
* Political Science Minor.
* Delta Sigma Chi.

**McCann Massage School** Farmtown, Iowa

2005

* 1000-hour, AMTAICOMTA-accredited, professional massage licensing program
* Electives included Shiatsu Therapy and Thai Massage

# Massage continuing Education

**Total hours through December 2010 – 83**

* Professional Ethics for Bodyworkers (6 CEUs), The Massage Institute, December 2009
* The Most Common Cause of Low-Back Pain (2 CEUs), Raymond Hoffman, March 2011
* Massage Ethics (6 CEUs), Charlie Roberts, December 2008
* Orthopedic Massage Intensive (22 CEUs), John Alfred, October 2007 (Teaching Assistant)
* Spa Massage with Hot Stones (1 CEU), Patricia Bolton, October 2003
* Orthopedic Massage for the Lower Body (1 CEU), Patricia Bolton, October 2003
* Guidelines for Therapeutic Sports Massage (20 CEUs), John Alfred, September 2007
* TouchPro chair massage (3 CEUs), Michael Jamison, April 1988

# Modality

* TOUCHPRO Chair Massage
* Swedish massage
* Deep Tissue
* TSUBO
* Reiki
* Sports Massage
* Hot Stones, Acupressure
* Shiatsu

# Massage Credentials

Professional member, Association of Massage and Bodywork Professionals (AMBP), Nationally Certified by the Board for Therapeutic Massage and Bodywork (NCBTMB) by The Orthopedic Massage Institute

# Certified in Orthopedic Massage

* I am certified in orthopedic massage. I received my certification from The Orthopedic Massage Institute. The program consists of 80 hours of classroom time, and a difficult written exam at the end to equal a total of 100 hours.
* Orthopedic massage is defined as a systematic application of multiple massage modalities, orthopedic assessment, and client education and self-care to address orthopedic conditions

# Community Service

**Volunteer**

SPCA, 1999-2008. Board member 2000-2001

Shells and Shore Benefit for the Homeless 1992-2009

**Organizer**

Ballet and Social Club of Seattle 1998-present