

# Michelle Sanderson, CMT, CLT

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## PROFESSIONAL SUMMARY

Certified Massage and Lymphedema Therapist with 28 years of clinical experience specializing in management of lymphedema, lipedema, complex chronic illness, and post operative recovery.

## EDUCATION

<b>AA Biology</b> Fullerton College, Fullerton, CA • Alpha Gamma Sigma Honor Society	<b>1989/1992</b>
<b>Upper Division Coursework BS Wildlife Management</b> Humboldt State University, Arcata CA	<b>1992/1994</b>
<b>Human Physiology</b> California State University, Fullerton, Fullerton, CA	<b>1995</b>

## CERTIFICATIONS

<b>Certified Lymphedema Therapist 135 Hours</b> Klose Training Institute	<b>2020</b>
<b>Manual Lymphatic Drainage Therapist 45 Hours</b> Training Institute	<b>2019</b> Klose
<b>Certified Massage Therapist 500 Hours</b> Monterey Institute of Touch	<b>2006</b>
<b>Craniosacral Therapist 100 Hours</b> Monterey Institute of Touch	<b>2001</b>
<b>Certified Massage Practitioner 200 Hours</b> Monterey Institute of Touch	<b>1997</b>

## CONTINUING EDUCATION

LDT Applications to Viscera Online: Thorax & Abdomen 18 Hours	2024
The Perrin Technique License To Practice 18 Hours	2024
Gentle Touch Massage In Home Or Care Facility 3 Hours	2024

Fat Disorders Society Conference 12.5 Hours		2024
Lymph, Fascia, and Primo-Vascular Systems 18 Hours		2024
Central Lymphatic Dysfunction 6 Hours		2023
Advanced Lymphedema Skill Builder Workshop 30 Hours		2023
Central Lymphatic Dysfunction 6 Hours		2023
An Expert Opinion On Lipedema 1.5 Hours		2023
Scar Tissue Mobilization Therapy 24 Hours		2023
Head To Toe Compression 9 Hours		2023
CircAid The Inelastic Solution 1.5 Hours		2023
Fascial Pelvis Myofascial Release 20 Hours		2023
Restore Understanding Scars 21 Hours		2023
Management of Post Op Plastic Surgery Procedures Advanced MLD 28 Hours		2022
Obesity and obesity Related Lymphedema & Lipedema 2.5 Hours		2022
Guide To Long Covid 1 Hour		2022
Blood Clots: Causes and Concerns 1 Hour		2022
Massage After Tummy Tuck 1 Hour		2022
Lipedema Awareness For Massage Therapists 1 Hour		2022
Head and Neck Lymphedema Certification 20 Hours		2022
Solutions for Breast Cancer Survivors 1 Hour		2021
Plastic Surgery Myofascial and Fibrosis Massage Advanced Hours	4	2021
Lymphatic and Fibrosis Massage Cupping After Liposuction Hours	2	2021

Naturopathic Approach to Lymphatic Disorders 1.5 Hours	2021
Breast Cancer Related Lymphedema 7 Hours	2021
Managing Fibrosis When Treating Lymphedema	2021
Medi University Circaid The Inelastic Solution 1 Hour	2021
Principles of LED Therapy	2021
Medi University Venous Wound Care 1 Hour	2021
Greet The Day Client Safety Course 7 Hours	2021
Plastic Surgery Recovery and Fibrosis Massage 4 Hours	2020
Massage After Reconstructive Surgery	2020
Plastic Surgery Recovery Questions 1 Hour	2020
Monarch Head and Neck Cancer 7.5 Hours	2020
Oncology Massage Infusion Center Intensive 26 Hours	2019
Aromatherapy Essentials 12 Hours	2018
Scar Tissue Mobilization 24 Hours	2017
Greet The Day Foundations Of Oncology Massage 24 Hours	2016
Lymphatic Drainage 3 Upleger Institute 25 Hours	2011
Integral Anatomy Intensive 7 Hours	2010
Myofascial Bodywork Working With Ribs 3 Hours	2009
Advanced Orthopedic Massage Lower Body 20 Hours	2009
Advanced Orthopedic Massage Upper Body 20 Hours	2008
Lymphatic Drainage 2 Upleger Institute 24 Hours	2007
Lymphatic Drainage 1 Upleger Institute 24 Hours	2007
Craniosacral Therapy 2 Upleger Institute 24 Hours	2002

Craniosacral Therapy 1 Upleger Institute 24 Hours 2001

## TEACHING EXPERIENCE

- **Women's Breast Health Class**  
Teach groups of women self-lymphatic drainage for optimizing breast health 2010-Present
- **Teaching Assistant Greet The Day**  
Assist in teaching Foundations of Oncology Massage and Introduction to Oncology Massage 2018-Present

## AWARDS

- Soroptimist International Ruby Award** 2010
- Alpha Gamma Sigma** 1992  
Service To Community

## MEMBERSHIPS

- Society for Oncology Massage** 2015-Present
- Associated Bodywork and Massage Professionals** Current
- California Massage Therapy Council** 2015-Present
- National Lymphedema Association** 2019-Present