

Michelle Sanderson, CMT, CLT

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PROFESSIONAL SUMMARY

Certified Massage and Lymphedema Therapist with 29 years of clinical experience managing lymphedema, lipedema, complex chronic illness, and post-operative recovery.

EDUCATION

BA Healthcare Administration

California Coast University, Costa Mesa CA

Current

AA Biology

Fullerton College, Fullerton, CA

Alpha Gamma Sigma Honor Society

1989/1992

Upper Division Coursework BS Wildlife Management

Humboldt State University, Arcata CA

1992/1994

Human Physiology

California State University, Fullerton, Fullerton, CA

1995

CERTIFICATIONS

Perrin Licensed Practitioner 24 Hours

Dr. Raymond Perrin

2024

Certified Lymphedema Therapist 135 Hours

Klose Training Institute

2020

Manual Lymphatic Drainage Therapist 45 Hours

Klose Training Institute

2019

Certified Massage Therapist 500 Hours

Monterey Institute of Touch

2006

Craniosacral Therapist 100 Hours Monterey Institute of Touch	2001
Certified Massage Practitioner 200 Hours Monterey Institute of Touch	1997

CONTINUING EDUCATION

The Perrin Technique Licensed Practitioner 21 Hours	2025
Scar Tissue: Not Breakable, But Changeable 16 Hours	2025
Touch Therapy For The Critically, Chronically, & Terminally Ill 16 Hours	2025
Fat Disorders Resource Society Conference	2025
Perrin Technique Three Day Workshop 24 Hours	2025
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
An Expert Opinion on Lipedema 1.5 Hours	2023
Scar Tissue Mobilization 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 Recovery 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 29 Hours	2022
Solutions For Breast Cancer Survivors 1 Hour	2021
Plastic Surgery Myofascial and Fibrosis Massage Advanced 4 Hours	2021
Lymphatic and Fibrosis Massage Cupping After Liposuction 2 Hours	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
Green The Day Foundations of Oncology Massage 24 Hours	2016
Lymphatic Drainage III 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 II Upleger Institute 24 Hours	2007
Lymphatic Drainage I Upleger Institute 24 Hours	2007
Craniosacral Therapy 2 Upleger Institute 24 Hours	2002
Craniosacral Therapy I 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** 2018-Present
Assist in teaching Foundations of Oncology Massage
and Introduction to Oncology Massage

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