

# Curriculum Vitae

**Male**

**D.O.B. 17 March 1973**

**Number of years working in industry:**

**16 years 4 months**



**Candidate ID Number:** 13358

**Nationality:** British, South African

**Language Skills:**

Fluent: English

Good: Dutch

**Permitted to work in:** South Africa, UK - United Kingdom

**Position Sought:** Massage Therapist, sport, injury massage therapist

## Personal Statement

To find out about the body and how it adapts to change. To communicate and listen more effectively to both myself and others. To appreciate my life. Open to adventure and learning.

## Employment History:

**November 2011 - Present - Massage Therapist** at (most recent employer hidden for confidentiality) SLC, now Edinburgh, UK - United Kingdom, (Home/Mobile)

### Duties included:

Working as a therapist in my own practice using Swedish, Sports, Russian Sports, Accupressure, Shiatsu, Reflexology, Trigger-Point, Structural, Injury, Movement and Assessment Techniques, Cranial-Sacral, Hydrotherapy and Spa Preparation. Specialising in Sports, Injury, Russian and Swedish massage. To listen to clients, record their medical history and help them achieve their goals. Tailoring massages to suit clients needs so that they heal faster, feel energised, relaxed and rejuvenated. Should the client express interest can them simple and and tailored exercises (pilates, pilates, or repatterning exercises) to help recovery. I maintain good ethical boundaries, empowering my clients to give me feedback.

Continually staying abreast of new developments in modalities and brushing up on anatomy and pathoogy knowledge in order to offer my clients a high quality of service and understand the scope of my practise. Account keeping, upkeep of my clinical area and advertising, self-promotion are also part of my job.

Educating clients in what they can do to improve quality of life is important to me, as is making concepts easier to understand. I believe that massage and motion can be combined to create a harmonious and healthy person. Not everyone is the same though, that's why as well as designing a series of packages that cater for modern lifestyles, targeting areas of stress and tension I am always available for a chat about massage options. [www.keystonetherapies.com](http://www.keystonetherapies.com)

### Products worked with:

Elemis Products

Biofreeze

BioTone

**October 2010 - Present - Massage Therapist** at Mike's Injury Massage, SLC, now Edinburgh, UK - United Kingdom, (Home/Mobile)

### Duties included:

Working as a therapist in my own practice using Swedish, Sports, Russian Sports, Acupressure, Shiatsu, Reflexology, Trigger-Point, Structural, Injury, Movement and Assessment Techniques, Cranial-Sacral, Hydrotherapy and Spa Preparation. Specialising in Sports, Injury, Russian and Swedish massage.

To listen to clients, record their medical history and help them achieve their goals. Tailoring massages to suit clients needs so that they heal faster, feel energised, relaxed and rejuvenated. Also providing clients with simple and tailored exercises (pilates, simple stretches or repatterning exercises) to help recovery. I maintain good ethical boundaries, empowering my clients to give me feedback.

**February 2010 - December 2011 - Massage Therapist** at UCMT-clinic, Salt Lake City, Utah, USA - United States, (Home/Mobile)

**Duties included:**

Working in massage clinic at college providing Cranial-Sacral, Deep Tissue, Reflexology, Shiatsu, Acupressure, Sports, Russian, Trigger-Point, Swedish, Structural Integration and Spa Preparations and treatments as well Kinesiology, gait and posture analysis and recovery Exercise. Emphasis placed equally on practical application of techniques, pathology, anatomy and physiology. Clinical practises included ethical relationships, scopes of practise, health and safety draping procedures and after-care

Maintaining good ethical boundaries, empowering my clients to give me feedback.

Continually staying abreast of new developments in modalities and brushing up on anatomy and pathology knowledge in order to offer my clients a high quality of service and understand the scope of my practise.

Educating clients in what they can do to improve quality of life. making concepts easier to understand. Combining massage and motion to create a harmonious and healthy person.

**Products worked with:**

Elemis, BioFreeze

Elite health and beauty products

**October 2009 - October 2010 - student practioner** at UCMT, training - students exchange, USA - United States, (Home/Mobile)

**Duties included:**

Exchanges with peers in order to learn modalities, call to motion, feedback on pressure, depth and technique, anatomy and pathology.

**Products worked with:**

Elemis

**Education and Qualifications:**

**2010 Utah College of Massage Therapy**

Professional Degree Massage Therapy

Massage therapy- 815 hrs training in a variety of Eastern and western modalities. My training includes Cranial-Sacral, Deep Tissue, Reflexology, Shiatsu, Acupressure, Sports, Russian, Trigger-Point, Swedish, Structural Integration and Spa Preparations and treatments as well Kiinesiology, gait and posture analysis and recovery Exercise. Emphasis placed equally on practice application of techniques, pathology, anatomy and physiology. Clinical practises included ethical relationships, scopes of practice, health and safety draping procedures and after-care

110 hours of clinic

**1990 Sea Point High School**

English, Afrikaans, Biology, History, Woodwork, Art.

Aggregate c Higher Grade

Matriculation Exemption

**Product Training:**

<b>February 2012</b>	<b>Bon Vitale, soft massage balm.</b>  UCMT  Swedish, using the product in efflurage and petrissage, it uses in working on attachment sites and scooping of tissue required in Myofascial release.
<b>October 2010</b>	<b>Best of Nature Deep Tissue Massage Creme and BioTone, controlled Glide Massage Creme</b>  UCMT  How to hook into the skin fascilitating myofascial release. In structural integration, how to fascilate muscle relaxation and mobility using body weight, good bodymechanics and a creme that allows smooth work and grip so that I do not slip off the client or bump into any bony landmarks.
<b>October 2010</b>	<b>Biofreeze</b>  Utah College of Massage Therapy  When and when not to use. First without to access tenderness and ensure no bone on bone sensation is felt, guarding of the area and inflammation level. How to increase range of motion, facilitate metabolic waste removal and decrease inflammation.

## Vocational Qualifications

- vegan, biodynamic cook
- kitchen team manager
- psych tech working with teenage boys in drug rehabilitation, mentoring, supporting them in figuring out what they want and best way to try and meet these needs
- Tibetan Buddhist monk 3 years

## Hobbies and Interests

- pilates, yoga, cooking- (especially Asian and Middle Eastern dishes)
- travelling- especially in Asia
- reading- sci f, some horror -anything by Clive Barker, integral theory, anatomy textbooks, users guides to pilates
- facebooking!

CV created at [www.spastaff.com](http://www.spastaff.com)

