

Curriculum Vitae

Female

D.O.B. 23 October 1975

Number of years working in industry: 18 years 0 months

Candidate ID Number: 19252

Nationality: Irish, British

Language Skills:

Fluent: English

Permitted to work in: European Union, UK - United Kingdom

Position Sought: Massage Therapist, Holistic Therapist

Personal Statement

I have decided to take the plunge and change career from an addiction therapist to full time Massage therapist. I am very passionate about the benefits and positive impact massage can have on the body. I work incredibly hard and love to work individually or part of a team. I enjoy the fact the healing benefits of massage can be seen immediately simply by helping people to relax.

I am trying to set up my own business but would like to gain as much experience as possible as a holistic massage therapist and sports massage therapist. I am very professional and also enjoy the work that I do. I think my enthusiasm is evident and I am happy when I am working as a massage therapist and for me this is essential.

Seeking to work in the UK, Ireland, International Locations and Cruise Ships

Employment History:

February 2008 - Present - Holistic Therapist at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (Hospital / Medical Clinic)

Duties included:

My Main role as specialist Practitioner for the NHS- is an addiction therapist providing psychological therapy to clients to help them recover from their addiction or substances such as heroin and crack.

Evening and Weekends I am a holistic Massage Therapist. I am qualified in Sports Massage, Maternity massage, Deep tissue massage and Thai Foot massage

As I am setting out on my own as a Self Employed Massage Therapist I have had to look at Budgeting, Taking care of my accounts, stock ordering and monitoring, marketing and advertising myself.

Products worked with:

I did not need to use any oils or products in the NHS-

As a Holistic Massage therapist I use many different oils such as coconut oil-

Rose hip oil (especially on pregnant ladies)

Peach Kernel Oil

Grapeseed Oil

Sweet Almond Oil

Education and Qualifications:

2009 Quantum Metta School of Massage, London

Diploma, Level 3 and Level 4 Certificate

Diploma Physiology and Anatomy

Holistic Massage: ITEC Level 3

Sports Massage: ATNP Level 4

Thai Foot Massage

Deep Tissue Massage: Certificate

Prenancy Massage: Certificate

1999 Middlesex University London The Open University Liverpool John Moores ITEC

MSc Modules Cognitive Behavioural Therapy Post Graduate- Psychology Degree- BSc Hons Psychology

BSc in Psyhcology

1996 Armagh College of Further Education

3 A'levles

History Of Art (B)

Economics (C)

Politics (C)

1995 St CAtherine College Armagh

7 GCSE's including English and Maths grades C's

Product Training:

February 2014

**Diploma on Physiology and Anatomy Qualified in Holisitc Massage Therapy (ITEC Level 4)
Sports Injury Massage Therapy (ATNP Level 4) Deep Tissue Massage Certificate from Quantum Metta
Prenancy Massage - Certificate Quantum Metta Thai Foot Massag**

I trained with Quantum Metta School of Massage Thai Foot Massage- Gate way Workshops

Massage techniques including effleurage, petrissage, tapotement, vibration, passive joint manipulation and deep tissue/advanced massage

Full body, head and face massage

Massage oils and their therapeutic use

Benefits and contraindications of massage

History of massage

Communication skills and the use of therapeutic language

Taking case histories and treatment planning and giving aftercare advice

Postural assessment

Clinic sessions: experience working with 'real' clients

Client care and hygiene

Professionalism and ethics

Posture, movement and looking after yourself

Awareness of the human energy field, holism and mind, body, spirit links

Stress management and relaxation

Setting up a massage practice: starting out, marketing, financial and legal aspects of business

Structure and functions all the systems of the body: skeletal, muscular, integumentary, nervous, endocrine, cardiovascular, immune, respiratory, digestion, urinary and reproductive

Pathologies and their relevance to massage

Appointed Person's First Aid qualification

The qualification enables me to practice professionally as a Sports Massage Therapist. I am able to treat a

wide variety of clients with common soft tissue and sports injuries as well as postural and work related complaints and build on your assessment and treatment skills related to a wide variety of conditions.

It increased my knowledge of musculoskeletal anatomy physiology and pathology. It enhanced my current massage, enable you to do deep tissue massage, learn to work without your hands and give you more confidence and knowledge as a massage practitioner.

I learnt Specific Sports and Remedial massage techniques and their application: Treatment of injury; Pre-event, during/between event, post event; Corrective, preventative conditioning massages, Cross fibre friction; Manual Lymphatic Drainage; Neuro-Muscular Technique (NMT); Strain and Counter strain.

Specific stretching techniques: Soft Tissue Release (STR); Connective Tissue Massage (CTM); Muscle Energy Technique (MET) including Proprioceptive Neuromuscular Facilitation (PNF), Myofascial Release.

The theory and application of massage pre and post event.

Sports Massage related to maintenance between events, as a preventative measure, as part of rehabilitation.

Passive joint mobilizations.

Postural assessment.

Specific orthopaedic tests e.g. McMurrays test for meniscal tear, Appley's distraction test.

Principles to define bone, muscle, tendon, or ligament injury.

Pathology of a wide range of musculoskeletal conditions e.g. sciatica, shin splints, tennis elbow, RSI. Over 40 pathologies will be covered.

Consultations, assessment and planning treatments.

Neurological assessments.

Biomechanical and Gait Assessment.

Red and Yellow Flags.

Rehabilitation tools & Exercises

Vocational Qualifications

First Aid

Motivational Counselling

Solution Focus Therapy

Hobbies and Interests

I love to sing and have singing lessons for fun, I have just recently joined a pop choir.

I enjoy outdoor activities such as walking and occasionally run- I ran the London Marathon in 2011 which was an amazing experience. I have since volunteered as a post marathon massage therapist, this was a fantastic experience and worthwhile.

CV created at www.spastaff.com