

SANDRA A. GILL, CMT, LMT

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EDUCATION

- Boulder College of Massage Therapy – 1,000 hour program; Graduated with Honors; completed 1124 hours (1997)
- University of Colorado, Denver – Masters of Arts; *Secondary Education with an emphasis in Social Studies* (1988)
- Metropolitan State College, Denver – Bachelor of Arts; *Major in History, minor in Management* (1979)

CERTIFICATIONS

- Associated Bodywork and Massage Professionals - Certified Level (ABMP) (1997)

EMPLOYMENT HISTORY

- Self employed with my professional therapeutic massage practice, *The Right Touch* (1997- current)
- Rocky Flats Environmental Technology Site, Trainer (1990 - 1996)
- Adams County School Districts #1, #12, #14, and #50, Long-term Substitute Teacher (1988 - 1990)

PROFESSIONAL SOCIETY

- Associated Bodywork and Massage Professionals (ABMP) (1996)

LOCAL SERVICE PROFESSIONAL/ CERTIFIED MASSAGE TEAMS

- A Taste of Colorado, Festival of Mountain and Plains; Chair Massage (1998 - 2018)
- CHUN People's Fair; Chair Massage (1998 - 2012)
- Sports Massage Team (1998 - 2015)
- Ride the Rockies, Bodyworks Sports Massage Team (2000 - 2011)
- Bicycle Tour of Colorado (1999 - 2003)
- American Massage Therapists Association (AMTA) Sports Massage Team (1998 - 2002)

LOCAL SERVICE CHARITY

- Sports Massage Team Member for the Courage Classic Tour which raises money for Children's Hospital in Denver (1998 - 2015)
- Sports Massage Team Member for the MS150Tour which raises money for MS Foundation in Colorado (1999 - 2015)
- Walk to Cure Diabetes of the Rocky Mountain Chapter of the Juvenile Diabetes Research Foundation International (JDRF), at Denver's City Park (2000 - 2004)

PUBLICATIONS

- Peer Reviewed Journal**
- Gill, Sandra, NCTMB, M.A., “Contract Considerations for Seated Massage: Get It in Writing,” Massage & Bodywork. Dec/Jan 2001, pgs. 126-129
 - Gill, Sandra, NCTMB, M.A., “Outcall Service and Safety: Preparation is the Key to Success,” Massage & Bodywork. June/July 2000, pgs. 52-61
 - Gill, Sandra, NCTMB, M.A., “Avoid Those Ticking Time Bombs: Safety for the Massage Professional.” Massage & Bodywork. Feb/Mar 2000, pgs. 68-73

SEMINARS and SPEECHES

- The Right Stuff! Young Men’s Conference; Thornton High School program for 8th Grade students; *Stress Reduction for Teens*; Thornton, Colorado, February 10, 2001
- Go Girls! Young Women’s Conference; Thornton High School program for 8th Grade students; *Stress Reduction for Teens*; Thornton, Colorado, February 3, 2001
- Jefferson County Association of Family Child Care Professionals; Continuing training for Family Child Care Professional; *Infant Development and Massage Techniques*; Jefferson County Hall, Colorado, January 2000
- Adams County Association of Family Child Care Professionals; Continuing training for Family Child Care Professional; *Infant Development and Massage Techniques*; City of Thornton Hall, Colorado, December 1999
- Thornton Lions Club; Presentation on Therapeutic Massage; *Who Needs Massage and Why*; Thornton Bonanza Steak House, Colorado, November 1999

INITIAL TRAINING

- Swedish Therapeutic Massage
- Neuromuscular Massage
- Orthopedic Massage
- Sports Massage
- Zen Shiatsu
- Polarity
- Chair Massage
- Integrative Massage
- Pathophysiology
- Anatomy and Physiology
- Kinesiology
- Business and Professional Ethics
- Trager
- Reflexology
- Tellington TTouch
- Red Cross Community CPR/First Aid

CONTINUING TRAINING

- Thornton CERT Training; 2020-2021; 40 hours
- American Heart Association CPR/AED training; March 10, 2021; 4 Hours
- ABMP Continuing Training Online Magazines; 2016 to current; 1 hour each
- Kinesio Taping, Manual Therapy and Neuromuscular Re-Activation; June 2015; 8 hours
- Lymphatic Drainage; April 2014; 14 hours
- Auth Forearm Massage Method; November 24, 2012; 12 hours Nerve

- Mobilization; March 3, 2011; 20 hours
- Medical Ethics; February 28, 2011; 6 hours
 - Massage Cupping; September 7, 2010; 12 hours
 - Understanding Alternative Medicine: A New Paradigm; February 13, 2007; 10 hours
 - Systemic Lupus Erythematosus; February 13, 2007; 5 hours
 - Alcohol, Alcohol Abuse and Alcohol Dependence; February 13, 2007; 10 hours
 - Pharmacology and Massage; November 3, 2006; 13 hours
 - Ethics: Therapeutic Relationships; November 3, 2006; 3 hours
 - Advanced Myofascial Techniques–Pelvic Girdle and Sacrum, Level I and Level II; September 11-12, 2004; 14 hours
 - Advanced Myofascial Techniques–Shoulder Girdle and Arm, Level I and Level II; March 15-16, 2003; 14 hours
 - Advanced Myofascial Techniques–Legs, Knees and Feet, Level I and Level II; September 20-21, 2003; 14 hours
 - American Massage Therapy Association; Sports Massage Continuing Training; July 12, 2003; 8 hours
 - Advanced Myofascial Techniques–Spine and Lower Back, Level I and Level II; December 7-8, 2002; 14 hours
 - Advanced Myofascial Techniques–Neck, Jaw and Head, Level I and Level II; September 14-15, 2002; 14 hours
 - Ethics; March 6, 2001; 6 hours
 - Natural Approaches to Menopause; March 6, 2001; 5 hours
 - Providing Body Centered Therapies in Hospital, Nursing Home and Home Care Settings; March 6, 2001; 3 hours
 - Massage During Pregnancy; January 8, 2001; 12 hours
 - Muscle Release Techniques Workshop; Repetitive Use Injury Therapy (RUIT); August 6-8, 1999; 20 hours