

Resume

Winifred J. Cain
AZ License MT 00637P
UT License 9756300-4701
1040 E 900 S Unit 9
Saint George, UT 84790
480-560-6510
winnie@massagethai.com
www.massagethai.com

August 24, 2016

CONTINUING EDUCATION

AZ License requires 24 hours of continuing education every two years.

August 13, 2016 Ace Cupping Therapy. (4 hours)

June 14, 2016 Introduction to Touch for Health course (4 hours)

April 30, 2016 Assessing Skills and Abilities through Oral and Practical Exams (4 hours)

November 2015 Social networking as a business tool (7 hours)

June 2014 Table Thai massage (12 hours)

February 22, 2014 East Indian Head Massage (8)

May 04, 2012 Success in Longevity (2)

January 07, 2012. Active Isolated Stretching and Strengthening for the Lower Body (24)

August 20, 2011. Prevention and Rehabilitation of Shoulder Injuries (10)

October 10, 2010. A 21st Century Yoga Response to MS (13)

August 21, 2010. Massage Therapy & Pathology (10)

March 01, 2009. Tom Myers' Kinesis Anatomy Trains (20)

May 04, 2008. Kinesiology and Treatment of the Pelvis and Low Back (10)

March 14, 2008. Effective Examination & Treatment Techniques for the Foot & Ankle (6)

May 04, 2007. Cadaver Lab (2)

August 20, 2006. Reconnecting Neuromuscular Response or RNR (10)

April 29, 2006. Biomechanical Dysfunction as a Source of Musculoskeletal Pain (4)

January 14, 2006. Ampuku Psoas Release. (10)

January 01, 2005. Thai Massage Enhancement (30)

January 01, 2005. Foundation of the Massage (30)

October 09, 2004. Nashville Con-Fijian Massage (8)

October 09, 2004. Nashville Conv_The Ethics of Touch (3)

October 2004. Nashville Conv-Dissection of the Forearm, wrist & Hand (4 hours)

***August 2004. Thai Massage School of Chiang Mai. Foundation of Thai Massage Level I (30 hours)**

***August 2004. Thai Massage School of Chiang Mai. Thai Massage Enhancement Level II (30 hours)**

***January 2004. The Wat Pho Traditional Medical School. Thai foot massage (15 hours)**

***August 2003. The Wat Pho Traditional Medical School. Thai foot massage (15 hours)**

*March 2001. Phoenix Rising Yoga Therapy Certification Training. (32 hours)

*September 1999.. MT-1 Massage Technician Program (200 hours) Southwest Institute of Healing Arts.

*February 28-March 3, 1999...Department of Continuing Education, Harvard Medical School, Department of Medicine, Beth Israel Deaconess Medical Center...Alternative Medicine: Implications for Clinical Practice and State-of-the-Science Symposia

***December 13, 1998...Holistic Living Center School of Massage, Chiang Mai, Thailand...Traditional Thai Massage...(14 Hours)**

***November 18, 1998...Lek Chaiya Massage ...Authentic Thai Traditional Healing Nerve-Touch Massage with Steam Medicinal Herbs...(18 Hours)**

***Nipha Sangkhanat, Haad Rin, Kho Phangan, Thailand, Traditional Thai Massage (30 Hours) -Aug. 1996**

***The Wat Po Traditional Medical School, Bangkok, Thailand, Massage Therapy Course II, Sept. 1996, (30 Hours)**

***Wat Sam Phraya, Bangkok, Thailand, Thai Massage, Sept. 1996**

***Pichet Boonthumme, Hang Dong, Thailand, Thai Massage, act. 1996 (40 Hours)**

*Yunnan Provincial Hospital of Traditional Chinese Medicine, Kunming, China, Tuina, Nov. 1996

***Lek Chaiya, Chiang Mai, Thailand, Ancient Thai Massage with Medicinal Herbs Course, Nov. 1996 (30 Hours)**

***Nit Chaimongkon. Chiang Mai. Thailand, Traditional Thai Massage, Dec. 1996 (30 Hours)**

***Harold Burst, (Asokananda) Lahu hilltribe village, North Thailand, Traditional Thai Massage, Dec. 1996 (60 Hours)**

***Thai Massage, Old Medicine Traditional Hospital, Chiang Mai, Thailand (60 Hours) September 1995**

***Thai Massage, Institute of Thai Massage, Chiang Mai, Thailand, Basic and Advanced Thai Massage (30 Hours) -September 1995**

***Thai Massage, The rePlace, Chiang Mai, Thailand, (60 Hours) -September 1995**

*American Massage Therapy Association, Continuing Education, Body Stabilization: Structural Realignment (4 Hours) -December 1994

*American Oriental Body Workers Association, National Convention (23 Hours) - May 1994

*American Massage Therapy Association, Continuing Education, Myotherapy (4 Hours) -June 1994

*American Massage Therapy Association, Continuing Education, Myotherapy (4 Hours) -June 1994

*American Massage Therapy Association, Continuing Education, Temporal Mandibular Dysfunction (3 Hours) -December 1993

***Thai Massage. The Wat Po Traditional Medical School. Bangkok, Thailand (30 Hours) -December 1993**

*American Massage Therapy Association, Continuing Education, Chicago Convention (9 Hours) -October 1993

*Somoto Emotional Release Level I Workshop, The Upledger Institute, Huntington Beach, California (30 Hours) -December 1993

*American Massage Therapy Association, Continuing Education, temporal Mandibular Dysfunction (3 Hours) -December 1993

*American Massage Therapy Association, Continuing Education, Chicago Convention (9 Hours) -October 1993

*Myopathy, Intermediate II, Continuing Education (15 Hours) - July 1993

*American Oriental Body Workers Association, Advanced Training/Oriental Body Work. National Convention (14 Hours) -1992

*Myopathy, Intermediate I, Continuing Education (15 Hours) -July 1992 *

Thai Massage (Nuad Bo-Rarn) Institute of Thai Massage, Chiang Mai, Thailand (90 Hours) -1992

*Tunia/ Anmo Chinese Massage, Guang-AnMen Hospital, The Academy of Traditional Chinese Medicine, Beijing, China (30 Hours) -1992

*Cranio Sacral Therapy II Workshop, The Upledger Institute, Phoenix, Arizona (24 Hours) -1992

*American Massage Therapy Association, Continuing Education, Arizona State Membership Meeting and Workshop (6 Hours) -1991

*Cranial Sacral Therapy I Workshop, Upledger Institute, Phoenix, Arizona (24 Hours) -1991

*American Massage Therapy Association, Southwest Regional Conference (12 Hours) -1991

*American Massage Therapy Association, California State Convention, (12 Hours)1990

*American Massage Therapy Association, Massage and Osteopathy, Pre Convention Seminar, San Diego, California, (6 Hours) 1990

*Myopathy Workshop (neuro-muscular re-education), Continuing Education Workshop, (15 Hours) 1990

*American Massage Therapy Association, Continuing Education, Seminar on Neck, Cranium, Face, Legs and Feet. (12 Hours) 1990

*American Massage Therapy Association, Continuing Education, Arizona Sports Massage Team Workshop, (16 Hours) 1990

*Instruction in Neuro-Muscular Therapy with Leon Chaitow, D.O.,N.D., Tucson, AZ (13 Hours) 1989

*Certification in Massage of Traditional Chinese Medicine, Heilongjiang College of Traditional Chinese Medicine, Harbin, Peoples Republic of China, 1989

*Anatomy and Physiology Courses, Scottsdale Community College, (8 credit hours)1988

*Physical Examination of the Musculoskeletal System, Kikkawa College of Massage and Shiatsu Therapy, Toronto, Canada 1988

*Certification in Chinese Tunia, Nanjing College of Traditional Chinese Medicine, Nanjing, Peoples Republic of China, 1987

*Body Contouring and Cellulite Reduction, Studied under Gladys Davies, Mesa, Arizona, 9 months 1984

TEACHING EXPERIENCE

Approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. # 421092-00

***Continual workshops in United States and Thailand**

- *November 2002 Thai massage trip to Thailand. Taught for Akha Women's Foundation.
- *June 2001 Thai massage trip to Thailand. Taught for the ABU: WOMEN'S PROJECT.
- *November 2000 Thai massage trip to Thailand. Taught for the ABU: WOMEN'S PROJECT.
- *February 2000 Thai massage trip to Thailand. Taught for the ABU: WOMEN'S PROJECT.
- *August 30 to September 3, 1999...Taught Thai Massage...Desert Resorts School of Somatherapy, Desert Hot Springs, CA
- *March 15-19,1999...Taught Thai Massage...Desert Resorts School of Somatherapy, Desert Hot Springs, CA
- *February 22-27, 1999...Taught Thai Massage...Institute of Natural Therapeutics, Inc., Mesa, AZ
- *September, 1998...Taught Thai Massage...Reclaim Health, Anchorage, AK
- *September, 1998...Taught Chinese Self-Massage...4th Annual Healing Conference presented by Alaska Native Foundation and Providence Health Systems of Alaska, Anchorage, AK
- *May, 1997...Taught How to Treat Back Pain with Thai Massage...Healing From the Four Directions Conference...Presented by The Native Foundation, Anchorage, AK
- *April 19, 1997...Taught Thai Massage for the Arm, Hands and Shoulders. Also self-care of arms for the therapist...American Massage Therapy Association Alaska Chapter, Anchorage, AK
- *Kodiak College, Thai Massage, January, 1996
- *Southwest Institute of Healing Arts, Thai massage, June, 1996
- *Kodiak College, Thai massage, July, 1995
- *Santa Monica, California, Thai massage, June, 1995
- *Phoenix, Arizona, Thai massage, 1994

WORK EXPERIENCE

SELF EMPLOYED since 1984.

- *Scottsdale Studios, 9525 N. Doubletree Ranch Rd., Scottsdale, AZ 85258
January 2014
- * Dr. Asher's Office, 6851 E. Thomas Road, Scottsdale, AZ 85251...March 2000 -03
- * Opulence Design Studio and Day Spa, Anchorage, AK...September 1998-February 1999
- * Reclaim Health, Anchorage, AK...July 1998-February 1999
- * United States Army, Fort Richardson, Anchorage, AK...March 1998-February 1999
- * The Alaska Club, Anchorage, AK...September 1997-May1998
- * Studio 419, Anchorage, AK ...September-December 1997
- *Massage Therapist, Women's Nautilus, Anchorage, Alaska, February to July of 1997
- *Massage Therapist, Phoenix, Arizona, 1990-1996
- *Massage Therapist, First Chiropractic, Scottsdale, Arizona, 1988-1989
- *Massage Therapist, Sophia's, Scottsdale, Arizona, 1985-1988
- *Massage Therapist, Aloe Magic, Mesa, Arizona, 1984-1986

SPECIAL INTEREST

AMTA member since 1989

Continuing education provider for NCBTMB # 421092-00 beginning October 2004

Recipient of the AMTA National Humanitarian award October 2004.

President and founder of the AKHA WOMEN'S FOUNDATION
www.akhawomensfoundation.com

Council for Akha Women's Foundation ASU student club.

Exercise

Family History

Family