

Lizabetch Aldrich

Licensed Massage Therapist

SKILLS

I am a patient needs driven therapist, who puts her best foot forward in helping others through the healing power of touch. I customize each individual session for clients through a variation of light -deep Swedish Massage, Trigger Point Therapy and Deep Tissue Techniques. I am certified in Cupping, Gua Sha, Prenatal Massage, Massage Envy Total Body Stretch, and table and floor Thai massage.

EXPERIENCE

Massage Envy Fredrickson, Puyallup WA - *Massage Therapist*

April 2019-Current

- Completing SOAP notes via Massage Envy/Meevo Ipad application.
- Assist in new Massage Therapist training.
- Performing all Massage Envy enhancements, aromatherapy, Enhanced Muscle Therapy (a proassage and biofreeze treatment), Rapid Tension Relief using the Hypervolt and Total Body stretch 30/60 min sessions.

Warwick Chiropractic & Massage, Lacey WA - *Massage Therapist*

AUG 2018 - April 2019

- Provided treatment plans based on client's needs and Doctor recommendations following motor vehicle accidents, work related injuries.
- Daily and weekly marketing; including social media posts, video and audio blogs.
- Prepared clients to be seen by Chiropractor with heating pad, traction and pulling charts.
- Completed SOAP notes via Eclipse software.
- Completed and sending referral requests to referring provider.
- Scheduled appointments and answering phones when extra staff support is needed.
- Provided custom massage experiences for Wellness massage clients through Swedish, deep tissue, trigger point therapy, cupping therapy, and Gua Sha.

Massage Envy, Olympia WA - *Massage Therapist*

NOV 2017 - AUG 2018

- Gained Prenatal and Total Body Stretch Certification
- Completed wellness charts through Millennium Ipad application.
- Filled in for Front Desk staff duties/shifts.

Evergreen State College, Olympia WA - *Barista/server/Cashier*

SEPT 2017 - DEC 2017

- Worked with a team to provide timely food service for students.
- Maintained a clean work space.

Massage Envy, Hampton VA - *Massage Therapist*

JAN 2017 - AUG 2017

- Promoted the health and wellness benefits of regular massage.
- Customized individual massage sessions based on the needs of each client, within scope of practice.
- Maintained cleanliness of therapy room and throughout clinic.
- Completed Wellness charts accurately and in a timely manner.

JAN 2016- NOV 2016- Front Desk Associate

- Booked and managed appointments through Millennium Software.
- Answered client's needs and concerns through phone or email.
- Created customer connections before and after each massage session.
- Maintain weekly clinic inventory.
- Hourly clinic walk through to maintain a clean clinic throughout the day.
- Weekly deep clean of clinic.

Abbott Family Chiropractic, Hampton VA - *Massage Therapist*

DEC 2016 - AUG 2017

- Provided customized massage based on the needs of clients and recommendations from Chiropractor for cohesive therapy.
- Maintained a tranquil and clean environment for clients.
- Assisted in answering calls and rescheduling guests as needed.
- Operated ChiroTouch software to complete SOAP notes for each client.

Fortis College Massage Clinic, Hampton VA - *Student Floor Manager and Massage Therapist*

JAN 2016 - SEPT 2016

FLOOR MANAGER

- Pulled Client files for therapist use and refiled, while maintaining client confidentiality,
- Kept the clinic clean by dusting, taking out trash and sanitizing tables after the day was over.
- Prepped and turned over linens on tables for therapist before and after sessions.
- Booked future appointments.
- Collected student evaluations.

STUDENT THERAPIST

- Prepped my room for use.
- Facilitated client consultation.

- Performed different modalities depending on what we were learning or request of client.
- Completed SOAP notes and treatment plans.

EDUCATION

Fortis College, Norfolk VA - *Massage Therapy (720 hrs)*

JAN 2016 - SEPT 2016

Certification of Completion for Massage Therapy

University of Oregon, Eugene OR - *Bachelor's Degree*

SEPT 2009-JUNE 2013

Women and Gender Studies

License

Massage Therapy License- Washington

MA60795296- Active

Massage Therapy License- Oregon

LMT-25610- Active

Certifications

Prenatal Massage

Thai Massage

Gua Sha

Ace Massage Cupping