

# **ONGOING CONTINUING EDUCATION**

## **2009**

August - Vodders Basic Level, Toronto, ON

October - Vodders Level 2, Victoria, BC

## **2010**

Jan - Vodders Level 3&4, Dallas, TX including Juzo certificate

October 5 - Reducing Cancer Risk and Optimising Survival - webinar

October 16 - Therapist group meeting, 2 hrs

October 19 - Breast Cancer and LE and Benefits of exercise, Oakville  
Trafalgar Hospital

October 27 - Circaid Certification, Toronto

November 13 - Therapist group meeting, 2 hrs

November 20 - Lymphedema Conference, Toronto - started Reid Sleeve/  
Peninsula Medical Certification

December 11 - Therapist Group Meeting – topic = Leukotape

## **2011**

January 8 - Therapist Group Meeting - Solaris Certification

January 13 - completed Reid Sleeve certification

January 14 - became an ADP authorizer for lymphedema garments

Feb -March - Wound Management for Health Professionals Level 1  
HPPD257 2011S, U of Victoria

February 12 - Therapist Group Meeting – topic = Lymphdiarial Cream/Drops

March 4 - Neuro-proprioceptive taping course for Lymphedema management

May 24 - 1 hour board meeting, skype, Navalt

June 13 - Exercise and Self-management workshop, Dorit Tidhar, 9-5

June 14 - Volume Graphing Workshop, Dorit Tidhar, 9-5

June 17 - 3rd ILF Conference in Toronto, 830-6pm

Sept 10 - 10am-2:30pm Coban 2 Workshop/introductory course

Sept 27/28 - 9am-4pm Coban 2 Workshop, 2 days, Toronto, Ontario

October 15 - Therapist Group Meeting with John Mulligan/Solaris

October 25 - Lymphedema Association of Ontario webinar, “Debunking the myths of exercise and activity with Lymphedema”

December 10 - 10am-noon, Therapist Group Meeting with Jim Annett/Juzo

## **2012**

January 14 - 10am-noon, Therapist Group Meeting with Lynn Gorenson of Healthwear/FirmaHealthwear

March 19 - 10am- 11:30, McMaster University Wound Care Management Fair (via Lymphedema Depot).

June 17 - 9am- 5pm - Measurement Workshop, Burlington with Dorit Tidhar (9-5pm)

June 18 - 23 - Aqua Lymphatic Therapy Instructor Course, Burlington with Dorit Tidhar

July 13-15 - Vodder Recertification, Toronto (20 contact hours)

July 21& 22 - CPR and First Aid, St. John Ambulance (9-5pm each day)

Aug 19 & 20 - Montreal – “Measurement and Advanced Garment Fitting Course”, Angela Vollmer

Aug 25 - 9am-10am - meeting at Motion Specialties, re: ADP fitting

Sept 8 - Therapist Group Meeting – I presented the Aqua Lymphatic Therapy and exercise presentation - 9-12:30pm

Sept 12 - Webinar - 3M, “New Guideline for Compression Therapy” with Martina Reddick - 12-1pm

Oct 27 - presenting at provincial conference, Lymphedema Association of Ontario, “Exercise and Arm Lymphedema the research and rationale”. 8am-5pm

Dec 8 - therapist Group meeting - topic = how to prepare a case study 9-12:30pm

## **2013**

January 1 - June 26 - Athabasca University, Biology 204 (10hrs home study/week)

March 6 – Lymphedema Association of Ontario AGM with guest speaker Dr Kathleen Francis 7:30pm-9pm

March 6 (recorded broadcast) – “Update on Lymphatic Surgery - Vascularized lymphnode transfer in the treatment of Lymphedema” - Dr Joseph H Dayan M.D - 7:30-9:30pm

March 21 (webinar) 3M – “Demystifying compression therapy” - Alison Webb - noon-1pm

May 9 –public speaking event for the ladies at Encore in Hamilton followed by 2 hrs of observation (exercise/aqua)

July 19 - webinar – “Preventing Lymphedema, separating fact from fiction”  
- Dr. Mehrara - 25minutes

August 21 – CPR, St. John’s Ambulance, recertification 9am-1pm

October 23 - 11:30am-1:30pm 2 presentations at J.Brant Hospital on “What is Lymphedema and what are the treatment options”

October 25/26 - First Canadian National Conference on Lymphedema -  
Toronto Ontario - 8am-5pm both days. Assisted with the Aqua Lymphatic  
Therapy demonstration.

Nov 2 - Webinar – “Breakthrough in Lymphedema Treatment” (Dr.Dayan &  
Dr. Smith) - 2hrs, 7 min

## **2014**

March 28 - Webinar – “Relationship between Lymphatic Dysfunction and  
Inflammation” - Dr David Zawiega - 2hrs

March 29 - Webinar – “Breast Cancer Related Lymphedema a systemic  
condition?” Dr Mortimer, England - 1.5hrs

May 3, 4, 5 Victoria, B.C - Vodder Recertification, (20 contact hours) 8:30-  
5:30pm

May 15 - presentation on “Lymphedema and Lymphatics” for the Encore  
program, Hamilton

May 29 – Lymphedema Association of Ontario General Meeting Webinar  
7:30pm-9pm, Dr.David Keast “Skin and Wound care for LE”

August 20 - CPR recertification St. John’s Ambulance 9am-1pm

November 15 - Therapist meeting @ Grand River Regional Cancer Centre  
10am-12:20pm

November 20 - Webinar, 1 hour, “A Biomechanical Approach to  
Lymphedema, understanding and fixing the plumbing”.- Dr. Moore.

November - Course on Cording/Axillary Web Syndrome, on-line

December 29 - Webinar, 1.5hrs on Lipedema with Dr Mark Smith and Catherine Seo PhD.

December 30 - Fat Disorders Research Society (Sept 2014 Conference)- Lipedema and Dercums Disease - Dr. K. Herbst and Linda Kahn (Nutrition and Supplements) 1.5hrs

## **2015**

February 28 - Lymphatic Therapist Meeting, 10am-12:30pm

April 17 - Professional Development day for Lymphedema Therapy/Management, 10am-3:30pm

April 25 - First Annual Lipedema Conference (with Prof. Foeldi) - 4 hours.

May - Advanced training course in head, neck and facial lymphedema - ongoing

June 3 - presentation to the Encore group on Lymphatics/Lymphedema - 1 hour

July 16 – CPR recertification St John’s Ambulance 9-4pm

August – Strength After Breast Cancer (SABC), Physical Activity and Lymphedema (PAL) Training.

October 22 – Speaker at the Life After Breast Cancer Conference – “Lymphatic Education Session”

November 1– Laser and LED Light Therapy course. NWIE. Scarborough. 10am-5pm

November 5 – Speaker at the Encore Program – Lymphatics and Lymphedema

December 5 – Therapist Meeting, Mississauga, 2 hours

## **2016**

March 7 – Lymphedema Association of Ontario AGM. Keynote speaker Catharine Bowman (one hour)

June 17, 18, 19 – Vodder Recertification, Toronto, Ontario. (20 Contact Hours)

## **2018**

July – Lymphedema Association of Ontario booth at local rodeo event.

September – Presentation for LAO at their AGM

October – booth at local Cancer awareness event

## **2019**

June – Toronto, ON, Vodder recertification (20 Contact hours)

October – Passed the Lymphology Association of North America examination (LANA)

## **2020**

January – College of Massage Therapists Customer Service Training Certificate (AODA)

January – College of Massage Therapists Workplace Violence and Harassment Training for Employees (Ontario Bills 168 and 132)

February – CMTO Peer Assessor Training

March - Power Lymphatics Conference in Las Vegas

June - Public Health Ontario – various certificates about Chain of Transmission/ Risk assessment, Control of the Environment, Health care provider controls, Occupational Health and Safety, Person risk assessment community and clinic

Spring 2020 to present – Full Time Laurentian University Student. Major Psychology. Minor Equity, Diversity and Human Rights. Grade Point Average 9.53 presently.

September –January 2023 -Professional Practice in Massage Therapy Education for Massage Therapy Educators

November - RMTAO Webinar – Understanding complaints, investigations and discipline matters at the CMTO, 12pm-1pm

### **2023**

January 22 – First Aid/CPR Level C/AED recertification

June 3-5 – Vodder Recertification, Toronto, Ontario

October 20 – CPR BLS(HCP), expires 2026.

### **2024**

January 18 – RMTAO Webinar – Top Employment Law Issues for RMT's

January - 2024 Virtual Lymphatic Summit – Lymphatic Education & Research Network, 8am-4pm

### **2025**

January – Vodder Recertification - Florida