

Allison Ishman, LMT, SMTC, CPers. Trn.

523 Barclay Drive, Bolingbrook, Illinois 60440
(630) 378-3767

Education

- Donna Eden's Basic Energy Medicine** *October 2005*
- Donna Eden's Energy Medicine 5-day Intensive Certification** *August 2004*
- SCW Pilates Matwork Certified Instructor with June Kahn** *October 2004*
- Pilates for Personal Trainers with Leslee Bender** *October 2003*
- High-Intensity and Hard-Strength Training with Wayne Westcott** *October 2003*
- Proven Program for Weight Loss & Cellulite Reduction with Wayne Westcott** *October 2003*
- The Female Training Advantage with Len Kravitz** *October 2003*
- Small Group Personal Training with Annette Lang** *October 2003*
- Delivering Weight Control Guidelines Clients Will Listen To** *October 2003*
- Take Fitness Assessment to the Next Level** *October 2003*
- Strange Flows and Radiant Circuits with Sara Allen** *December 2002*
- Introduction to Energy Medicine with Sara Allen** *November 2002*
- Lymphatic mapping: Breakthrough Techniques in Lymph Drainage Therapy with Bruno Chikly** *October 2003*
- The Pregnant Pelvis with Carole Osborne-Sheets** *October 2002*
- Dissection of the Leg, Ankle & Foot with David Kent** *October 2002*
- Myokinesthetic System with Michael Uriarte D.C.** *October 2002*
- Dissection and Assessment with David Kent** *September 2000*
- Defining the Field of Sports Massage with Cynthia Ribiero and Pat Archer** *October 1999*
- Anatomy Trains: Myofascial Meridians for Bodyworkers with Thomas Myers**
October 1999
- The Hendrickson Method of Orthopedic Massage with Tom Hendrickson** *October 1999*
- The Ethics of Touch with Cherie Sohnen-Moe** *October 1999*
- Paul St. John's Neuromuscular Seminars, NMT 5 Cranial Decompression & Components of Scoliosis** *January 1996*
- BioEnergetics** *December 1995*
- Insurance Reimbursement and Specialty Physician Referral, David Dolan** *December 1995*
- Clinical Sports Massage, Benny Vaughn & Whitney Lowe** *September 1995*

Seattle Massage School

May 1992 - May 1993 Seattle, Washington

- Classes included 12 months of Anatomy, Physiology & Kinesiology, 8-12 hours a week of instructed hands-on massage work, and an additional Student Clinic with a corresponding lab class. Completed CPR, First Aid, and AIDS certification classes. Included training in Swedish massage, Deep Tissue, Trigger Point Therapy, Resisted Stretching, Sports Massage, Lymphatic Drainage, Hydrotherapy, Thermoregulatory Care, and Clinical Applications for pain, pre and post surgery, and chronic conditions. Total training 708 hours.
- 3 semesters as assistant teacher for hands-on and lecture classes.
- Treated a Scoliosis patient in a five-week, progressive, clinical case study.

North Central College

September 1994 - May 1995 Naperville, Illinois

- Classes included Business Law, History, Spanish, Computer Science, Nutrition With Lab, Evolution, Anatomy, Physiology Of Exercise

College of DuPage

1990-1991, 1993-1994 Glen Ellyn, IL

- Classes included Chemistry, Psychology, African History, Oral Interpretation, Poetry

Mount Holyoke College

1989-1990 South Hadley, MA

- Classes included English, Geography, Russian History, Voice, Choir

Experience

Ishman BodyCare Center, Inc.

Owner, Staff Educator, Massage & Neuromuscular Therapist, Energy Practitioner, Personal Trainer and Weight Loss Coach, Pilates Instructor

1994 - Present Private practice. Naperville, Illinois

Ishman BodyCare Institute, Director, Instructor

- Lymphatic Drainage for Massage Therapists *2004*, Naperville, Illinois

The Soma Institute, National School for Clinical Massage

Instructor *1998 - Present*, Chicago, Illinois

- Sports Massage 2-day Intensive
- Fascial Link Therapy
- Business for Massage Therapists
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Presenter at Careerbuilder.com

- Understanding Posture and Muscle Imbalance *June 2004*
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Presenter for BP / Amoco

- Understanding Posture and Muscle Imbalance, Postural Analysis Sessions *May 2002*
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Presenter for Comark

- Discover your Heart Rate and Use it for Fitness *July 2000*
- Stress Techniques *July 2000*

Presenter for Illinois American Massage Therapy Association

- Sports Massage Ethics *May 2000*

Presenter for College of DuPage

Ergonomics and Stress Reduction for Office Workers *October 1999*

Workshops at Ishman BodyCare Center, Inc.

- Understanding Meridians *March 2004*
- Introduction to Energy Medicine *January 2004*
- Pregnancy Massage from Fathers to Mothers (with Naperville Physical Therapy) *2000*

Rush-Copley Fitness Center

Personal Trainer *1997*

U.S. Junior Olympic Badminton Team

Massage Therapist, Personal Trainer *December 1994 - May 1995* Oak Brook, Illinois

Atlanta Commission for the Olympic Games Athlete Medical Services

Massage Therapist *July - August 1996* Atlanta, Georgia

Interim Healthcare, Lymphatic Drainage for Home Healthcare Workers, Instructor

1995 Logan, Utah

Edward Health and Fitness Center/Edward Healthcare Corporation

Massage Therapist *1994* Naperville, Illinois

- Part-time staff member for this Edward Hospital facility.
- Primary focus on stress reduction, sports, deep tissue and injury treatments.
- Conducted performance-oriented resisted stretching study. Periodically instructed training classes in stretching, active assisted stretching, and PNF.

Cammisa Chiropractic Health Center

Massage Therapist *February - December 1994* Lisle, Illinois

Sol Duc Hot Springs

Massage Therapist *July - August 1993* Port Angeles, Washington

Licensure/ Certification

Massage Therapy License, Illinois Department of Professional Regulation *2005*

Certified Mat Pilates Instructor, Sara City Workout / June Kahn *2005*

Energy Kinesiology, Donna Eden *2004*

Massage Therapy License, City of Naperville *1996 - 2004 (license replaced with State Regulation)*

Massage Therapy License, Washington State Dept. of Health *July 1993 - December 1998*

National Certification in Therapeutic Massage & Bodywork *October 1995 - November 1999*

National Sports Massage Certification, American Massage Therapy Association (AMTA)
September 1995 - Present

Personal Training Certification, American Council on Exercise *August 1995 - August 1999*

CPR Certification *1993 - Present*

Membership & Group Affiliations

American Massage Therapy Association Member *1993-Present*

- Awards Chair *2004-Present*

- Illinois Board Member-At-Large *2000-2003*

-Government Relations Chair - Illinois Chapter *1999-2003*

Facilitated passage of state licensing for massage therapists in IL

-Representative of the Illinois State Government Relations Committee, AMTA
1994 - 1999

-Delegate, Illinois Chapter AMTA *1995, 1996, 1999*

-Member Illinois & National Sports Massage Teams *1995 - Present*

International Association of HealthCare Practitioners *1996-Present*

Naperville Chamber of Commerce

-Health and Wellness Committee Member *2003-Present*

-Think Tank Committee Member *1995-1997*

**Volunteer
Activities**

Olympic Games Athlete Medical Services Atlanta, GA 1996

Olympic Badminton National Competition Atlanta, GA 1995

Trails to Sails for Scleroderma Research Naperville and Chicago, Illinois 1996-1998

Indoor Tri-Classic Series

Danskin Women's Triathlon Naperville, Illinois

Iron Horse Triathlon Springfield, Illinois

Mrs. T's Triathlon, Chicago, Illinois

Chicago Marathon, Chicago, Illinois