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Meg Robsahm, M.Ed., LMP, NCTMB, S4OM

Professional Bio 1-2012

Certified Oncology Massage Therapist & Educator, Peregrine Institute of Oncology Massage Training

Meg has been practicing therapeutic massage since 2001 with a focus in chronic pain, stress relief and comfort care. She is passionate about oncology massage, palliative care and end of life issues, and is dedicated to integrating complementary approaches, specifically appropriate massage modalities with traditional forms of treatment. Her massage practice is located in Everett, WA within the Providence Regional Cancer Partnership. She teaches continuing education courses in oncology massage and end of life care across the country, and welcomes any opportunity to provide training, workshops or presentations about oncology massage, palliative care, and caring touch.

She specializes in Oncology Massage, which is focused on helping the client reduce and/or manage the side effects of treatment: at the time of diagnosis, during treatment, and in cure. Meg uses modalities such as Comfort oriented Swedish, Manual Lymphatic Drainage (MLD), and Acupressure with Ayurvedic oils & warm stones, Reflexology & Energy work, to assist clients in staying the course of their treatment, and/or helping them to find their “new normal”. Meg’s intent and approach is to provide restorative and healing massage.

As an instructor for the Oncology Massage Education Associates, Meg is honored to teach “Massage for those Living with Cancer”, a course developed by Gayle MacDonald, author of “Medicine Hands, Massage Therapy for People with Cancer”, 1999, 2007; and “Massage for the Hospital Patient and Medically Frail Client”, 2006. This is a foundation course in Oncology Massage, with a hands-on component that qualifies the practitioner to provide comfort oriented Swedish massage sessions for a patient living with cancer. www.medicinehands.com

Meg has developed and teaches Bodywork in End of Life Care. This class empowers bodyworkers and caregivers move beyond their concerns of working with those who are dying. Day one, Being Present without an Agenda provides an introduction to fundamental concepts in caring touch. It offers practical information about massage/caring touch, explores clinical considerations in which to work safely, and gives participants the opportunity to become more mindful and compassionate. Day two, Sacred Moments goes into detail about the dying process, helping us awaken to our responses and boundaries in giving care, allowing us to honor and share sacred moments with the dying. www.presencingsource.com

She is founding President, and Immediate Past President of the Society for Oncology Massage, the professional organization dedicated to supporting the development of oncology massage as a profession, and connecting cancer patients with skilled therapists. www.S4OM.org.

Meg is a 2007 graduate from the Peregrine Institute of Oncology Massage Training. The first hands on, supervised 400-hour continuing education certification program in the country that focuses on western, eastern and integrated approaches to Oncology Massage. Her MLD training is from the Klose Institute, Vodder Technique.

Previous to Meg’s career change she spent 20 years in Higher Education and Non-Profit sectors. She holds a Masters of Education in Counseling Psychology from Washington State University and a BA in Speech Communication and Theatre Arts from Luther College. She graduated from Ashmead College in Everett, WA as one of the top students in her class. She is a professional member of American Massage Therapist Association, and is national certified through the National Certification Board of Massage and Bodyworkers.