



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, & comfort care. She is passionate about oncology massage, palliative care and end of life issues. Her massage practice is offered on an outcall basis. Previously, she provided services within the **Providence Regional Cancer Partnership**, Everett, WA. Her current primary focus is teaching continuing education courses in oncology massage and end of life care across the country.

Meg specializes in **Oncology Massage**, which helps the client reduce and/or manage the side effects of treatment at the time of diagnosis, in treatment, remission, and in cure. She 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 help them to find their “new normal”. She also provides care and witnesses those who are dying. Meg’s intent is to provide restorative, healing touch and bodywork for those she is honored to serve.

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. This foundation course teaches therapists core concepts with a hands-on component that qualifies the practitioner to provide comfort oriented massage sessions for a patient living with cancer. Recently, **Meg co-authored** with Gayle MacDonald the chapter on End of Life Care, in “**Medicine Hands, Massage Therapy for People with Cancer**”, third edition to be released in 2014. www.medicinehands.com

Meg has developed and teaches “**Bodywork in End of Life Care/Journeys in Dying**®”. This class empowers bodyworkers to move beyond their concerns in working with the dying. Exploring fundamental concepts in palliative care, caring touch, clinical considerations, the dying process, symptoms & pain management and comfort measures. Time is dedicated to deepening mindful communication skills and developing our healing presence with the dying. www.presencingsource.com Meg also wrote the article “**Bodywork in End of Life Care: Sacred Moments**®” published in the Fall 2012 edition of the Washington AMTA Journal.

Meg has taught at **Harrison Hospital in Silverdale, WA**, and at the **Mayo Clinic Rochester, MN**. She often self-sponsors her courses but also coordinates with schools, hospitals and organizations to provide professional training specific for their staff.

She is the founding and first Past President of the **Society for Oncology Massage; www.S4OM.org**, and board chair for the 2013 Oncology Massage Healing Summit, Bloomington, MN.

Meg is a 2007 graduate from the **Peregrine Institute of Oncology Massage Training**. The only 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.

Prior 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 top of her class from Ashmead College, professional massage licensure, Everett, WA. She is a professional member of American Massage Therapist Association, and is nationally board certified through the National Certification Board of Massage and Bodyworkers.