

Sarah Bound Grosse, BA, LMT, BCTMB

Licensed Massage Therapist & Nationally Board Certified in Therapeutic Massage and Bodywork

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Massage Therapy Continuing Education & Training

- **Pelvic Stabilization and Complicated Knee Conditions - with James Waslaski**
AMTA Conference, NCBTMB Provider #: 50-1075, NCBTMB-049978-00, 6 CEUs, March 2010
- **Complicated Cervical Conditions - with James Waslaski**
AMTA Conference, NCBTMB Provider #: 50-1075, NCBTMB-049978-00, 6 CEUs, March 2010
- **Dimensional Massage for Tension Headaches - with Nancy W. Dail**
AMTA Conference, NCBTMB Provider #: 450600-07, 3 CEUs, March 2010
- **Ethics: The Deeper the Connection, the More Profound the Effect - with K.P. Singh Khalsa**
AMTA Conference, NCBTMB Provider #: 331538-00, 3 CEUs, March 2010
- **The Center for Pain Management & Orthopedic Massage, with James Waslaski**
NCBTMB Provider #: 50-1075, NCBTMB-049978-00
- **Advanced Orthopedic Manual Therapy, 40 CEUs, August 2010**
- **Advanced Orthopedic Massage for Upper & Lower Body conditions, 20 CEUs, August 2010**
- **Advanced Orthopedic Massage Training Upper Body Orthomassage, 20 CEUs, August 2010**
- **Advanced Orthopedic Massage Training: Upper Body Conditions Orthomassage - with James Waslaski**
The Center for Pain Management & Orthopedic Massage Cruise,
NCBTMB Provider #: 50-1075, NCBTMB-049978-00, 9 CEUs, January 2011
- **Reporting Research Case Studies & Massage Therapy (Massage Therapy Foundation - with Ruth Werner)**
With reference to NCBTMB Provider #: 50-1075, NCBTMB-049978-00, January 2011 On James Waslaski Cruise
- **Active Isolated Stretching I & II - with Whitney Lowe**
AMTA Conference, NCBTMB Provider #: 045671-00 6 CEUs, March 2011
- **RELEASING SPINAL BENDS - with Tom Myers and Lou Benson**
The Bodywork Education Project, NCBTMB Provider #: 451044-09, 14 CEUs, January 2013
- **Ethical Considerations in a Healthcare Environment, with Tina Allen**
AMTA Chapter Meeting, NCBTMB Provider #: 450707-08, 3 CEUs, May 2013
- **Visual Body Assessment & Body Reading - with Tom Myers**
KINESIS, NCBTMB Provider#: 53663-00, 21 CEUs, July 2013
- **Two Integrated Approaches to Shoulder Pain: Anatomy Trains & Orthopedic Massage - with Dr. Ben Benjamin and Thomas Myers - KINESIS, NCBTMB Provider #: 53663-00, 21 CEUs, June 2014**
- **Structural-Visceral Approaches For the Low Back, Pelvis and Abdomen - with Bruce Schonfeld**
KINESIS, NCBTMB Provider #: 53663-00, 21 CEUs, August 2014
- **Tom Myers' Anatomy Trains - with Wojciech Cackowski**
KINESIS, NCBTMB Provider #: 53663-00, 18 CEUs, September 2014
- **Adult First Aid and Pediatric CPR & AED Certified since 2013 American Red Cross**
- **Reasoning with Unreasonable people: Focus on Disorders of Emotional Regulation - with Mark Schneider, Ph.D., May 2015 (6 hour class, CEUs not applicable to LMT certifications)**
- **Tom Myers Mentorship Program, The Knowing Hand - with Tom Myers**
KINESIS, NCBTMB Provider #: 53663-00, 21 CEUs, AUGUST 2015
- **Structural-Visceral Approaches for the Mid-Back, Thorax and Diaphragm**
KINESIS, NCBTMB Provider #: 53663-00, 21 CEUs, AUGUST 2015 - with Bruce Schonfeld
- **Creating Healthy Boundaries, American Massage Therapy Association**
NCBTMB Provider #: 024237-00, 3 CEUs, January 11, 2016
- **Research and Massage Therapy, American Massage Therapy Association**
NCBTMB Provider #: 024237-00, 3 CEUs, January 28, 2016
- **Fascial Dissection, Kinesis Inc. with Tom Myers & Todd Garcia, Tempe, AZ, NCBTMB #: 53663-00, 40 CEUs, Feb. 13-17, 2017**
- **Research 101 For Massage Therapists, American Massage Therapy Association, December 18, 2017, NCBTMB # 024237-00**
- **Ethics For Massage Therapists, American Massage Therapy Association, January 16, 2018, NCBTMB # 286516-00**
- **Cervical & Cranial Interrelationships, with Jan Sultan and Bruce Schonfeld, Los Angeles, CA June 1 - 3, 2018 at The Rolf Institute of Structural Integration, NCBTMB Provider Number: #450-915-09, 24 CEUs**
- **Massage Kidz Baby & Toddler Massage Instructor, National Board of Therapeutic Massage & Bodywork, February 25, 2019 NCBTMB Provider Number: #48, 25 CEUs**

Sarah Bound Grosse, LMT, BCTMB, BA Continued

Experience

Licensed and Nationally Board Certified Massage Therapist, (July 2009 – Present), With Advanced Training in Orthopedic, Injury, Structural & Myofascial Massage Therapy (LMT: MT5634 Maine, N

Owner of North River Massage Therapy, LLC Marshfield, MA (July 2009 – November 2015)

Owner of North River Massage Therapy of Maine, LLC Kennebunk, ME (January 2016 – Present)

LMT @ The Tree Spa at Hidden Pond, Kennebunkport, Maine (May 2016 – October 2016 seasonal)

AMTA Member and Insured since 2009

CPR & First Aid Certified for Adults and Pediatrics since 2013

Standard Electric, Wilmington MA (February 2007 – July 2009)

(Electrical/Lighting Wholesale Distributor)

*** Operations Manager, National Accounts Lighting Division**

Yale Electric Inc., Canton, MA (June 2003 – July 2006)

(Commercial Lighting Project Sales Co. and Electrical Wholesale Distributor)

*** Director of Operations & Information Technology / Information Systems' Administrator**

The Reflex Lighting Group, Inc., Boston, MA (October 2000 – June 2003)

(Lighting Sales Representative Agency)

Marketing & IT/IS Manager & Specification Sales Support

RAMFAN Corporation, Inc., Spring Valley, CA (October 1996 – September 2000)

(Now Euramco Safety Manufacturer of high-tech Industrial Blowers and Exhausters serving a worldwide customer base)

ISO 9000 Quality Assurance Manager, Customer Service Manager & Marketing Manager

Education

BRAVE Magic with Cheryl Strayed and Elizabeth Gilbert, Scotts Valley CA September 2018

Muscular Therapy Institute, Dr. Ben Benjamin's School, (*Sold to Cortiva Institute last semester for Graduation*)

June 2009 Licensed Massage Therapist (LMT)

Nationally Board Certified Therapist (October 2009 – Present) (BCTMB)

Advanced Orthopedic Manual Therapy Certification Program

March, June & August 2010

University of New Hampshire, Durham, New Hampshire; May 1996

BA English, Concentrated Studies in Marketing and Psychology: Cumulative GPA: 3.5

Advanced Computer Literate In:

Microsoft Office, PC Hardware and Software & Numerous Misc. Desktop & Inventory Software Applications; Marketing, Promotion & Website Design programs, and Networking & Information Technology and Information Systems

ISO 9000 Lead Auditor Course, March 2000: (ISO = International Standard of Organization)

Certified Auditor & Implementer for Quality Assurance Business Systems World Wide

ISO 9000 Implementation Course, February 1998, Certified Quality Business Systems' Trainer World Wide

Osram Sylvania – Light Point: Lighting Essentials & Lamp Technology, June 2001

Lighting Design & Application, July 2002

Lighting Design and Energy Efficiency, October 2007

Boston Society of Architects, April 2002: Introduction to Interior Design

