

Xerlan Deery, CMT

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Curriculum Vitae

Nationally Board Certified in Therapeutic Massage & Bodywork 1992

Experience:

1987 – 1988 Office Manager, Body Mind College, San Diego, CA
1988 – 1989 Private Practice of Massage Therapy, San Diego, CA
1989 – 1990 Staff Massage Therapist, Dickinson Chiropractic, Pryor, OK
1990 – 1992 Staff Massage Therapist, Hillcrest Centers for Women's Health, Tulsa, OK
1991 – 1993 Staff Massage Therapist, Hillcrest Transitions (Geri/Psych) Unit, Tulsa, OK
1992 – 2004 Founder & Director of Massage Therapy Institute of Oklahoma, Tulsa, OK
1995 – Present Sports Massage Therapist, OSU Athletic Dept. Stillwater, OK
1992 – Present Private Practice of Massage Therapy. Presently with Re, Tulsa, OK

Education: 1988 Graduate of Body Mind College, San Diego, CA

150 Hour Massage Technician Training & 500 Hour Massage Therapy Program Continuing Education:

1987 **Tai Chi**, Taoist Sanctuary, San Diego, CA. Bill Helm, DOM Pacific College of Oriental Medicine and Staff Instructors
1988 **Introduction to Shiatsu**, Pacific School of Healing Arts, San Diego, CA. Seymour Koblin, DOM
1988 **Jyn Shin Acutouch**, Taoist Sanctuary, San Diego, CA. Barbara Clark, RMT of Institute of Professional Bodywork Studies
1989 **Tui Na; Chinese Medical Massage**, Taoist Sanctuary, San Diego, CA. Bill Helm, DOM Pacific College of Oriental Medicine
1990 – 1993 *Hillcrest Medical Center, inservices and seminars*

Geriatric Assessment – Insung Kim, MD Gerontologist
Psychopharmacology in Aging Adults – Insung Kim, MD Gerontologist
Effective Involvement with Alzheimer's Patients – Insung Kim, MD Gerontologist
Neuropsychology & Neurophysiology – Terry Shaw, PhD
Chronic Pain: an Overview – Ashok Kache, MD Psychiatrist
Seasonal Affective Disorder – David Crass, MD Psychiatrist
Carpal Tunnel Syndrome - Amy Swartz, RPT, Kaiser Rehab
Cumulative Stress Disorders - Amy Swartz, RPT, Kaiser Rehab
Physical Therapy and Sports Injuries - Physical Therapy Staff Kaiser Rehab
Orientation to Rehabilitation Hydrotherapy - Physical Therapy Staff Kaiser Rehab
Ergonomics and Daily Living - Occupational Therapy Staff Kaiser Rehab
Therapeutic Exercise for Adult with Arthritis – Physical Therapy Staff Kaiser Rehab

1991 **Instructor Training**, Body Mind College, San Diego, CA

1992 **Sports Massage, Injury Assessment & Treatment**, MTIO - Django Sanders, RMT of Corpus Christi, TX

1992 **Geriatric Massage**, Massage Therapy Institute of Oklahoma, Tulsa OK. Dietrich Miesler, CMT, MA of Daybreak Geriatric Massage, Guerneville, CA

1994, 1997, 2006 **Medical Massage, Massage for Parkinson's Patients, Massage Emphysema Patients, Massage for Stroke Survivors, Massage for the Mature Healthy Adult, Ice Therapy, Massage for Fibromyalgia & Chronic Pain** MTIO, - Harold Packman, RMT of New York, NY

1995 **Aaron Mattes Facilitated Stretching**, MTIO – Mary Wallis, NMT of Florissant, MO

1995 **Body Mind/Bodywork**, MTIO - Barry Green, PhD of Body Mind College, San Diego, CA

1995 **Fibromyalgia, Chronic Pain & Massage Therapy**, MTIO Richard Van Why, BSN, RN

1995 **Cranial Sacral Level One**, - Oklahoma School of Healing Arts, Michael Shea, MD

1996 **Cranial Sacral Techniques** - Massage Therapy Institute of Oklahoma, Tulsa, Oklahoma. Mary Foster, BA, NCTMB

1997 **Introduction to Jones Trigger Points and Osteopathic Soft Tissue Manipulation**,

MTIO, Phil Nokes DO, Oklahoma State University

1998 **Jones Trigger Point Release Refinement** MTIO, Phil Nokes DO, Oklahoma State University

1998 **Osteopathic Soft Tissue Manipulation Refinement** MTIO, Phil Nokes DO, Oklahoma State University

1998 – 2006 **Lymphatic Drainage Technique I, II, III, 1V & Advanced** - Upledger Institute

Teaching Assistant for LDT I & II - Upledger Institute

2000 – 2004 **Heart Centered Therapy I & II** - International Alliance of Healthcare Educators

Teaching Assistant for HCT I & II - International Alliance of Healthcare Educators

2000 Cancer Treatment Center Tulsa in-services

Oncology Class

HAC: Treatment Option for Liver Cancer

Nutritional Information for Cancer Patients and their families

Stem Cell Transplantation: An introduction to the future

Assessments, Tests, Markers and Procedures for Cancer Treatment

Communication for Outcome Based Massage Therapy (Presenter)

2006 Massage for Emergency Response – Oklahoma Chapter of ERMI - State Coordinator

2006 National Incident Management Systems Training / FEMA Certification

Conferences Attended 1992 – Present

AMTA Massage Emergency Response Team Training & Conference, Orlando FL

AMTA Four-State Education Conferences Oklahoma & Kansas

Myofascial Release, Bob King, CMT of Chicago School of Massage

Strain/Counterstrain, Myk Hungerford, PhD of Sports Massage Training Institute, Costa Mesa, CA

Sports Massage Myk Hungerford, PhD of Sports Massage Training Institute, Costa Mesa, CA

Music Therapy for Massage Therapists, Janalea Hoffman, MA

Myoskeletal Alignment Techniques, Eric Dalton, Rolfer

Ethics for Massage & Bodyworkers, Current Legislative Issues in Oklahoma,

Function & Pathology of the Shoulder Girdle

Oklahoma Arthritis Association Conference on Pain Management & Fibromyalgia

Therapeutic Exercise for Chronic Pain

Current Strategies for Pharmacology for Chronic Pain and Arthritis

High Touch Tour Showcase of Massage & Bodywork, San Diego, CA

National Certification Board Conference on Education and Future Development

Mainstreaming Massage in Medical Paradigms, Leon Chaitow, ND, DO of London, England

Current Research and Opportunities for the Future,

Tiffany Field, MD of Touch Research Institute at Miami University Medical School, Miami, FL

Ethical Relationships in the Massage & Bodywork Profession, Ben Benjamin, MD

NCCAM - Alternative & Complementary Medicine Conference, Washington, DC

Overview of Office of Alternative Medicine Research Grants, Michael Eisenburg, MD, NIH

Psychoneuroimmunology and the Molecules of Emotion, Candace Pert, PhD

Integrative Medicine, Elliot Dacher, MD

The future of Integrated Medicine, Andrew Wiel, MD

Body & Soul Conference, Austin, TX

Psychoneuroimmunology and the Molecules of Emotion, Candace Pert, PhD

The future of Integrated Medicine, & Spontaneous Healing, Andrew Wiel, MD

Love, Medicine & Miracles, Bernie Seigel, MD

Ethics of Caring, Healing the healers, Joan Boryshenko, PhD

June 2000 AMTA Four State Conference, Wichita, KS

Keynote Speaker & Instructor for two classes: Bodywork Refinement for the Hip & Shoulder

September 2000 AMTA National Convention, Phoenix AZ

Lymphatic Drainage Therapy w/ Bruno Chikly, M.D. of The Upledger Institute, Inc.

Committee on Government Relations for Unlicensed States

January 2002 OATA Oklahoma Athletic Trainers Association State Conference
Educational Presenter, [Palpatory Literacy and Palpation Station Lab](#)

March 2005 AMTA-OK State Chapter Meeting
[Fundamentals of Hara-Matrix Healing](#) – Colette Martin, RMT

September 2005 AMTA National Convention, Albuquerque, New Mexico
[Understanding the Need for Safe Boundaries](#) – Nina McIntosh
[Ethics as Self Care](#) – Kathy Ginn
[An Overview of the Research Process](#) – Hymel & Menard
[Massage Therapy Research Protocol Development](#) – Quinn, Price, & Monahan
[MERT Responder Training](#) - Staff

September 2005 Massage Therapy Foundation – Highlighting Massage Therapy in CAM Research
[Body Therapy in Sexual Abuse Recovery](#)- Cynthia Price, Ph.D., LMP
[Massage Therapy Contraindications for Cancer Patients: Implications and Implementation Research Design](#) – Tracy Walton, MS, LMT
[Massage Therapy for Cancer Pain](#) – Wendy Milner, LMT
[Alternative Methods for Researching Complementary, Alternative and Integrative Medicine](#) -James L. Oschman, Ph.D.
[Evaluating a Distance Education and Regional On-Site Training Program on the Evidence Based Management of Low Back Pain](#) - Marc White, Ph.D.

October 2006 AMTA National Convention, Atlanta, Georgia

[Massage for the Stroke Patient](#) - Harold Packman, RMT
[Dissection of the Shoulder](#) – David Kent
[Massage during Chemotherapy](#) – Tracy Walton 2007

[Support Group Facilitator Training, Y-Me National Breast Cancer Organization](#) June, 2008

[An Introduction to the Rossiter Technique](#), Richard Rossiter

September 2008 AMTA National Convention, Phoenix, Arizona

[Assessing Progress: Introducing Measurement Tools Into Your Practice](#)- John Baletto
[Holistic Ethics: Applying Mindfulness & Somatics for a Sound Ethical Practice](#) –Suzanne Nixon, EdD, CMT, LPC, LMFT
[Neurostructural Integration Technique](#) – Ron Phelan, RMT, NST
[Self-Treatment for Carpal Tunnel & Other Nerve Entrapments of the Shoulder, Elbow & Hand](#) -Don McCann, MA, LMT

September 2009 AMTA National Convention, Orlando, Florida

[Evaluation and Treatment of Nerve Injuries](#)- Whitney Lowe, NCTMB
[Myoskeletal Alignment of Scoliosis, Sciatic & Sacroiliac Pain](#) – Erik Dalton, Ph.D.

Hold Memberships in:

- **American Massage Therapy Association**
- **National Hospital-Based Massage Therapy Network**

Xerlan graduated from Body Mind College, San Diego in 1987. In 1992 she was among the first group of therapists in the US to become Nationally Board Certified in Therapeutic Massage & Bodywork. She owned and administrated Massage Therapy Institute of Oklahoma, from 1992 until 2004. She currently maintains her private practice at Rē in Tulsa Oklahoma, and invests much of her time teaching and assisting classes, working with college athletes, and organizing community service events. Outstanding Accomplishments:

- Created and implemented Community Education Classes for Hillcrest Centers for Women's Health & Hillcrest Center for 55+
- Created and implemented a Sports Massage Program to provide rehab and therapy to OSU athletes working with the Athletic Training Staff and Team Physicians from 1995 – present.
- Created, implemented and/or consulted on 11 Hospital-Based Massage Programs in Oklahoma, Louisiana, Arkansas, Florida, New York and Hawaii. This includes the Hillcrest Geriatric/Psych. Unit, Columbia Doctors Hospital, Claremore Regional, and Cancer Treatment Centers of America, Tulsa.
- Provided equipment supplies, massage therapy services and staff management support for the Massage Emergency Response Team at the OKC Bombing.
- Created and implemented a portion of the 16 week clinical research of a Preliminary Grant Study with OU Medical College and the Association for Development of Mind/Body Potential on the effects of Massage Therapy and Multiple Sclerosis.
- Former Government Relations Chair for the American Massage Therapy Association, Oklahoma Chapter. Developing Massage Therapy Legislation for the state of Oklahoma
- Volunteer with the National Certification Board for Therapeutic Massage and Bodywork
- Former Board Member, Y-Me Northeastern Oklahoma affiliate
- 12 Year Volunteer with Y-Me Northeastern Oklahoma affiliate, Camp Hope Program

