

Xerlan Deery, LMT

Xerlan@Phoenixville-Massage.com

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 (Ger/Psych) Unit, Tulsa, OK
1992 – 2004 Founder & Director of Massage Therapy Institute of Oklahoma, Tulsa, OK
1997 – 2012 Sports Massage Therapist, OSU Athletic Dept.
1997 – 2012 Sports Massage Therapist, University of Tulsa
1998 – 2008 Massage Therapist with the Oncology Rehabilitation Department, Canter Treatment Centers of America Tulsa
2012 – Present Private Practice of Massage Therapy. Phoenixville Massage & Bodywork, Phoenixville, PA

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
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](#) - Django Sanders, RMT of Corpus Christi, TX
1992 [Geriatric Massage](#), 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](#)
- Harold Packman, RMT, New York, NY
1995 [Aaron Mattes Facilitated Stretching](#), Mary Wallis, NMT of Florissant, MO
1995 [Body Mind/Bodywork](#), 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, OK.. Mary Foster, BA, NCTMB
1997 [Introduction to Jones Trigger Points and Osteopathic Soft Tissue Manipulation](#), Phil Nokes DO, Oklahoma State University
1998 [Jones Trigger Point Release Refinement](#) Phil Nokes DO, Oklahoma State University
1998 [Osteopathic Soft Tissue Manipulation Refinement](#) 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

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 Eisenberg, 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

[Bodywork Refinement for the Hip](#) *Instructor*

[Bodywork Refinement for the Shoulder](#) *Instructor*

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

[Palpatory Literacy and Palpation Station Lab](#) - Educational Presenter,

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.

June 2010 AMTA Oklahoma State Chapter Meeting

[Professional Ethics and Marketing for MTs](#) – Laura Allen, NCTMB

September 2010 AMTA National Convention – Minneapolis, Minnesota

[Hospital-Based Massage Therapy: a Review of Trends and Practices](#)– Dale Healy, BS

[Being a Respected Part of the Sports Health Care Team](#)– Pat Archer, MS, ATC, LMP

[Gestating a Maternity Massage Therapy Practice](#) - Carole Osborne

[Hand and Forearm Pain](#) – Judith DeLany

[Nuts and Bolts: Basic Elements of Instructional Design](#) - Laura Putnam

[The Role of Massage Therapy Within Integrative Medicine at an Acute Care Hospital](#) - Wendy Farrar, NCTMB, Jeremy Miller,

LMT, NCTMB and Mollie O'Brien, MA, NCTM

October 2011 AMTA National Convention, Portland, Oregon

[Navigating the Complex World of Health Care Integration](#) Susan Rosen

[Massage Efficacy--Mayo Clinic Research and Results](#) Dr. Brent Bauer

[Research Posters: How to Make Them, Read Them and Use Them](#) Kim Goral

[Transition from Clients to Patients](#) Elizabeth McIntyre

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 Phoenixville, Pennsylvania, and invests much of her time teaching and assisting classes, and volunteering with the American Massage Therapy Association, and The Underground Foundation.

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

References Available Upon Request