Derek Mahoney

Massage Therapy Instructor

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Summary

Massage therapy instructor with 5 years of classroom and student clinic teaching and 10 years as a licensed massage therapist. Teaches massage techniques, anatomy and physiology and kinesiology to cohorts of 20-24 students, and oversees the student clinic. Strong interpersonal skills and communication skills, with a 91% first-time MBLEx pass rate for recent cohorts.

Experience

08/2021 - Present
Denver, CO

Massage Therapy Instructor

Mile High Massage Institute

Accredited 750-hour massage therapy program with 3 cohorts a year.

- Teach Swedish, deep tissue and sports massage techniques to cohorts of **24**, with lesson planning for each 8-week module.
- Lecture on anatomy and physiology and kinesiology 12 hours a week, using palpation labs and case studies.
- Oversee the 18-table student clinic, checking draping, intake notes and pressure on 120 sessions a week.
- Run MBLEx preparation reviews; 91% of graduates passed on the first attempt over the last 3 years.

06/2018 - 07/2021
Denver, CO

Licensed Massage Therapist

Highlands Sports Massage

Sports and orthopedic massage practice with 5 therapists.

- Performed 28 sports and deep tissue sessions a week for runners, skiers and climbers.
- Built a client list of 110 regulars, 60% of them booking every 2-4 weeks.
- Taught a 6-hour continuing education workshop on stretching techniques to 40 local therapists.
- Recorded SOAP notes for clients referred by 3 orthopedic and physical therapy offices.

06/2016 - 05/2018
Englewood, CO

Massage Therapist

Cherry Hills Day Spa

Day spa with 8 treatment rooms.

- Delivered 25 Swedish, deep tissue and hot stone sessions a week to spa guests.
- Wrote the spa's 4-page intake and draping guide, later used to train new hires.
- Rebooked 65% of first-time guests within 6 weeks.

Skills

- Massage Techniques
- Anatomy and Physiology
- Kinesiology
- Curriculum Development
- Lesson Planning
- Student Clinic Supervision
- MBLEx Preparation
- Sports Massage
- Interpersonal Skills
- Communication Skills

Education

05/2016
Lakewood, CO

Diploma

Colorado School of Healing Arts

Massage Therapy

Certificates

06/2016

Licensed Massage Therapist

Colorado Division of Professions and Occupations

04/2019

Board Certification in Therapeutic Massage and Bodywork (BCTMB)

National Certification Board for Therapeutic Massage & Bodywork