



**Allison Ishman, LMT, SMT, PFT**

*Barclay Drive, Bolingbrook, Illinois 60440*

*(630) 378-3768 ishman1@ibodycare.com www.ibodycare.com*

**Licensure**

**Illinois State Massage Therapy License**, Illinois Department of Professional Regulation *2005 –Current*

**Certification**

**Approved Provider for Continuing Education**, National Certification Board for Therapeutic Massage & Bodywork, *July 2006- Current*

**Mat Pilates Instructor Certificate**, SCW Fitness *October 2004- Current*

**Small Apparatus Pilates Instructor Certificate**, SCW Fitness *October 2006 - Current*

**CPR Certification** *1993 – Present*

**Energy Kinesiology**, Donna Eden *2004*

**Massage Therapy License, City of Naperville** *1996 – 2004 (license replaced with State Regulation)*

**Massage Therapy License, Washington State Dept. of Health** *July 1993 – December 1998*

**National Certification in Therapeutic Massage & Bodywork** *October 1995 – November 1999*

**Event Sports Massage Specialist Certification**, American Massage Therapy Association *September 1995 – 2001 (Certification discontinued by the professional association)*

**Personal Training**, American Council on Exercise *August 1995 – August 1999*

**Education**

**Neuromuscular Therapy: Unique Aspects of Whiplash with Judith Delaney** *October 2006*

**SCW Pilates Small Apparatus Specialty Certification with Nancy Gitlin** *October 2006 (Current)*

**Exercising Through Pregnancy by Dr. James Clapp** *October 2006*

**Donna Eden's Energy Medicine 5-day Intensive Certification** *August 2004*

**SCW Pilates Matwork Certified Instructor with June Kahn** *October 2004 - Current*

**Donna Eden's Basic Energy Medicine** *October 2004*

**Pilates for Personal Trainers with Leslee Bender** *October 2003*

**High-Intensity and Hard-Strength Training with Wayne Westcott** *October 2003*

**Proven Program for Weight Loss & Cellulite Reduction with Wayne Westcott** *October 2003*

**The Female Training Advantage with Len Kravitz** *October 2003*

**Small Group Personal Training with Annette Lang** *October 2003*



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**Education**

**(cont'd)**

**Delivering Weight Control Guidelines Clients Will Listen To** *October 2003*

**Take Fitness Assessment to the Next Level** *October 2003*

**Strange Flows and Radiant Circuits with Sara Allen** *May 2002*

**Introduction to Energy Medicine with Sara Allen** *December 2002*

**The Pregnant Pelvis with Carole Osborne-Sheets** *October 2002*

**Dissection of the Leg, Ankle & Foot with David Kent** *October 2002*

**Myokinesthetic System with Michael Uriarte D.C.** *October 2002*

**Paul St. John's Neuromuscular Seminars, NMT 5 Cranial Decompression & Components of Scoliosis** *January 1996*

**BioEnergetics** *December 1995*

**Insurance Reimbursement and Specialty Physician Referral, David Dolan** *December 1995*

**Clinical Sports Massage & Orthopedic Assessment with Benny Vaughn & Whitney Lowe**  
*September 1995*

**Seattle Massage School** *Seattle, Washington May 1992 - May 1993*

Classes included 14 months of Anatomy, Physiology & Kinesiology, 8-12 hours per week instructed hands-on massage, Student Clinic with corresponding lab class, CPR, First Aid, and AIDS certification. Total training 708 hours.

Included training in

- Swedish massage
- Deep Tissue
- Trigger Point Therapy
- Resisted Stretching
- Sports Massage
- Lymphatic Drainage (Vodder Method)
- Massage For Pregnancy
- Hydrotherapy
- Thermoregulatory Care
- Clinical Applications for pain, pre and post surgery, and chronic conditions
- 3 semesters as assistant teacher for hands-on and lecture classes.
- Treated a Scoliosis patient in a five-week, progressive, clinical case study with full documentation.



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### Education

**North Central College** September 1994 - May 1995, September 2005-December 2005 Naperville, Illinois

### (cont'd)

- Classes included Marketing, Business Law, History, Spanish, Computer Science, Clinical Nutrition With Lab,

Evolution,

Anatomy, Physiology Of Exercise

**College of DuPage** 1990-1991, 1993-1994 Glen Ellyn, IL

- Classes included Chemistry, Psychology, African History, Oral Interpretation, Poetry

**Mount Holyoke College** 1989-1990 South Hadley, MA

- Classes included English, Geography, Russian History, Voice, Choir

### Massage &

**Ishman BodyCare Center & Institute, Inc.**

### Instructor

Owner, Staff Educator, Massage & Neuromuscular Therapist, Energy Kinesiologist,

### Experience

Personal Trainer and Fitness Coach, Pilates Instructor Private practice. Naperville, Illinois 1994 - Present

**The Soma Institute, National School for Clinical Massage**

Instructor 1998 – 2002, Chicago, Illinois

- Sports Massage 2-Day Intensives, Oversaw students at Chicago Marathon
- Fascial Link Therapy Introduction
- Business for Massage Therapists

**Corporate Education Presenter at:**

- **Careerbuilder.com:** Understanding Posture and Muscle Imbalance June 2004, 2005, 2006
- **BP / Amoco:** Understanding Posture and Muscle Imbalance, Postural Analysis Sessions May 2002
- **Comark:** Discover your Heart Rate and Use it for Fitness, Stress Techniques July 2000
- **Illinois American Massage Therapy Association:** Sports Massage Ethics May 2000
- **College of DuPage:** Ergonomics and Stress Reduction for Office Workers October 1999

**Workshops at Ishman BodyCare Center & Institute** 2001 - Current

Teach workshops for client education, including Postural Imbalance, Understanding Meridians, Introduction to Energy Medicine, Pregnancy Massage from Fathers to Mothers (with Naperville



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Physical Therapy), Heart Zone Training, Weight Loss Workshop, Five Elements, and Pilates.

**Rush-Copley Fitness Center, Personal Trainer 1997**

**U.S. Junior Olympic Badminton Team, Massage Therapist, Personal Trainer**

*December 1994 - May 1995 Oak Brook, Illinois*

**Atlanta Commission for the Olympic Games Athlete Medical Services, Massage Therapist**

*July - August 1996 Atlanta, Georgia*

**Interim Healthcare, Lymphatic Drainage for Home Healthcare Workers, Instructor**

*1995 Logan, Utah*

**Edward Health and Fitness Center/Edward Healthcare Corporation, Massage Therapist**

*1994 Naperville, Illinois*

- Part-time staff member for Edward Hospital facility
- Primary focus on stress reduction, sports, deep tissue and injury treatments
- Conducted performance-oriented resisted stretching study. Periodically instructed training classes in stretching, active assisted stretching, and PNF.

**Cammisa Chiropractic Health Center Massage Therapist February - December 1994 Lisle, Illinois**

**Sol Duc Hot Springs Massage Therapist July - August 1993 Port Angeles, Washington**

### **Membership**

**American Massage Therapy Association Member 1993-Present**

### **& Group**

- Awards Chair *2004-2005*

### **Affiliations**

- Illinois Board Member-At-Large *2000-2003*
- Government Relations Chair – Illinois Chapter *1999-2003* - Facilitated passage of state licensing for massage therapists in IL
- Representative of the Illinois State Government Relations Committee, AMTA *1994 – 1999*
- Delegate, Illinois Chapter AMTA *1995, 1996, 1999*
- Member Illinois & National Sports Massage Teams *1995 – 2000 (no longer exist)*

**International Association of HealthCare Practitioners 1996-Current**

**Naperville Chamber of Commerce 1996 -Current**

- Health and Wellness Committee Member *2003-Present*



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- Think Tank Committee Member *1995-1997*

**Volunteer**

**Olympic Games Athlete Medical Services** Atlanta, GA *1996*

**Activities**

**Olympic Badminton National Competition** Atlanta, GA *1995*

**Trails to Sails for Scleroderma Research** Naperville and Chicago, Illinois *1996-1998*

**Danskin Women's Triathlon**

**Iron Horse Triathlon**

**Mrs. T's Triathlon**

**Chicago Marathon** *2001-2005 Instructor*