



Teri Noland, Licensed Massage Therapist  
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## CERTIFICATIONS and CONTINUING EDUCATION

### American Massage Therapy Association Certified Professional Member since 1992

#### Upledger Institute

- 2015 Unwinding Meridians 3: Applying Acupuncture Principles to CST (24 hrs)
- 2013 Unwinding Meridians 2: Applying Acupuncture Principles to CST (24 hrs)
- 2012 Unwinding Meridians 1: Applying Acupuncture Principles to CST (24hrs)
- 2001 Somato Emotional Release II (24 hrs)
- 2000 Somato Emotional Release I (24 hrs)
- 1999 CranioSacral Therapy II (24 hrs)
- 1993 CranioSacral Therapy I (24 hrs) Refresher in 2001 (24 hrs)

- 2012 **Cross Country Education:** Effective Prevention and Treatment of Running Injuries (6hrs)

#### Ortho-Bionomy Training

- 2012 Ethics and Emotional Issues (6 hrs)
- 2010 Introduction Essential Elements and Extremities (20 hrs) Ethics and Emotional Issues: Roles and Boundaries (6hrs)
- 2009 Upper Extremities and Ribcage (16 hrs) Spine and Pelvis (16 hrs)
- 2008 Postural Re-education Techniques (16 hrs) Ethics and Emotional Issues (6 hrs)
- 1995 Ortho-Bionomy Introduction (21 hrs)

- 2009 **Basic Quantum Touch** (13 hrs)
- 2008 **Cortiva Institute-Chicago School of Massage Therapy:** Releasing the Thoracic Cage (7 hrs) Clinical Massage Head and Neck (7 hrs)
- 2006 **Visceral Manipulation: Barral Institute**  
Visceral Manipulation Abdomen II (24 hrs)  
Visceral Manipulation Abdomen I (24 hrs)

- 2005 **IL. State Licensure instated, Licensed Massage Therapist**

- 2002 **Applied Clinical Nutrition and Patient Analysis** (14 hrs)

- 2013 **Chikly Health Institute:** Lymph Drainage Therapy II (24 hrs), **Chikly Health Institute:** Lymph Drainage Therapy III (24 hrs)
- 1997 **Chikly Health Institute:** Lymph Drainage Therapy I (24 hrs) *Retook this class in November 2012*

- 1997 **St. John's Neuromuscular Pain Relief Institute:** Neuromuscular Therapy for Cervical Injuries and Postural Analysis and Pelvic Stabilization (24 hrs)

- 1996 **Hands of Light with Barbara Brennen** (44 hrs)

- 1992 **Chicago School of Massage Therapy:** Shoulder Intensive (12 hrs)

- 1989 **Certified Graduate of Chicago School of Massage Therapy** (568 hrs)