

**Ginger Spencer, Owner, LMT, CMT**

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804-832-8859

**Work Experience as a Licensed Massage Therapist**

**Heart Felt Touch Massage Therapy-Owner, LMT, CMT** Gloucester, VA. Jan. 2012-Current  
In home, Compassionate Touch and in office offering customized Massage to anybody, most any condition. Fully responsible for atmosphere, client comfort, scheduling, cleanliness and professionalism. I've employed a scheduling service for booking and reminding clients of appointments. Responsible for all administrative duties and have hired a book keeper for accountability and management of all financial records.

**Colonial Harbor Retirement Community** York Town, VA Nov. 2013-2015  
First and third Tuesday massages for residents who wish to receive hand/back/neck, or specific 10-minute massages provided by Colonial Harbor.

**Rappahannock Westminster Canterbury** Irvington, VA May 2013-July 2013  
Two day/four-hour workshop provided by RWC for all staff, "The Power of Touch". In this workshop I spoke on the power of touch, the need for it and how to offer it in a more personal way. Moving away from task touch and remembering the power of touch on a physical, emotional, cognitive, social and spiritual level. This was a hands on class combining power point, lecture, personal experience and hands on with the residents followed by discussion.

**Riverside Wellness and Fitness Center** Gloucester, VA Jan 2007-Sept. 2014  
Responsible for preparing my massage room in a manner that would be inviting for guests. Managed intake forms and properly addressed clients' concerns. Customized the massage to meet the client's needs.

**Tides Inn** Irvington, VA May 2008-Jan. 2009  
Full service day spa providing various types of massage including hot stones, wraps and detox scrubs. Responsible for ensuring care and satisfaction for each client.

**Life Time Fitness** Centreville, VA Feb. 2006-Nov. 2006  
General massage therapy

**Massage Therapist, PT** Manassas, VA Nov. 2003-Nov. 2006  
General massage therapy

**Education**

Heritage Institute, Falls Church, VA

Massage Therapy Certificate of Completion-600 hours October 2003

**Continuing Education Units**

2018	AGE-u-cate Training Institute-C. Mast. Trainer	Grapevine, Tx.	24 hours
2015	Tension Releasing Exercise (TRE®) M.2	Greensboro, NC	24 hours
2015	Tension Releasing Exercise (TRE®) M.1	Wash. D.C.	18 hours
2014	Aroma Touch Technique	Va. Beach, Va.	6 hours

2013	<i>Hospital-Based Massage Therapy: Successes, Challenges, and Sound Advice</i>	Webinar	6 hours
2012	<i>Healwell Hospital Massage Therapy Stewardship</i>	Arlington, VA	63 hours
2012	<i>Compassionate Touch Practitioner</i>	Springfield, MO	55 hours
2012	<i>Presence in Care giving at End of Life</i>	Va. Beach, VA.	21 hours
2012	<i>In Depth Intro to Oncology Massage</i>	Va. Beach, VA	24 hours
2011	<i>Hospice Based Massage</i>	Home Study	10 hours
2011	<i>Healing Touch Level 1</i>	Newport News, VA	16 hours
2010	<i>Anger, Anxiety, Hypertension</i>	Richmond, VA	6 hours
2009	<i>Daybreak Geriatric Massage Level 1</i>	Va. Beach, VA	17 hours
2009	<i>Myofascial Release</i>	Home Study	20 hours
2006	<i>Certified Medical Massage Practitioner</i>	Richmond, VA	44 hours
2006	<i>Certified Educator of Infant Massage</i>	Falls Church, VA	40 hours
2006	<i>Prenatal Massage</i>	Herndon, VA	34 hours
2004	<i>Neuromuscular Therapy &amp; Deep Tissue</i>	Home Study	15 hours
			443 hours

### **Associations/Licensure/Liability Insurance**

AMTA	American Massage Therapy Association	Member ID #176277
VA Board of Nursing	Certified Massage Therapist	License #001900428
Chamber of Commerce member		2015-Current
Main street Association Board Member		June 2017-June 2018

### **Community Service**

#### ***Sanders Assisted Living***

- Offered Complementary 5-10-minute hand massages once a month 2012-2013

#### ***Gloucester House AL/Sweet Memories***

- Offered Complimentary 5-10-minute hand massages bi-weekly 2012-2013/2018

#### ***Alzheimer Association Advocate 2012-2018***

- Educational presentation session for caregivers providing information and technique for pain reduction, how to help calm anxiety and agitation enhancing emotional and spiritual well-being for their loved ones with dementia
- Walk Committee-Walk to End Alzheimer's 2013
- Fund raise and support the annual "Walk to End Alzheimer's"

### **International Service**

- May 1999-Grenada, West Indies-Community building, church construction and vacation bible school
- May 2000-Ome, Japan-Church construction
- May-July-2004-Tanzania, East Africa-Church construction, community relations, evangelism
- January 2005-Tanzania and Kenya-community relations and evangelism
- September 2008-Kampala, Uganda-Friends of TOUCH-administrative work for child sponsorship for health and education

**Work Experience Prior to Massage Therapy**

<i>Independence Air</i>	<i>Flight Attendant</i>	<i>Dulles, VA</i>	<i>July 2004-January 2006</i>
<i>Atlantic Coast Airline</i>	<i>Flight Attendant</i>	<i>Dulles, VA</i>	<i>August 2000-July 2004</i>
<i>Service Industry</i>	<i>Wait Staff</i>	<i>San Diego, CA</i>	<i>February 1997-2000</i>
<i>Service Industry</i>	<i>Wait Staff</i>	<i>Wichita, KS.</i>	<i>July 1989-1997</i>