

Catherine Cicierko

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Education

- IUPUI** *Indianapolis, IN* 2015–2019
- Bachelor's of Science Degree in Health Sciences
- HOPE - Hoosier Owners and Providers for the Elderly** *Indianapolis, IN* 2018
- Indiana approved Health Facility Administrator 240 hour training course

Certifications

- Certified Massage Therapist, Alternatives for Health** *Columbus, IN* 2003

Professional Experience

- Trinity Wellness Services – Massage Therapist** *Indianapolis, IN* 2003-current

- Licensed in Indiana for 16 years giving therapeutic touch with a focus in geriatrics
- Apply multiple forms of therapy including; functional movement training, work site wellness programs, lifestyle and behavior modifications through fitness and nutrition
- Provider for IHAP, a program to boost work site morale while reducing medical costs
- Worked with physicians, psychiatrists and nurses to develop an implement treatment plans to “high risk” employees with health concerns ranging from chronic pain to terminal illness
- Experienced communicator through in depth listening skills
- Thorough knowledge of insurance guidelines and billing
- Team player, approachable and personable to clients and co-workers

- Woodhouse Spa – Massage Therapist** *Indianapolis, IN* 2018-current

- Provide massage therapy to clients for a high-end spa experience
- Awarded the highest rebooking rate among the other therapist

- Quest Chiropractic – Massage Therapist/Office Assistant** *Bloomington, IN* 2012-2014

- Provided massage therapy to patients of recent trauma using effective techniques
- Responsible for collaborating treatment plans specific to each patient's needs
- Document electronically patient records

- Family Care Chiropractic – Massage Therapist/Office Assistant** *Carmel, IN* 2010-2012

- Provided therapy for pain relief using massage, ultrasound, and electrotherapy
- Implemented the program “8 Weeks to Wellness”
 - Results driven program that combines chiropractic care, massage therapy, nutritional coaching/supplementation, personal training, and education
 - Results measured by weight loss and bio markers allowing for large medication reduction in patients and an overall feeling of well-being
- Scheduled patients using ChiroTouch software and Microsoft office suite
- Office work included ordering supplies, organizing medical records, answering phones