

ALLISSA HARTER 

UggleBo Massage Terapi och Swedish Terapi

Kapellvägen 3

076 305 9507

37277 Backaryd SWEDEN

allissa.harter@gmail.com

UTBILDNING I USA SOM EN MASSAGE TERAPEUT

GODKÄND GENOM SVENSKA HÄLSOTEAMET I SVERIGE



My mom taught me: how to work hard, stay busy, and be a good person. The importance of self care nor mental health were discussed when I grew up.

A good life lesson would have been: how to have a conversation with the body, actually listen to the body, not ignore signals coming from it.

I am a better person, wife, daughter, mother, when I take time for me.

There are ways to do this without dedicating an enormous amount of time. My goal is to help others know their body better.

We have only one body, and the mind is part of it.

Body changes occur without our conscious knowledge - omedvetet - often over a long period of time. Learn to identify areas that need help so the body can make better decisions.

Ta Hand om Kroppen

//Allissa

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<https://uggleboterapi.se/> prova Swedish Terapi



Välkommen till Terapi Stugan



Home of Swedish Terapi

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MASSAGE TERAPEUT PÅ TERAPEUT STUGAN

JANUARI 2017 - PRESENT

UggleBo Massage Terapi och Swedish Terapi i Backaryd

Godkänd för F-Skatt

Org-Nr: 720405-2141

www.uggleboterapi.se

- **Främja kundens hälsa med videos med Swedish Terapi**

Swedish Terapeut på *YouTube*

Oktober 2020 - present

"Lär dig din egen behandling" series <https://www.youtube.com/watch?v=rW4VS0pxj-0>

Swedish Terapeut på *FaceBook*

June 2020

- **Egenföretagare - Massage Terapeut på:**

Hanza Electronics AB (Orbit One):

Sept 2018— present

Lär dig din egen behandling träning

Fridhemsvägen 15, Ronneby

Thomas.Sabel@orbitone.se

Ronneby Brunn Hotell SPA:

Okt 2015—Mars 2019

Brunnsparken, Ronneby

KANTAR SIFO, Stängt

SEPT 2017—June 2019

Wellness Corner, Stängt

Maj 2017— Maj 2018

CIRKELLEDARE STUDIOFÖRBUNDET VUXENSKOLAN JANUARI 2022 - OKT 2022

- **Stress Hantering Kurs för invandare i Ronneby** - Ali Al Dahir ali.aldahir@sv.se
- **Engelska kurs i Karlskrona** - sept - okt 2021

RONNEBY FÖRSKOLAN VIKARIE

DEC 2022 - PRESENT

Ronneby Kommunen TimeCare Pool

marie.ryden@edu.ronneby.se

LARRYS FOOD WAGON

MARS 2018 - PRESENT

Backaryd

- **Fixa kundernas matsug efter utmärkt mat**
- **Ta emot beställning**
- **Laga och servera mat, ta betalt**
- **Främja min mans företag, +500 kunder**

USA - SELF EMPLOYED, MASSAGE THERAPIST - MARCH 2002-JULY 2015

West Des Moines, IA 50265 USA

- **Främja kundens hälsa**
- **Precision Neuromuskulär Terapi**
- **Eget företag, 200 kunder**
- **Driva mindre eget företag, brutto \$ 50-60.000 USD per år**
- **Behandling av kronisk smärta och akut smärta**
- **Växa och behålla en kundbas för hälsomedvetna personer**
- **Behandla ett varierande spektra av olika klienter**
- **Kontraktarbetare**

USA - OFFICE MANAGER - USA OFFICES - MAY 1995 - OCTOBER 2001

AUDIO DEV AB, MALMÖ SWEDEN - WEST DES MOINES, IA 50265 US

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CONTINUING EDUCATION CLASSES*

Classes taken from 2023 to 2002 - page 1 of 3

- **Polish Fascia Symposium** on-line utbildning 25 timmar - 20-22 oktober 2023
- **FASCIA Vinter Skolan** on-line utbildning från Neurologi avdelning i Padova Universitet - May 2023 - Dr. Carla Stecco, Caterina Fede et al.
- **MELT Method Level 1 Instructor Program** Okt 27 2020 to April 2021, On-Line Training
- **International Congress Fascia @ Sea 2020 "Where Science Meets Manual Medicine"** January 17-18, 2020 - Kurhaus Scheveningen, Den Haag Nederland
- **Anatomy Trains in Motion** - Axelsons Institute i Stockholm, Sweden - Okt 25-27, 2019
- **Lecture av Anatomist Jaap van der Wal - "Embryo Within Us"** Embryology, Midline, Organs and Fascia Integration in Biodynamics practice - Spånga Friskvård Hälsocenter i Stockholm, Sweden May 30-June 3, 2019.
- **MELT Self-Care Immersion** - by Sue Hitzman - Renaissance Amsterdam Hotel, Netherlands November 17 -19, 2018.
- **British Fascia Symposium** - (BFS) - Solihull, UK May 12 & 13, 2018
- **Föreläsning** vid mig Allissa Harter - "Fascia: where it lives and what lives in it." British Fascia Symposium, 13 maj 2018
- **NTC BioTensegrity Seminar** - by John Sharkey - St Johns Hotel, Solihull, England May 11, 2018
- **MELT Hand and Foot Instructor** - by Sue Hitzmann - Brunel University Uxbridge, London February 24 -26, 2018
- **Practical Day with Dorn Method** - KoYaa/Dornmetod by Jürgen Karpinski - Malmö, Sweden, January 27, 2017
- **Functional Fascia 5 Day Dissection Workshop** by Julian Baker - UK, July 25-29, 2016
- **Ligament Stimulation & Tensegrity Medicine Approach** by Kelly Clancy - 1 day of 2 days - Bank House Hotel - Worcester, UK June 27, 2016
- **British Fascia Symposium** - Bank House Hotel - Worcester, UK June 25 & 26, 2016
- **Biotensegrity Pre-Conference Day** - National Training Center - Worcester, UK June 24, 2016
- **MELT Method** - by creator Sue Hitzmann - 3 hour course- Worcester, UK June 23, 2016
- **DORN Metod** - by Jurgen Karpinski - helkursen - Malmö, Sweden - May 21 & 22, 2016
- **Luigi Stecco's Fascial Manipulation Level 1** - Optimal Fysik - 48 hours - Stockholm, Sweden - October 6-12, 2016

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- **4th International Fascia Research Congress** - Washington DC - September 17-20, 2015
- **The Hesch Method: Integrated Treatment of Patterns of Dysfunction Throughout the Whole Body** - 15 hours - Des Moines, Iowa - April 25 & 26, 2015
- **Northwestern Health Sciences University: Winter Symposium, Traditional Chinese Medicine - Meridians** - 13.5 hours - Bloomington, MN - March 7 & 8, 2015
- **Unfolding Evolution by Tom Myers** - 1 hour - distance learning via computer - January 9, 2015
- **Spacious Feet: The Foundations of Under-Standing** - 16 hours - New York, NY - November 22 & 23, 2014
- **The Hesch Method: Integrating Function in the Pelvis, Sacroiliac, Symphysis Pubis, Hip and Lumbar Spine** - 15 hours - Keokuk County Health Center, Iowa - March 8 & 9, 2014
- **Fascial Foundations by Tom Myers** - 1 hour - distance learning via computer - January 29, 2014
- **The Benjamin Institute of Advanced Studies, NMT for Trigger Points** - 1 hour - distance learning via computer - January 19, 2014
- **The Benjamin Institute of Advanced Studies, NMT and the Gravity Game** - 1.25 hour - distance learning via computer - January 25, 2014
- **Northwestern Health Sciences University: Orthopedic Massage by James Waslaski** - 15 hours - Bloomington, MN - March 2 & 3, 2013
- **Institute of Brain Potential: Understanding the Gut Brain: Stress, Appetite, Digestion, and Mood** - 6 hours - Des Moines, Iowa - May 3, 2011
- **Massage Business Ethics** - 6 hours - distance learning via computer - November 19, 2012
- **NMT Midwest, Inc: Precision Neural Mobilization** - 16 hours - Des Moines, IA - October 13 & 14, 2012
- **NMT Midwest, Inc: Precision Neuromuscular Therapy for the Spine and Thorax** - 19 hours - Des Moines, IA - September 14-16, 2012 (2nd time)
- **NMT Midwest, Inc: Precision Neuromuscular Therapy for the Neck and Head** - 19 hours - Des Moines, IA - January 13-15, 2012 (2nd time)
- **NMT Midwest, Inc: Precision Neuromuscular Therapy for the Lower Extremity** - 19 hours - Des Moines, IA - October 14-16, 2011 (2nd time)
- **NMT Midwest, Inc: Precision Neuromuscular Therapy for the Upper Extremity** - 19 hours - Des Moines, IA - August 12-14, 2011 (2nd time)
- **NMT Midwest, Inc: Colloquium 2011** - 17 hours - Champaign, IL - June 17-19, 2011
- **NMT Midwest, Inc: Precision Neuromuscular Therapy for the Spine and Thorax** - 19 hours - Des Moines, IA - June 10-12, 2011
- **NMT Midwest, Inc: Research Colloquium, Whiplash** - 16 hours - Champaign, IL - June 17-19, 2011

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- **NMT Midwest, Inc: Precision Neuromuscular Therapy Form and Function** - 16 hours - Des Moines, IA - March 12-13, 2011 (2nd time)
- **Northwestern Health Sciences University: Headaches: Triggers and Treatment Overview** - 15 hours - Bloomington, MN - March 5 & 6, 2011
- **NMT Midwest, Inc: Precision Neural Mobilization, the Extremities** - 16 hours - Des Moines, IA - January 22 & 23, 2011 (2nd time)
- **Northwestern Health Sciences University: Fascia: The Web of Life Series** - 7 hours - Bloomington, MN - January 15, 2011
- **NMT Midwest, Inc: Precision Neuromuscular Therapy TMJ Intensive** - 14 hours - Des Moines, IA - November 13-14, 2010
- **NMT Midwest, Inc: Precision Neuromuscular Therapy Form and Function** - 16 hours - Des Moines, IA - March 10-11, 2010
- **NMT Midwest, Inc: Precision Neural Mobilization, the Extremities** - 16 hours - Des Moines, IA - September 11-12, 2010
- **Institute for Natural Resources: Anger, Anxiety & Hypertension** - 6 hours - Des Moines, Iowa - August 12, 2010
- **NMT Midwest, Inc: Precision Neuromuscular Therapy for the Lower Extremity** - 19 hours - Des Moines, IA - June 18-20, 2010
- **NMT Midwest, Inc: Precision Neuromuscular Therapy for the Neck and Head** - 19 hours - Des Moines, IA - April 9-11, 2010
- **NMT Midwest, Inc: Precision Neuromuscular Therapy for the Upper Extremity** - 19 hours - Des Moines, IA - February 19-21, 2010
- **NMT Midwest, Inc: Precision Neuromuscular Therapy Mystery of Pain** - 3 hours - Kansas City, MO - January 31, 2010
- **Essentials of Orthopedic Massage by Whitney Lowe** - 12 hours - Des Moines, IA - September 12-13, 2009
- **Institute for Natural Resources: Depression, Heart Disease, & Stroke** - 6 hours - Des Moines, Iowa - June 4, 2009
- **Cross Country Education: Effective Examination of the Shoulder Complex: New Advances** - 6 hours - Des Moines, Iowa - April 26, 2008
- **The Barefoot Masters: Ahh....Shiatsu Bar Therapy** - 16 hours - Cedar Rapids, Iowa - November 17 & 18, 2007
- **MyoKinesthetic System: Upper Body - Brachial and Cervical Plexus** - 20 hours - March 26 & 27, 2004
- **MyoFascial Release Therapy I & II with Douglas Lee-Regier** - 12 hours - Des Moines, IA - October 16-18, 2004

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- **The Upledger Institute, Inc: CranioSacral Therapy I** - 24 hours - Chicago, IL - October 3-6, 2002

* Copies of certificates available upon request