

# MARIA-SOFIA MASCARIÑAS PACO LMT, QMHP, MA PSYC

## MASSAGE THERAPIST AND SOMATIC BODYWORKER

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### SUMMARY

Qualified Mental Health Professional with a background in psychology, massage, with 15 years of experience in bodywork and over 20 years of experience in the field of Child and Family Therapy, while currently dual tracking in the Marriage and Family Therapy Masters of Science program and Medical Family Therapy Certification at Seattle Pacific University to best treat patients mentally, physically, and spiritually.

### SKILLS & CLINICAL EXPERTISE

- ◆ *Swedish, Deep Tissue, Intraoral Massage*
- ◆ *Trigger Point & Positional Release Therapies*
- ◆ *Behavior Modification*
- ◆ *Craniosacral / Muscle Energy / Myofascial Counterstrain*
- ◆ *Life Coaching (Individual, Family & Group Sessions)*
- ◆ *Communication & Conflict Resolution (Family, Professional & Interpersonal)*
- ◆ *Cupping Therapy*
- ◆ *Mindfulness*
- ◆ *Play Therapy*

### PROFESSIONAL EXPERIENCE

- ❖ *Transformative Therapeutics Northwest*
  - ◆ **Massage Therapist**
    - Provide individualized 60, 90, 120 and 180 minute medical massages and/or somatic bodywork coupled with breathing and mindfulness practices, alongside anatomical and physiological education, to aid patients suffering from physical pain due to physical and emotional trauma. Adhere to state-mandated safety and sanitation regulations, while maintaining accurate medical records.
    - Collaborate with Allopathic and Naturopathic physicians, Counselors, Acupuncturists, Chiropractors and Physical Therapists in improving patients' overall health, while decreasing their pain.
- ❖ *Rebel Med Northwest Clinic*
  - ◆ **Massage Therapist, Biofeedback Intern (Obtaining credited hours towards certification)**
    - Provide individualized 60, 90, 120 and 180 minute medical massages and/or somatic bodywork coupled with breathing and mindfulness practices, alongside anatomical and physiological education, to aid patients suffering from physical pain due to physical and emotional trauma. Adhere to state-mandated safety and sanitation regulations, while maintaining accurate insurance and medical records.
    - Collaborate with Allopathic and Naturopathic physicians, Counselors, Acupuncturists, Chiropractors and Physical Therapists in improving patients' overall health, while decreasing their pain.
    - Assisting physicians, while learning Biofeedback programs and protocols, to obtain certification as biofeedback tech.
- ❖ *Bellevue Massage Intensive Program*
  - ◆ **Teacher's Assistant**
    - Instructed ND students, implementing and instilling anatomical and physiological applications alongside appropriate body mechanics and massage techniques while working with patients.
    - Lead and demonstrated trigger point therapy workshop. Provided classroom support. Taught self-care using various massage modalities and tools to treat students on their physical ailments (migraines, TMJ, muscle tension, etc.)
- ❖ *Parent Resource Center (PRC)*
  - ◆ **Childcare Worker**
    - Facilitated opportunities for socialization and exploration through various developmental activities
    - Assisted in teaching eating etiquettes, toilet training, and proper sanitation for toddlers and young children
    - Provided developmental documentation as mandated by Bastyr's PRC
- ❖ *Region Ten (R10 Fluvanna Counseling Center)*
  - ◆ **Therapeutic Day Treatment Behavioral Specialist (TDT) for Carysbrook Elementary & Fluvanna Middle Schools**
    - Developed and implemented Individualized Person-Centered Service Plans addressing client's goal(s) of interest. Provided classroom support while applying these goals via behavioral coaching, emotional support and psycho-education to children & families with focus areas in the following: behavioral management, problem solving, self-management, social interaction, academic education and self-care. Administered weekly individual and group counseling sessions on community building, nutrition, conflict management through role play, safety, and stress management via mindfulness practices, art therapy, and other coping strategies under supervision of licensed clinician.
    - Built partnerships with schools & outside agencies providing wrap-around services for consumers.

\*Awarded VIP of the year for Fluvanna Therapeutic Day Treatment Program

\*Awarded Most Productive Staff of the year for Fluvanna Therapeutic Day Treatment Program

❖ *Empowering Families Program (EFP)*

♦**Mental Health Support Worker, Intensive In-Home Counselor (IIH) & Therapeutic Day Treatment Behavioral Specialist (TDT) for MACAA HeadStart (Barrett's Early Learning Center, Rockfish Gap & Brownsville Elementaries), Walton Middle & Scottsville Elementary Schools**

- Counseled and coached low-income children & families with learning, mental and developmental challenges under supervision of licensed psychologist. Focus areas included: academic support, behavioral management, problem solving, conflict management, self-care, social interactions, and skills building in academic education, home, parenting, employment and job search
- Facilitated group and individual mindfulness practices
- Created wrap-around (Home & School Support) program by: pioneering EFP's TDT program; initiating MACAA & other business partnerships; and collaborating as clinical liaison with school staff, therapists, and social workers in meeting needs of consumer(s).

\*Promoted to Lead Therapeutic Day Treatment Counselor for EFP's Summer Day Treatment Program.

\*Established business partnerships for Empowering Families Program with both Scottsville Elementary School & MACAA Head Start Programs for Intensive In-Home & Therapeutic Day Treatment services.

\*Board Member of EFP Director's Functional Approach Character Education (FACE) Project.

❖ *Team Management Leadership Program (TMLP)*

♦**Team One TMLP Graduate**

- Developed entrepreneurship and team building skills; provided individual and team coaching; developed business skills; established China partnership; managed Communication course.

❖ *Little Keswick School (LKS)*

♦**Senior Lead Residential Counselor**

- Counseled developmentally delayed boys with special education and emotional needs under supervision of licensed therapist and psychiatrist. Focus areas included: daily living skills, conflict management, team building, behavioral modification and trauma therapy.
- Supervised and trained counselor aides & residential counselors; facilitated group therapies and activities; and managed medication(s)

\*Received over 40 Exceeding Expectation / Community Appreciations, 7 Fish Philosophy pins, 1 Runner-Up Staff Respect Award and 2 Staff Respect Awards for dedication and going beyond the call of duty.

❖ *Oakland School*

♦**Residential Counselor**

- Counseled and coached learning-disabled children with focus areas in daily living skills and community building; administered and managed socio-metric tests and medication(s); facilitated staff & student team building exercises
- Directed, managed and modified Oakland's Summer Fine Arts Program. Developed and co-led Oakland's Ceramic Club.

❖ *Facilitators' Circle*

♦**Senior Facilitator**

- Co-administered Client-Centered, Logo, Psychoanalytic and Gestalt therapy for individual and group settings; trained as a counselor to assist and treat emotionally, physically and sexually abused children under guidance and supervision of lead psychologist.

### APPRENTICESHIPS AND TRAININGS

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❖ **Roots-to-Tips Medicinal Wildcrafting Apprenticeship:** Cedar Mountain Herb School

❖ **Spa "Sanitas per Aqua" Medicine (Germany):** Community School of Natural Therapeutics

❖ **Self-Care and Classroom Mindfulness Training:** The Toolbox is You

❖ **Trigger Point Therapy:** The Traveling Masseur

### CERTIFICATIONS

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❖ **Facial-Counterstrain:**The Jones Institute

❖ **Certified Massage Therapist:** Bellevue Washington SPA Academy

♦Certification and Licensure: *Licensed Massage Therapist (LMT) #MA 60911835*

♦**Intraoral Certification:** Crafted Touch Inc.

♦**Cranial Sacral Therapy Modules I & II Skills:** Bastyr University & Masa Integrative Clinic

♦**Kinesio-Taping Modules I & II Skills:** Masa Integrative Clinic

♦**Barbara Brennan Energy Healing Science (BBEHS) & Shaman Healing Skills:** *Total Body Concept, Energy Aquatic Seminar & Workshop, Munay Ki: 9 Laika Shaman Rites Workshop, Opening Your Channel to Healing Light (BBEH) Workshop, Eight-Week Intro. & Eight-Week (BBEH) Courses, Becoming a Bridge for Healing Light – Six Week (BBEH) Coarse, Riding the Light Wave - One Year (BBEH) Training*

- ❖ **Certified Nursing Assistant:** Charlottesville-Albemarle Technical Education Center [CATEC]
  - ♦ Certification and Licensure: *Certified Nursing Assistant (CNA) #1401141838*
- ❖ **American Red Cross:** *Basic Life/First Aid Support, Adult and Child CPR, Youth Mental Health First-Aid, Wilderness First-Aid*
- ❖ **Crisis Prevention Intervention (CPI) and Mandt Systems:** *Building Healthy Relationships, Building Communication, Building Conflict Resolution I, Building Conflict Resolution II, Behavior Support, Assisting, Separating, Physical Restraint (Standing) and Physical Restraint (Lying Down)*
- ❖ **Additional certifications available upon request.**

## EDUCATION

- ❖ **Dual Program in Masters of Science in Marriage Family Therapy & Certification in Medical Family Therapy:** Seattle Pacific University [SPU] (In progress)
- ❖ **WWAMI Area Health Education Center Graduate:** University of Washington School of Medicine [UW]
  - ♦ **Clinical Outreach:**
    - *YWCA Integrative Care Outreach (ICO):* Dr. Seth Enos, ND, BCB, EMT-P & Dr. Samantha Desmond, ND, LMHCA, MHA, EMT
    - *Rural Hospice Care (Comfort Care):* Dr. Mascarinas Jr, MD & Laurie Harris Schmitt, RN
- ❖ **Doctorate of Naturopathic Medicine Candidate:** Bastyr University [BU]
  - ♦ Honors Entrance Scholarship Recipient
    - **Biofeedback Preceptorship:** Dr. Andrew Simon, ND, BCB
    - **Fascial Counterstrain Preceptorship:** Dr. Holly Christy, ND, Lac, JSCCI, CACI
    - **Biofeedback Mentorship:** Dr. Brad Liechtenstein, ND, BCB, BCB-HRV
    - **Physical Medicine Preceptorship:** Dr. Jason Gooch, ND
    - **Homeopathic & Botanical Medicine Preceptorship:** Dr. Byron Buchart, ND
    - **Sports Medicine Preceptorship & Certifications:** Dr. Masahiro Takakura, ND, LAc, DC, CKTI
    - **Neuromuscular Re-education, Movement Intelligence Preceptorship & Massage Supervision:** Vianna Fox, LMT
    - **Cancer / Botanical Medicine Student Research:** Drs. Don Messner, PhD, Cynthia Wenner, PhD & Masa Sasagawa, PhD
- ❖ **Post-Bac. Pre-Medical Science Courses:** Piedmont Virginia Community College [PVCC]
  - ❖ **Masters of Arts in Psychology:** University of San Carlos [USC]
    - ♦ Published Thesis: "*Parenting Styles of American and Filipino Mothers: Their Influence on Parent Adolescent Conflict*"
      - [https://www.researchgate.net/profile/Maria\\_Sofia\\_Paco](https://www.researchgate.net/profile/Maria_Sofia_Paco)
  - ♦ **Graduate Internship:**
    - Children's Legal Bureau (CLB): Atty. Joan Dymphna G. Saniel
  - ❖ **Bachelors of Science in Psychology:** Virginia Commonwealth University [VCU]
    - ♦ Honors Graduate: *Cum Laude*

## PROFESSIONAL MEMBERSHIPS AND ACTIVITIES

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| *Nature Cure Club (Hydrotherapy Practices)       | *Naturopathic Medical Student Association (NMSA) |
| *Integrated Mental Health Club (Integrative Med) | *PVCC Ceramics Club (VA) / Dahl Arts Studio (WA) |
| *The Toolbox is You (Mindfulness Practices)      | *Cebu Doctors Mountainers (CDM)                  |

## HOBBIES

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|---|--|---------------|-------------|---------|
| ♦ Organization                              | ♦ Minor Carpentry                        | ♦ Keyboarding | ♦ Gardening | ♦ Piano |
| ♦ Wildcrafting & Creating Herbal Menstruums | ♦ Ceramic Hand Building & Wheel Throwing |               |             |         |