

Suzanna Dupee

Carrboro, North Carolina 27510

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Qualifications Summary

A North Carolina Licensed Massage and Bodywork Therapist with six years of clinical experience specializing in sports and orthopedic massage. Eight years in the health, fitness, and physical therapy fields, including personal training and graphic, web design, and marketing for small health and fitness facilities. Aspiring candidate for Doctor of Physical Therapy programs with a passion for helping people achieve optimal health through therapeutic exercise, massage therapy, and yoga.

Education

The University of North Carolina at Chapel Hill
Bachelor of Arts in Exercise and Sport Science
GPA 3.74

May 2015

The Body Therapy Institute
Massage Therapy Diploma Program
Graduated with honors

August 2006

Current Certifications and Licensure

National Certification Board for Massage and Bodywork Therapists
Nationally Certified in Therapeutic Massage and Bodywork

2006 – present

North Carolina Board of Massage and Bodywork Therapy
Licensed Massage and Bodywork Therapist

2006 – present

National Academy of Sports Medicine
Certified Personal Trainer

2010 – present

Specialized Bicycle Components University
Body Geometry Fit Integration Technician (Bicycle Fitting)

2011 – present

Yoga Teacher Certifications
Yoga: Body, Mind, and Spirit Teacher Training
Anusara Yoga: Level One Teacher Training

2006 – present

Work Experience

Suzanna Dupee Massage Therapy
Carrboro, North Carolina

October 2006 – present

Owner, Licensed Massage and Bodywork Therapist

- Specializing in orthopedic and sports massage
- Rated “Five Stars” on Google Places and Genbook with over 60 independent reviews
- Referral relationships with local physical therapists, physicians, athletic trainers and coaches, chiropractors, and other health practitioners
- Voted “Best Massage Therapist in Orange County” in the 2011 Chapel Hill Rose Awards
- Voted “Runner Up, Best Place to Get a Massage” in the 2011 Endurance Magazine “Best of the Triangle” Issue

Work Experience, cont.

Proaxis Therapy and Balanced Movement Studio

January 2007 – present

Carrboro, North Carolina

Creative Director

- Designed and implemented full-functioning, aesthetically-pleasing website designs; perform regular updates and development of new features
- Design all print and web marketing and collateral design
- Develop and implement yearly marketing and design proposals
- Educate physical therapists, trainers, and other employees on the use of technologically-based marketing tools
- Created an online “professional forum” where all health care practitioners of BMS/BPT can discuss topics related to the health and fitness field

Balanced Movement Studio

May 2007 – present

Carrboro, North Carolina

Yoga Instructor

- Teach weekly hatha yoga class for beginner to intermediate students
- Teach therapeutic personal yoga sessions for clients rehabilitating from injury and/or not yet comfortable entering a group class setting
- Taught restorative yoga workshops for clients with Chronic Fatigue Syndrome and Fibromyalgia

The Bicycle Gallery

July 2011 – February 2012

Jacksonville, North Carolina

Body Geometry FIT Technician

- Conduct physical assessment of clients both on and off their bicycle to determine flexibility, strength, and structure
- Make adjustments to the bicycle as necessary to create the most efficient, comfortable position for the rider
- One of eight BG Fit Technicians in the state of North Carolina

Professional Organizations

Associated Bodywork and Massage Professionals

October 2006 – present

Professional Member

The Yoga Alliance

May 2007 – present

Registered Yoga Teacher

American Red Cross

August 2006 – present

CPR/AED for the Health Care Provider

Continuing Education

Anatomy Trains: Myofascial Meridians with Tom Myers

October 2006

New York, New York

🌐 www.anatomytrains.com

Anusara Yoga Immersion: Modules 1, 2, and 3

June 2007

Chapel Hill, North Carolina

🌐 www.thousandpetalsyoga.com

Muscle Release Technique

March 2008

Columbia, South Carolina

🌐 www.mrtherapy.com

Continuing Education, cont.

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| Anusara Yoga Level 1 Teacher Training with John Friend <i>Columbia, South Carolina</i> ☎ www.anusara.com | <i>March 2008</i> |
| Orthopedic Massage Techniques <i>Orthopedic Massage Education and Research Institute</i> ☎ www.omeri.com | <i>October 2009</i> |
| Proprioceptive Neuromuscular Facilitation <i>John Dean, MPT, ATC</i> ☎ www.balancedpt.com | <i>March 2010</i> |
| Active Isolated Stretching with Ben Benjamin <i>Siler City, North Carolina</i> ☎ www.benbenjamin.com | <i>August 2010</i> |
| Friessen Physio Fitness Summit <i>Raleigh, North Carolina</i> ☎ www.friessenphysiofitness.com | <i>August 2011</i> |
| Monthly Educational Company Meetings <i>Balanced Movement Studio, Carrboro, North Carolina</i> ☎ www.balanced-movemenet.com | <i>2007 – present</i> |

Honors and Awards

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| Nominated: Patrick F. Earey Award For outstanding academic achievement, extracurricular involvement and leadership <i>Department of Exercise and Sport Science, University of North Carolina at Chapel Hill</i> | <i>May 2015</i> |
| First Runner Up: Best Place to Get a Massage <i>Endurance Magazine</i> | <i>January 2012</i> |
| “Best Massage Therapist in Orange County” <i>Chapel Hill News Rose Awards</i> | <i>April 2011</i> |

Campus and Volunteer Activities

UNC Cycling Club
President, 2012-2015
Women’s Coordinator, 2011-2012

UNC Triathlon Club
Member, 2011-2012

UNC Pre-Physical Therapy Club
Member, 2011-2015

Triangle Orthopedic Rehab Society
Member and Volunteer Web Developer

TrailHeads Trail Running Club
Member and Volunteer,
Massage Therapy and Web Design

Race Across America 2010
Volunteer Massage Therapist for Cyclists

Computer Skills

Adobe Illustrator
Adobe InDesign
Adobe Photoshop
Adobe Dreamweaver
Wordpress
Hand coding CSS / HTML
PHP
Typing Speed: 90 WPM

References available upon request.