

BEN E. BENJAMIN, PH.D. Sports Medicine Education and Ethics

175 Richdale Avenue #106, Cambridge, MA 02140 • t. 617-576-0555 • drben@benbenjamin.com

EXPERIENCE

The Benjamin Institute, Principal	1986–present
Private Practice (sports injuries and muscular therapy), Owner/Practitioner	1963–present
Catalyst Communication Partners, Principal	2007–present
Expert Witness	2004–present
Cortiva Education, Senior Vice President of Strategic Development	2005–2007
Muscular Therapy Institute, Founder/President	1974–2005
Spectrum Medical Arts, Muscular Therapy Department, Director	1994–1998
Cambridge Health Associates (multidisciplinary health center), Co-founder	1984
Healthworks Exercise Center, Founder/Co-director	1984

CONSULTING

Implementation of the National Quality Control Program for Hand & Stone Franchise Corporation	Dec 2022–present
Development Implementation of a Quality Control Secret Shopper Pilot Program focused on safety and security policies and procedures for Hand & Stone Franchise Corporation Legal Department	June–Dec 2022
Training lawyers, former FBI agents, and detectives in the unique aspects of investigating sexual assault in a massage therapy setting	Feb–June 2022
Ethics investigation for Worldwide Aquatic Bodywork Association (WABA)	Feb–April 2022
Ethics Review of Hand & Stone’s sexual assault prevention, policies, and procedures compliance	Nov 2021–Mar 2022
<i>Hand & Stone Franchise Conference</i> The Importance of Red Flag Question in Verbal Interviews	October 2021
Belle Sante Day Spas sexual assault prevention, policies, and procedures assessment	March 2019
Belle Sante Day Spas sexual assault prevention staff training	August 2019
<i>Hand & Stone Franchise Conference</i> Sexual Assault Prevention: Verbal Interviewing using Role Plays	October 2018
Oasis Spa Sexual Assault Prevention Training	September 2017
Ethics Review of Hand & Stone’s sexual assault prevention policies, and procedures assessment	Nov 2017–Apr 2018
The Use of Role Play in Verbal Interviews	October 2021

AFFILIATIONS & CERTIFICATIONS

Massachusetts Massage Therapy Board of Registration, Member	2011–2014
Massachusetts Podiatry Board of Registration, Member	2009–2013
American Massage Therapy Association	1986–present
Associated Bodywork Massage Professionals	2009–present
NCBTMB, Approved Provider for Continuing Education (number: 033029-00)	1993–present
System for Analyzing Verbal Interaction (SAVI®), Certified Senior Trainer	2005–present
Massachusetts Coalition for Professional Hands-on Practitioners, Member	1993–1995

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AMTA Council of Schools, Vice-chair & Chair, of the Professional and Sexual Ethics Task Force	1990–1994
Massage Therapy License in Massachusetts	
Massage Therapy License in New York	

AWARDS & RECOGNITION

Massage Therapy Hall of Fame (inducted at the World Massage Festival)	June 2010
National AMTA President's Award for service to the profession	October 2000
Massachusetts AMTA Distinguished Service Award	April 2000
ABMP "Eight Who Matter" Award (nominated by readers of <i>Massage & Bodywork</i> magazine)	February 1998

TRAINING & EDUCATION

Corentus Team Coaching Certification	June 2018
Fielding Graduate University Evidence Based Coaching Certificate	June 2015
SAVI® Communications Certification Program	2004–2005
Boston University School of Social Work (one year of training)	1986
Lynn/Union Hospital Extern Training Program	1983, 1984
Family Institute of Cambridge, (family of origin training)	1982
Union Graduate School, Ph.D. (Sports Medicine)	1979
Strong Memorial Hospital, University of Rochester, Postgraduate Courses in Orthopedic Medicine	1977, 1978
Empire State College, Bachelor Professional Sciences.	1977

PUBLICATIONS AND MEDIA

Selected Podcast Episodes

The ABMP Podcast, Episode 247: The Knee	June 2022
The ABMP Podcast, Episode 209: How to Avoid Violating Client Boundaries	March 2022
The ABMP Podcast, Episode 179: Keeping Clients Safe	December 2021
The ABMP Podcast, Episode 146: Shoulder Injuries	August 2021
The ABMP Podcast, Episode 116: Low Back Pain	June 2021

Books & Monographs

<i>Clinical Ethics Handbook for Nurses: Emphasizing Context, Communication and Collaboration</i>	
<i>Contributing Author Chapter Effective Communication – improving communication skills</i>	2022
<i>Conversation Transformation: Recognize and Overcome the Six Most Destructive Communication Patterns (2012), McGraw Hill (First author)</i>	

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The Ethics of Touch: A Hands-on Practitioner's Guide to Creating a Professional, Safe, and Enduring Practice, 1st Edition (2003), 2nd Edition (2014), 3rd Edition (2021), Sohnen-Moe Associates (First author)

Massage and Bodywork with Survivors of Abuse (1995), monograph

Listen to Your Pain: The Active Person's Guide to Understanding, Identifying, and Treating Pain and Injury (1984), Viking/Penguin

Exercise Without Injury (1979), Summit Books

Are You Tense? The Benjamin System of Muscular Therapy (1978), Pantheon

Magazine Columns and Articles

Massage Today 2000–2017

Massage & Bodywork Magazine 2003–2021

Massage Therapy Journal 1986–2005

Massage Magazine 2019

Selected Articles on Ethics & Communication

Massage & Bodywork

“The Attention Button: A deterrent for sexual misconduct in the treatment room” May/June 2023

“Setting Boundaries with Inappropriate Clients” Nov/Dec 2022

“Keeping Clients Safe Part 3: Sexual Assault Prevention Guidelines” Sept/Oct 2021

“Keeping Clients Safe Part 2: How to Avoid Violating Client Boundaries” July/Aug 2021

“Keeping Clients Safe, Part 1: How to Avoid Client Injuries” May/June 2021

“Clients Crossing Boundaries” Mar/Apr 2020

“Massage Therapy and Sexual Misconduct: Protecting Our Clients, Ourselves, and Our Profession” Sept/Oct 2017

“Human Touch in Our Lives” Jan/Feb 2009

“Communicating in the Treatment Room: Anger in Code” (2-part article with Anita Simon) Aug/Sept, Oct/Nov 2007

“The Anatomy of Communication” (2-part article with Anita Simon) Feb/Mar, Apr/May 2007

“Giving and Getting Effective Feedback” (with Amy Yeager) Dec/Jan 2007

“The Ethics of Touch: Special Considerations in Cases of Trauma” (with Cherie Sohnen-Moe) Aug/Sept 2003

“The Ethics of Touch: Ethical Practice Management” (with Cherie Sohnen-Moe) June/July 2003

“The Ethics of Touch: Ethical Principles” (with Cherie Sohnen-Moe) Apr/May 2003

“Bringing Boundaries to Bodywork” (2-part article) Spring, Winter 1998

Massage Magazine

“What I Learned as an Expert Witness: Sexual Abuse in the Treatment Room” January 2019

Massage Therapy Journal

“Touch, Intimacy, and Sexuality” Summer 2000

“The Therapeutic Relationship” Fall 1998

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“Massage and Bodywork with Survivors of Abuse” (5-part series)	Summer 1995–Summer 1996
“Discovering Your Boundary Issues”	Summer 1992
“Dual Role Relationships”	Spring 1992
“Sexual Misconduct: An Informational Brochure for Consumers of Health Care Services”	Winter 1992
“Understanding Boundary Violations in the Therapist-Client Relationship”	Fall 1991
“Sexuality and Boundary Issues”	Fall 1990
“Sexual Abuse Within the Health Care Field”	Spring 1990
<i>Spa Magazine</i>	
“Spa Legal Liability: How to Hire Well and Protect Your Business”	Winter 2007

Selected Articles on Injuries & Orthopedic Massage

Massage & Bodywork

“Pain Points: What Practitioners Must Know Before Treating Clients with Injuries”	May/June 2018
“Adductor Muscle-Tendon Injuries”	Mar/Apr 2010
“Anterior Tibialis Injuries”	Sept/Oct 2009
“Ligament Injuries in the Thoracic Region”	July/Aug 2008
“The Mysterious Coronary Ligaments”	June/July 2007
“Massage in an Orthopedic Context”	Aug/Sept 2006
“Tennis Elbow (Lateral Epicondylitis)”	June/July 2006
“The Mystery of Low-Back Pain” (3-part article)	Dec/Jan, Feb/Mar, April/May 2006
“Cervical Injuries” (3-part article)	June/July, Aug/Sept, Oct/Nov 2005
“Acromio-clavicular Joint and Ligament Injuries”	Apr/May 2005
“Wrist Pain: Radial and Ulnar Collateral Ligament Injuries”	Feb/Mar 2005
“Shoulder Series #3: Subscapularis Tendinitis”	Oct/Nov 2004
“Shoulder Series #2: Supraspinatus Tendinitis”	Aug/Sept 2004
“Shoulder Series #1: Infraspinatus Tendinitis”	June/July 2004

Massage Therapy Journal

“Upper Back and Intrascapular Pain”	Summer 1998
“Pulled Hamstring”	Winter 1998
“Persistent Thoracic Pain Due to Ligament Injury”	Fall 1997
“Deltoid Ligament Sprain”	Fall 1996
“Working with Biceps Tendinitis”	Spring 1995
“Frustrating Neck Injuries” (2-part article)	Spring, Summer 1988

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Selected Articles in Massage Today

Massage Today Articles

Assessment of the Finger Joints	December 2019
Hand Anatomy 101: The Three Major Finger Joints	November 2019
Integrative Approaches to Hand Health	July 2019
Tendon Damage: The Role of Massage Therapy in Recovery	June 2019
De Quervain's Syndrome	April 2019
Testing the Collateral Ligaments of the Thumb	February 2019
Tendons of the Thumb	April 2018
Muscles & Tendons of the Thumb	February, 2018
A Common MT Injury: Treating the Thumbs	November 2017
A Common MT Injury, Part 2: Assessment Tests	August 2017
A Common MT Injury: You Guessed it ... Thumbs	July 2017
Pronator Teres Injuries: Treatment Options	May 2017
Let's Talk About Supinator Injuries	February 2017
Triceps Injuries	October 2016
Biceps Injuries	August 2016
The Ulnaris Muscles	June 2016
Assessing and Treating Tennis Elbow	April 2016
Assessing and Treating Golfer's Elbow	February 2016
Facilitating a Coaching Conversation	December 2015
Coaching Clients for Improved Self-Care	October 2015
Prescription for Empowering Your Clients: Less Advice, More Coaching	August 2015
Listening to Your Clients: The importance of reflection in therapeutic communication.	June 2015
Just the Facts: Opinion vs. Data in the Therapeutic Relationship	April 2015
Do No Harm, Do Some Good	February 2015
Educating Massage Clients: What's Appropriate and What's Not	October 2014
The Forgotten Rotator Cuff Muscle, Part 4	August 2014
The Forgotten Rotator Cuff Muscle, Part 3	June 2014
The Forgotten Rotator Cuff, Part 2	April 2014
The Forgotten Rotator Cuff Muscle, Part 1	February 2014
Gathering the Right Information: Knowing How to Receive Feedback	December 2013
The Theory of Orthopedic Massage, Part 2	October 2013
The Theory of Orthopedic Massage, Part 1	August 2013
Dealing with Painful Foot Injuries, Part 2	June 2013

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Dealing with Painful Foot Injuries, Part 1	April 2013
The Importance of Knowing What to Eat	February 2013
Dealing with Clients Who Put Themselves Down	December 2012
The Importance of Water, Part 2 Water, Salt and Protein	October 2012
The Importance of Water, Part 1	August 2012
When a Question is Not a Question	June 2012
Boost Your Metabolism by Knowing When to Eat	April 2012
Get Optimal Energy with Nutritional Self Care	February 2012
The Infraspinus	December 2011
The Benefits of Reconstructive Proliferant Therapy	October 2011
Let's Talk About The Most Common Shoulder Injury	August 2011
Let's Talk about...Lunging	June 2011
How to Help People With Parkinson's	April 2011
Squatting: Integrating Fitness in Your Practice	February 2011
Integrating Fitness Into a Massage Therapy Practice	December 2010
Referred Pain	August 2010
Effective Stretching Techniques	June 2010
Pain Caused By Low Back Ligaments	April 2010
Communicating the Importance of Frequent Sessions	February 2010
Clients Who Are Reluctant to See a Physician	November 2009
Getting Your Clients to See a Physician	September 2009
Including Exercises as Part of a Treatment Plan	July 2009
Simultaneous Disc and Ligament Injuries	May 2009
Frequency of Injury Treatment Sessions	March 2009
Clients With Multiple Injuries	January 2009
Predicting the Length of a Client's Treatment	December 2008
The First Session Following an Injury	November 2008
Muscles vs. Ligaments	October 2008
Weakness	September 2008
The Iliolumbar Ligament	August 2008
Ligaments vs. Discs	July 2008
Sciatica	May 2008
Misperceived Headache Pain	April 2008
Medial Wrist Pain	March 2008
Chest Pain	February 2008

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Upper Back Pain	December 2007
Wrist Pain	November 2007
Whiplash	October 2007
Hand-Shaking Pain	September 2007
Pain at the Medial Scapula	August 2007
Dupuytren's Disease	July 2007
Finger Pain	June 2007
Trigger Finger	May 2007
Upper Hamstring Pain	April 2007
Ulnar Deviation	March 2007
Anterior Elbow Pain	February 2007
Extensor Carpi Radialis Longus	January 2007
Elbow Swelling	December 2006
Golfer's Elbow	November 2006
Pain on Passive Motions of the Elbow	October 2006
Tingling in the Two Small Fingers	September 2006
Tennis Elbow	August 2006
Pain Under the Medial Arch of the Foot	July 2006
Eversion of the Foot	June 2006
Lateral Ankle Sprains	May 2006
What Supports the Medial Arch	April 2006
A Dropped Arch	March 2006
The Medial Foot	February 2006
Traumatic Arthritis of the Shoulder	January 2006
Biceps vs. Brachialis Strain	November 2005
Let's Talk About ... The Acromioclavicular Joint	September 2005

ETHICS & COMMUNICATION INSTRUCTION: Massage (selected courses)

Massage Therapy Schools & Continuing Education

Open Training on Giving and Getting Feedback May 2022

Ethics Training for the Maine AMTA February 2022

Training Investigators of Sexual Assault about the massage industry 2021-2022

Ethics Training for the National Health Practitioners of Canada May 2021

Florida School of Massage (Gainesville, FL)

“Having Conversations That Work”/“Essential Meeting Skills” May 2013

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“Giving Savvy Feedback”	September 2009
“Strengthening Your SAVI® Skills”	January 2008
“Having Conversations That Work”	September 2007
Body Therapy Institute (Siler City, NC), “Transforming Challenging Conversations”	October 2012
Therapeutic Training Center (Seattle, WA) “Gaining Mastery Communication & Boundaries,	April 2011
Cortiva Education (nationwide), “Ethics and Communication in Private Practice”	2005–2006
Swedish Institute, (New York City) “Creating Effective Boundaries” (in-service training for faculty)	1993
Muscular Therapy Institute (Cambridge, MA), “Assertiveness and Communication Skills”	1979–1990

National & State Conventions

Indiana AMTA Regional Conference, “Communication and Ethics in Massage Therapy”	October 2012
Florida State Massage Therapy Association, “Successful Client Communication”	June 2012
American Federation of Massage Therapy Educators, “Communication in the Classroom”	June 2012
Chicago AMTA Convention, “Managing Challenging Conversations”	April 2012
National AMTA Convention (Phoenix, AZ), “Ethics and Communication in Private Practice”	September 2008
National AMTA Convention (Nashville, TN), “Dual Relationships and Sexuality”	October 2004
Minnesota AMTA Convention, “Boundaries and Dual Relationships”	Spring 1993

Massage Therapy Practices

Susan Rosen & Associates (Olympia, WA), “Creating Relationships That Work”	March 2008
Kripalu Center, Massage Therapy Staff (Lenox, MA), “Ethics, Boundaries, and Communication”	December 2008

Ethics Webinars

AMTA Webinar: Boundaries, Sexual Misconduct, and Intimacy in the Therapeutic Relationship	February 2022
Natural Health Providers of Canada (NHPC) Webinar: Working with Trauma Survivors	December 2018
The Ethics of Touch: 5-Part Series	September 2012
“Boundaries: The Invisible Fence, ”	
“Dangerous Liaisons: Dual Relationships,”	
“Clients Crossing Boundaries,”	
“Sex, Touch and Intimacy: When Someone Crosses the Line,”	
“Working with Trauma Survivors”	

ETHICS & COMMUNICATION INSTRUCTION: General Healthcare (selected courses)

Massachusetts General Hospital, Boston

Pain Champions Program, “Communicating Well When the Stakes are High”	January 2013
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Clinical Ethics Residency for Nurses, “Compassionate Communication”	November/December 2011, 2012
Chaplaincy Program, “Compassionate Communication”	April 2007, 2010, 2011
<i>Yale-New Haven Hospital</i>	
Chaplaincy Department, “Creating Healthcare Conversations That Work”	September 2009
<i>Massachusetts Department of Mental Health, Solomon Carter Fuller Center</i>	
“Team Development: A Roadmap for Success”	October 2010
<i>Groton Wellness</i>	
Group Development/Having Conversations That Work	April/May 2011

ETHICS & COMMUNICATION INSTRUCTION: SAVI® Foundation Workshops

6-Day Virtual Workshop: Deepening Your SAVI® Skills: Giving & Receiving Savvy Feedback with Alida Zweidler-McKay	November 2022
4-Day Virtual Practical Communications Workshop: When Conversations Go Bad with Alida Zweidler-McKay	September 2022

INJURY WEBINARS

Unraveling the Mystery of Low Back Pain (6 webinars)
Unraveling the Mystery of Cervical Pain (6 webinars)
Unraveling the Mystery of Ankle Pain (4 webinars)
Unraveling the Mystery of Elbow Pain (3 webinars)
Unraveling the Mystery of Headaches (5 webinars)
Unraveling the Mystery of Hip & Thigh Pain (5 webinars)
Unraveling the Mystery of Knee Pain (6 webinars)
Unraveling the Mystery of Lower Leg Pain (6 webinars)
Unraveling the Mystery of Shoulder Pain (7 webinars)
Unraveling the Mystery of Foot Pain (4 webinars)
Unraveling the Mystery of Wrist & Hand Pain (3 webinars)

INJURY ASSESSMENT & TREATMENT INSTRUCTION (selected courses)

National and International Trainings

Integrating Orthopedic Assessment & Treatment for AMTA, Augusta, ME	November 2022
Frustrating Neck Injuries, Chicago, IL	November 2022
Integrating Orthopedic Assessment & Treatment, New York City, NY	September 2022
Integrating Orthopedic Assessment & Treatment, Santa Fe, NM	August 2022

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Frustrating Neck Injuries, Chicago, IL	July 2022
Integrating Orthopedic Assessment & Treatment, Suwanee, GA	July 2022
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Fairfield, NJ	June 2022
Integrating Orthopedic Assessment & Treatment, San Francisco, CA	June 2022
Integrating Orthopedic Assessment & Treatment, Bloomington, MN	May 2022
AMTA 3-Day Colorado Conference	April 2022
Integrating Orthopedic Assessment & Treatment, Tumwater, WA	March 2022
The Assessment and Treatment of Shoulder Pain Workshop, Suwanee, GA	February 2022
Integrating Orthopedic Assessment & Treatment, Denver, CO	February 2022
Integrating Orthopedic Assessment & Treatment, Chicago, IL	January 2022
Active Assisted Stretching: Upper and Lower Body, Austin, TX	November 2021
Active Assisted Stretching: Upper and Lower Body, Suwannee, GA	October 2021
Active Assisted Stretching: Upper Body, Arlington, VA	September 2021
Active Assisted Stretching: Upper Body, Florence, MA	September 2021
The Assessment and Treatment of Headaches: Cambridge, MA	December 2019
Integrating Orthopedic Assessment & Treatment, Ann Arbor, MI	November 2019
Active Assisted Stretching: Upper Body: Southfield, MI	November 2019
Integrating Orthopedic Assessment & Treatment, Studio City, LA	November 2019
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Las Vegas, NV	November 2019
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Dover, DE	September 2019
Active Assisted Stretching: Upper Body: Philadelphia, PA	September 2019
Frustrating Neck Injuries, Denver, CO	August 2019
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Las Vegas, NV	August 2019
Integrating Orthopedic Assessment & Treatment, Toledo, OH	August 2019
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Pittsburg, PA	June 2019
Frustrating Neck Injuries, Suwannee, GA	July 2019
Integrating Orthopedic Assessment & Treatment, Suwannee, GA	July 2019
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Seattle, WA	June 2019
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Port Townsend, WA	June 2019
Frustrating Neck Injuries, Hartford, CT	June 2019
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Amherst, MA	June 2019
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Calgary, Canada	May 2019
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Calgary, Canada	May 2019
Frustrating Neck Injuries, Miami, FL	May 2019
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Miami, FL	May 2019

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Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Miami, FL	May 2019
Integrating Orthopedic Assessment & Treatment, Miami, FL	May 2019
Integrating Orthopedic Assessment & Treatment, Fairfield, NJ	April 2019
Frustrating Neck Injuries, Gainesville, FL	March 2019
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Seattle, WA	February 2019
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Port Townsend, WA	February 2019
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Austin, TX	January 2019
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Irving, TX	January 2019
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Cleveland, OH	December 2018
Whiplash: Orthopedic Injury Assessment and Treatment, Southfield, MI	December 2018
Common Injuries, Gainesville, CT	November 2018
Integrating Orthopedic Assessment & Treatment, Hartford, CT	November 2018
Integrating Orthopedic Assessment & Treatment, Las Vegas, NV	October 2018
Integrating Orthopedic Assessment & Treatment, Denver, CO	October 2018
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Cleveland, OH	October 2018
Whiplash: Orthopedic Injury Assessment and Treatment, Hyde Park, VT	September 2018
Integrating Orthopedic Assessment & Treatment, Burlington, VT	September 2018
Integrating Orthopedic Assessment & Treatment, Southfield, MI	September 2018
Integrating Orthopedic Assessment & Treatment, New York, NY	September 2018
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Suwannee, GA	August 2018
Integrating Orthopedic Assessment & Treatment, Suwannee, GA	August 2018
Integrating Orthopedic Assessment & Treatment, Pittsburgh, PA	August 2018
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Philadelphia, PA	August 2018
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Gainesville, FL	July 2018
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Gainesville, FL	July 2018
Integrating Orthopedic Assessment & Treatment, Tinton Falls, NJ	July 2018
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Fairfield, NJ	July 2018
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder & Knee, Swedish Institute, NY	July 2018
Integrating Orthopedic Assessment & Treatment, Manchester, NH	April 2018
Integrating Orthopedic Assessment & Treatment, Swedish Institute, NY	April 2018
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Fairfield, NJ	April 2018
Integrating Orthopedic Assessment & Treatment, Amherst, MA	April 2018
Integrating Orthopedic Assessment & Treatment, Hyde Park, VT	March 2018
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Burlington, VT	March 2018
Integrating Orthopedic Assessment & Treatment, Arlington, VA	March 2018

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Assessment & Treatment of Low Back Pain, Arlington, VA	January 2018
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Burlington, VT	November 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Hyde Park, VT	November 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Denver, CO	November 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Denver, CO	November 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder/Knee, Arlington, VA	November 2017
Assessment & Treatment of Neck Pain, Stockholm, Sweden	October 2017
Assessment & Treatment of Neck Pain, Malmo, Sweden	October 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Amherst, MA	October 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder & Knee, Swedish Institute, NY	October 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Fairfield, NJ	October 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Concord, NH	September 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Suwanee, GA	August 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Hyde Park, VT	August 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder & Knee, Providence, RI	August 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Shoulder & Knee, Irene's Institute, MI	August 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, St. Louis, MO	August 2017
Advanced Deep Tissue Myofascial & Muscular Therapy, Benny Vaughn Athletic Center, TX	July 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Houston, TX	July 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Warwick, RI	June 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Hartford, CT	June 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Baltimore, MD	June 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Tyson's Corner, VA	June 2017
Advanced Deep Tissue Myofascial & Muscular Therapy: Neck & Back, Philadelphia, PA	June 2017
Advanced Deep Tissue Muscular Therapy Workshop, Chicago, IL	April 2017
Advanced Deep Tissue Muscular Therapy Workshop, Cleveland OH	April 2017
Advanced Deep Tissue Muscular Therapy Workshop, Toledo OH	April 2017
Advanced Deep Tissue Muscular Therapy Workshop, Ann Arbor, MI	January 2017
Advanced Deep Tissue Muscular Therapy Workshop, Grand Rapids, MI	January 2017
Active Isolated Stretching Upper Body, Swedish Institute, NY,	December 2016
Advanced Deep Tissue Muscular Therapy Workshop, Lakewood, CO	November 2016
The Assessment and Treatment of Shoulder Pain Workshop, Lakewood, CO	November 2016
ABMP Sexual Assault Prevention Webinar, Golden, CO	November 2016
Common Injuries Workshop, Irene's Institute, Southfield, MI	October 2016
Active Isolated Stretching Lower Body, Swedish Institute, NY,	October 2016

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Sexual Assault Prevention Workshop, Swedish Institute, NY,	October 2016
Advanced Deep Tissue Muscular Therapy Workshop, NHI Studio City, CA	October 2016
The Assessment and Treatment of Shoulder Pain Workshop, NHI Studio City, CA	October 2016
Advanced Deep Tissue Muscular Therapy Workshop, Lakewood, CO	August 2016
Advanced Deep Tissue Muscular Therapy Workshop, Virginia Beach, VA	August 2016
Advanced Deep Tissue Muscular Therapy Workshop, Irene's Institute, Southfield, MI	July 2016
Advanced Deep Tissue Muscular Therapy Workshop, CenterPoint, Minneapolis, MN	July 2016
Advanced Deep Tissue Muscular Therapy Workshop, NHI Studio City, CA	June 2016
Advanced Deep Tissue Muscular Therapy Workshop, IPSB College, San Diego, CA	June 2016
Creating Relationships That Work: Communication Skills, YW Boston, MA	March 2016
Advanced Deep Tissue Muscular Therapy Workshop, Medford, MA	March 2016
Advanced Deep Tissue Muscular Therapy Workshop, Reykjavik, Iceland	March 2016
Advanced Deep Tissue Muscular Therapy Workshop, Oslo, Norway	March 2016
Creating Relationships That Work: Communication in Professional Life, Cambridge, MA	January 2016
Advanced Deep Tissue Muscular Therapy Workshop, Arlington, VA	December 2015
The Missing Link in Low Back Pain, Maui, HI	March 2015
The Missing Link in The Knee, Maui, HI	March 2015
Assessment & Treatment of Shoulder Injuries, Stockholm, Sweden	April 2014
Assessment & Treatment of Shoulder Injuries, Malmo, Sweden	April 2014
Assessment & Treatment of Low Back Injuries, Oslo, Norway,	April 2014
Assessment & Treatment of Low Back Injuries, Stockholm, Sweden	November 2014
Assessment & Treatment of Low Back Injuries, Malmo, Sweden	November 2014
Assessment & Treatment of Headaches, PMTI Washington DC,	December 2014
Shoulder Injury Workshop, Oslo, Norway	March 21–22, 2013
The Assessment and Treatment of Neck Pain, Sydney, Australia	March 14–15, 2013
The Assessment and Treatment of Knee Pain for Podiatrists, Sydney, Australia	March 10, 2013
Shoulder Injury Workshop, Bergen, Norway	September 1–2, 2012
Low Back Workshop, Natural Health Practitioners of Canada, Saskatoon, Saskatchewan	October 2009
Ten Common Injuries, Lincoln School, North Yorkshire, England	March 21–23, 2009
Orthopedic Massage Seminars, United Kingdom (Edinburgh, Dublin, London)	March 2005
Orthopedic Massage Seminars and Teacher Training Program, Barcelona, Spain	1992–1997

Nationwide Trainings

Orthopedic Massage Seminar Series	1998–2010
(Michigan, 2007–2010; Florida, 2007–2010; Maryland, 2007–2010; Alabama, 2007–2008; Pennsylvania,	

BEN E. BENJAMIN, PH.D. Sports Medicine Education and Ethics

175 Richdale Avenue #106, Cambridge, MA 02140 • t. 617-576-0555 • drben@benbenjamin.com

2002–2007; Washington, DC, 2001–2006; Salt Lake City, UT, 2001 to 2005; Chicago, IL, 1998–2003)

Injury Prevention Workshops

1977–2000

Muscular Therapy Institute (Cambridge, MA)

Created and taught a comprehensive program in massage therapy, exercise therapy, rehabilitation, injury evaluation, self-care and treatment

1974–2000

Additional seminars and workshops taught at:

Harvard Medical School Continuing Medical Education Conference for Alternative and Complimentary Medicine

Mass Rehabilitation Hospital Pain Clinic, Jefferson Hospital (PA), Sam Houston University (TX), Southern Oregon College, Slippery Rock College (PA), University of Delaware, Western Carolina University, Sarah Lawrence College, Duke University (NC), Ohio State University, Barnard College (NY), San Francisco State University, Syracuse University