



**Monarch Continuing Education, LLC**  
**Carmen Thompson, B.S., LPTA, CMT, CLT**

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Thank you for your interest in our MLD/CDP certification program. We are happy to present our program as there is tremendous need for lymphatic drainage and for lymphedema therapists in all areas of the country. Please email for the latest course dates.

**Advantages of our program:** Our certification class is unique in that we offer perspectives on the **varying treatment techniques and hand techniques** taught by the different schools of thought in MLD. Our course director has studied and attended classes in the French Chickley techniques, as well as the Vodder and Foldi methods. Another advantage is that our course is offered in sections and there is ample time between modules to practice techniques, to study and to come to the next module prepared with applicable questions. If you take the course in Blacksburg, you also have the advantage of **hands-on practice with actual patients in our clinics**. There is no substitute for practice and feedback from actual clients! Lastly, we also study manual lymphatic drainage applications for many other indications than just lymphedema. We study lymphatic organ drainage and full body MLD to stimulate the immune system and to bring relief to many suffering with auto-immune conditions such as lupus, chronic fatigue and fibromyalgia. We are recognized as a MLD/CDP training program by the National Lymphedema Network, (Monarch Continuing Education will be listed as Lymphatic Care Specialists, LLC on this site) [www.lymphnet.org](http://www.lymphnet.org).

**Complete MLD/CDP training** is recommended for anyone who wants to treat more complex medical patients such as oncology patients, patients who have had lymph nodes removed or radiated, or those with extensive vascular edema with skin deterioration/ulceration. This is really key to seeing big reductions in patients with visible swelling disorders.

Certification class includes all workbooks, hardback text, upper extremity and lower extremity bandaging kits, lab fees, certification exam and 140 CEUs. Cost for full MLD/CDP certification is \$2,895 for all four modules. Cost of MLD only certification is \$1,995. Feasible payment plans are available. Please see below for course details. Costs can be broken into four payments, or monthly payments from 30 days prior to the start of your first course to 30 days before the start of your last course date. You do get a time/monetary credit if you have attended the Cross Country introductory course that I have taught.

**Basic MLD certification** is available with Modules I-III. This will qualify practitioners to work extensively with conditions of the lymphatic system, excluding disorders where there is a direct lymphatic pathology, i.e. cancer treatment of the lymph nodes, lymph node removal, and types of edemas that require bandaging. This is ideal for those who work outside of a direct medical setting, i.e. massage therapists and aestheticians. The cost is \$1,995.

With this certification, you would be able to safely treat: whole-body tissue detoxification, symptoms of lupus, arthritis, RA, osteoarthritis, Lyme disease, chronic fatigue, fibromyalgia, aesthetics, cellulite, lymphatic facial detoxification, wrinkles, scarring, and swelling due to surgical procedures and trauma and much more.

We will be teaching the full MLD/CDP 140 hour certification program in two or four modules, depending on your locality.

Modules II, III, and IV will all be live seminars.

Certification classes are offered across the United States. Please email for the most up-to-date locations and dates.

**Module I:** Will include an extensive background/instruction in lymphatic anatomy/physiology and all of the basic manual techniques. This module is a home study that you may begin at any time.

**Module II:** A live seminar that will continue on from the general introduction of the lymphatic system and superficial treatment to lymphatic drainage of the deeper tissues. These techniques can give you profound results with your complex clients.

**Module III:** A live seminar that will include specific treatment techniques of lymphatic disorders. Deep organ/Deep lymphatic drainage treatment will be covered.

**CDP Module IV:** Will cover all of the basic compression bandaging principles as well as a garment fitter training program. Some complex bandaging techniques will be covered as well. This is especially helpful when limbs are not uniform shape, and it helps relate techniques to real-life applications.

This course will be specifically designed for those who want extensive training on compression bandaging techniques that have proven to be so beneficial for swelling disorders. You will learn how to properly and safely wrap upper and lower extremities, as well as compression techniques for the trunk, genitalia and face. Each therapist will have the opportunity to complete a certification as a compression "fitter" for one of the major garment retailers at no extra cost.

We will also include a review of the previous three modules in preparation for the certification exam and will discuss what the national LANA exam certification entails.

The cost of the MLD/CDP program is \$2,895 and includes three DVDs, two texts, a handbook for each module, MLD/CDP testing and certification, and the certified fitter program. A non-refundable \$50 deposit is required to hold your spot in the course, along with the registration form.

#### **Who May Attend:**

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Certified Occupational Therapy Assistants
- Registered Nurses
- Massage Therapists who have completed an accredited program of 500 hours or more.

## Course Director

Carmen Thompson, BS, LPTA, CMT, CLT, is a Licensed Physical Therapist Assistant and Certified Massage Therapist with a specialty certification in Lymphatic Therapy. She also has a Bachelor's Degree in Health Care Management. She has worked in a variety of health care settings since 1994, both clinically and in rehabilitation administration. She has specialized in program development in long-term care settings. She has taught Lymphatic Pathology at the Blue Ridge School of Massage in Blacksburg, Virginia, and in other university settings. She works exclusively as a lymphatic therapist, providing inpatient and outpatient therapy to clients with a large variety of diagnoses. She has conducted local and state presentations on the necessity of educating breast cancer survivors and their health care workers in the prevention of lymphedema.

### Student Comments:

*"Carmen, This was an absolutely chockful comprehensive course. I so appreciate it. I do feel as prepared as a course would prepare one." - Peter, NC*

*"Wonderful presenter. Carmen makes you interested from the beginning to the end. I look forward to taking another class with her." - Amy, Providence, RI*

*"Carmen Thompson was highly knowledgeable and passionate in her presentation. Always kept the class engaged." - Angela, Providence RI*

*"Carmen's knowledge is very evident as is her desire to provide multiple treatment options for therapists to utilize to optimize benefits - both physical and financial- for patients. She is very personable." - Christina, CT*

*"Great seminar. Very interesting topic and Carmen did a great job presenting the information. Very competent and approachable. Would definitely take another course taught by her and will recommend Carmen and the course to others." - Anna, Hartford, CT*

*"Carmen delivers! I have used 75% of what I have learned and expect the same for the Compression bandaging. Thanks for the patience to answer all the questions and the excellent exam prep." - Steve, Virginia*

*"Excellent course from start to finish-all Modules. Carmen is passionate, knowledgeable, experienced and very personable. These all came through during the training. There were no dull moments." - Ann, Ohio*

*"The relaxed atmosphere is conducive to better learning and absorption of material. I don't feel overwhelmed, even with the amount of material covered, because of the manner in which it was presented. Instructor gives me confidence and checks to make sure my skills are par." - Rose, NC*

*"Instructor is extremely knowledgeable and easily conveys both theory and practical hands on application. I love the clinical aspect of the class which gives immediate hands on practice and reinforces the learning." - Tara, GA*

**[Please email for registration information](#)**