

## Staff Profile : Randy Ellingson WC(Hon), FLCSP(Phys)



**President, creator, owner and operator of the Wellington College of Remedial Massage Therapies, Winnipeg, Manitoba, Canada. An inspiring, passionate and visionary leader with the exceptional ability to bring strategy to fruition, to establish innovative approaches to business and educational initiatives as well as to build highly successful teams. Known internationally for his expertise in the area of Massage Therapies, related Adult Education and the establishment of self-regulatory bodies focused on ethical/professional standards. Possesses a genuine, positive, service oriented, people focused style combined with the energy, confidence and assertiveness to make a real difference. Fully committed to the ongoing development of massage therapies worldwide and in particular, Canada.**

After working in senior's facility in the later part of my high school education, I found I greatly enjoyed the rehabilitation component of my work. This led me to research the options available and decided that Massage Therapy was one of the broadest forms of rehabilitation that could help the majority of people regardless of their conditions.

In 1982 I began my studies with the Northern Institute of Massage which was established in England with a recognized branch in Regina, Saskatchewan. My studies were commenced under the tutelage of Abe Reimer and Don Bennett, well established and recognized massage therapists. I completed my training in Basic Remedial Massage in 1985.

Having the Basic Massage as my foundation I was invited to commence working within Don Bennett's practice and worked along side of him for seven years. During this time I decided to expand my education by taking Advanced Remedial Massage Therapy through the Northern Institute of Massage in Blackpool England. I was required to travel to England on a yearly basis to advance my studies and apply my skills under the observations of many well known therapists in England. I received my Advanced Remedial Massage Therapy diploma in 1988.

I was continuously drawn to learn more and expand my abilities as a therapist. This led me to continue my studies in Higher Grade Manipulative Therapy with the Northern Institute of Massage. This required an additional three years of attending training at the Northern College of Physical Therapies in Blackpool, England. I received my Diploma in Higher Grade Manipulative Therapy in 1991.

Advancing my understanding of massage and its related modalities has caused me to travel throughout the world attending seminars and workshops. I have integrated these alternative forms of treatment into the curriculum that I developed for the Western College of Remedial Massage Therapies where I began assisting with instruction in 1988.

These studies have covered a wide spectrum of topics including CranioSacral Therapy, Myofascial Therapy, Manual Lymphatic Therapy, Somatics, and Electrotherapy. I also am continuing to advance my personal knowledge and skills through studies in Adult Education and Manipulative Therapy.

As I expand my personal knowledge I hope to pass it on through my classroom and through continuing to lecture nationally and internationally. It has been my pleasure to lecture in Canada, the United Kingdom and the United States.

There has been no greater professional accomplishment for me than helping clients in pain and passing on my knowledge to students. But early on I became aware of the need to expand the public's understanding of Massage and its benefits. I felt that this required the establishment of sound foundations in training programs and accountability of therapists once they had graduated from training programs. This has driven my devotion to the advancement of massage therapy and its related modalities.

When I began practicing in 1985 it was almost impossible to have a meeting with physicians and members of the medical team. The once well-recognized field of massage had lost some of its respect since the 1950's. I soon realized we needed to move massage from the apprenticeship format to a more scientific approach. This helped push me to expand my own knowledge and study of the field.

I began to take the old curricula of the College I was attending and refresh them with a more science-based approach. Although encountering much opposition, I knew this was the only way we would gain recognition of the field. After 6 years of development I submitted the new proposed course outlines to the owners of The Northern Institute of Massage and they in turn submitted it to the London and Counties Society of Physiologists. This resulted in my being recognized by the International Council for the work I had completed. I was granted the order of Fellowship from the London and Counties Society of Physiologists International in 1991. I was the youngest recipient of this award and only the 19<sup>th</sup> to obtain it in the history of the organization which was established in 1916.

There have been numerous other accomplishments over my life in Massage Education many of these have resulted from my strong belief that we must have a well-

built foundation in education if we hope to see complimentary medicine recognized on par with other professional forms of health care.

In my opinion to advance the field of Complimentary Medicine we must assure sound training and accountability for the claims we make in our respective fields. To address this, I feel we need to establish a greater foundation in research. That will become our primary focus over the next five years. At present we are supporting graduates from the field of massage in the advancement of their professional development through university programs in research. In return these graduates will head up our research of the claims made by our field and to further establish recognition of Complimentary Medicine.

We also plan to expand our present training program in the area of research. We want to emphasize the skills needed in gathering factual information that will be used to support the benefits of our work.

The third stage of our future plan is to establish a peer review journal with committees comprised of both Complimentary and Orthodox Medicine approaches that will review research articles. These articles will be printed in a review journal from which all Complimentary Medicine practitioners will benefit.

We are currently in the beginning stages of establishing satellite campuses of the Wellington College in international areas, such as Europe and Australia, to develop our distance education program and allow international opportunities for prospective students.□



The mission of Wellington College is to cultivate professional individuals skilled in therapeutic massage and its supporting modalities, while fostering a supportive and progressive environment