



Deborah took her initial training in massage therapy at the Institute of Psycho-Structural Balancing in San Diego, California graduating in 1987. Her previous degree in Physical Education (U of M 1978) and post graduate work in the Department of Anatomy at the Medical College at the University of Manitoba, gave her a firm grounding in the health sciences that have formed the foundation of her clinical practice.

Deborah taught in the anatomy labs at the University of Manitoba for a decade, in both the faculty of Physical Education and in the labs for nursing students. Her love of teaching led her to obtain her certification in Education. She had a 30-year career in the Winnipeg School Division teaching physical education, biology, current topics in science and East West Medicine. In 1987, Deborah began teaching part-time and started her massage therapy practice. During that time, she became an instructor at the Massage Therapy College of Manitoba (now Evolve College) and was instrumental in helping develop their curriculum and achieve accreditation. In 2013, Deborah was awarded her 2200-hour graduation certificate. Her greatest joy has been in the classroom with massage therapy students.

While she was teaching, she impacted many hundreds of future RMTs. Her interest in palliative care, mental health education, and advocacy for the 2SLGBTQ+ community, combined to make Deborah's practice an inclusive, caring place for clients.

Throughout her career she has shared her knowledge and experience as an educator, mentor and colleague. She has been an active and supportive member of MTAM since 1990. She did not hesitate when MTAM asked her to complete training to be a Mental Health First Aid instructor. She has since taught the basic course for MTAM on numerous occasions, delivering often difficult content with her usual brand of compassion, fun, and light-hearted humour.

When RMT colleagues needed guidance when having difficult conversations with clients and mental health first aid related topics, Deborah has always made herself available to assist them.

Deborah has always been interested in mind/body medicine and developed workshops for cancer patients and their families that were instituted by Cancer Care Manitoba. She has worked to provide safe and effective treatment for those who have been diagnosed with cancer. Also, she has an interest in working with clients in palliative care or who are living with intractable pain.

In 2009 she was nominated as a Woman of Distinction in health and wellness for her work with cancer patients, their families and her unique presentations for health care workers and

school staffs. She promotes life balance, stress management, resilience and encourages folks to motivate themselves to thrive in their personal life/work situations.

Still maintaining a small practice, Deborah works in Sandy Hook, Manitoba. Her teaching has now extended to mental health first aid across the province. She lives happily with her wife, Judy, and her black lab Caddy.

Deborah is also a Manitoba singer song writer and has released six projects, beginning in 1989. Her seventh release, “We Are Made of Stars” is to be released in October.

On behalf of the MTAM Board of Directors, congratulations Deborah!