

Biography

Sue Olmos, CTPM, CHP – MEd, was certified in Triggerpoint Myotherapy (Myofascial Release) in 1995 through Equi-Myo in CT. The program focused on equine and canine therapy and was a full-time residency covering 350 hours of anatomy, physiology, Triggerpoint techniques, precipitating factors, gait analysis, etc., as well as practical application. In 1997, she studied with a Reiki Master in Chicago and received her Level I and II certifications. In 2009, she was certified as a practitioner of H.E.A.R.T. (Holistic Energy Activation Realignment Therapy) and she holds a master's degree in adult education, training and development from the University of St. Thomas in St. Paul, MN.

Her clientele has included companion pets and show dogs, and horses used in various disciplines from dressage to barrel racing and more. Her practice now is dedicated to empowering horse and pet parents to learn various techniques they can administer to their "best friend." She also has a network of many professionals to whom she refers when their skills are needed for the animal's treatment plan.

Her treatment philosophy includes a holistic approach realizing that muscle dysfunction and/or behavioral issues may also stem from sources other than physical trauma or muscle inactivity. Therefore, she explores nutritional issues and environmental concerns with each new patient. Treatments utilize a combination of hands-on healing techniques she has continued to study since her certification program. These include massage, Reiki, Healing Touch and the application of Therapeutic Essential Oils.

With the introduction of the oils to her practice in 2001, clients have been referred for help with systemic issues as well as musculo-skeletal issues. She was featured in the Feb. 2006 issue of Dog Fancy magazine in restoring kidney function to a dog in renal failure. Additionally, Sue's interest in the efficacy of the oils has broadened her practice to now include "Pets and Their People". She is certified in various oil application techniques (Raindrop, VitaFlex, NAT) and also conducts classes for people interested in learning more about how to improve or maintain a healthy lifestyle.

In 2003-2004, she wrote a comprehensive text for students desiring to learn the field of canine muscle therapy, establishing a new certification program first in cooperation with Harper College in Palatine, IL, and then through her private practice as a distance-learning program.

Her websites include: www.mybestfriendstherapy.com, www.livingyoungwithsueolmos.com, www.sueolmos.vibrantscents.com and www.youngliving.com/sueolmos.