



## Consultant Opportunity: Massage Therapist - 15 hours / week



The Center for Victims of Torture (CVT) seeks a Massage Therapist:

One-Year Contract, up to 25  
Hours/Week

\$45.00 - \$60.00/Hour

Annualized Pay Max:  
\$35,000 (participants do  
not provide gratuity)

### Organization

The Center for Victims of Torture works toward a future in which torture ceases to exist and its victims have hope for a new life. We are an international nonprofit dedicated to healing survivors of torture. We provide direct care for those who have been tortured, train partners around the world who can prevent and treat torture, and advocate for an end to torture. We are headquartered in Minnesota with offices in Africa and the Middle East.

### Purpose and Scope of the Study

The purpose of this research study is to assess the acceptability and efficacy of a trauma-informed and culturally-responsive approach to massage therapy for torture survivors. The goal of the study is to define, test, and disseminate a model of massage therapy that is appropriate for trauma survivors from diverse cultural backgrounds. The study will use a hybrid implementation-effectiveness design to assess the following:

#### Effectiveness:

- Reduction of chronic pain
- Improvements in mental health
- Improvements in key cardiovascular health indicators

#### Implementation:

- Acceptability of the intervention to massage therapists and torture survivors
- Appropriateness of the intervention for torture survivors from diverse cultural backgrounds
- Sustainability of the intervention in real-world conditions

This study has the potential to develop and validate a new model of massage therapy that is specifically tailored to the needs of torture survivors. This model could then be disseminated to massage therapists and torture survivors around the world, providing them with access to a safe and effective treatment for the physical and emotional effects of torture.

## Description of Massage Intervention

The massage therapist will provide light to medium pressure massage over clothes weekly for ten weeks to a culturally diverse population of asylum seekers and refugees who have experienced torture and war trauma. Each session will include at least ten minutes for welcome and check-in, 45 minutes of massage therapy, and five minutes of training in self-massage. The massage intervention will be guided by established trauma-informed principles and practices, and cultural responsiveness will be attended to throughout each session and across the ten weeks. The massage intervention will be fully integrated into an existing psychosocial care model for culturally diverse populations who have experienced significant trauma.



## Contract Requirements

- Provide up to fifteen massage therapy sessions per week (during normal business hours)
- Contribute to the development of a model of massage therapy tailored for survivors of torture and war trauma from diverse cultural contexts
- Provide post-session guidance on self-massage strategies to use between sessions and after closure to massage therapy services
- Administer brief pre- and post-session assessments
- Collaborate with an interpreter before, during, and after massage sessions
- Collaborate with clinicians on client care
- Consult with the study's principal investigator
- Receive one hour per week of massage clinical supervision
- Travel to and between clinic sites in St. Paul
- Maintain liability insurance
- Be licensed or able to obtain licensure in the city of St. Paul

Professional massage therapy experience (or highly related bodywork modality) is required.

## Preferred Experience:

- Three or more years of professional massage therapy or highly related bodywork modality experience
- Experience working in a hospital or clinic setting
- Experience working with diverse populations
- Experience working with populations who have experienced significant trauma
- Professional experience in research contexts
- Board certification in therapeutic massage and bodywork

## **Certifications / Training Required**

Graduation from an accredited massage therapy program with a minimum of 500 hours of training (Certified Massage Therapist) or comparable certification, training, and/or mentorship.

## **Location and Required Travel:**

This work will be conducted at three clinical sites in St. Paul, Minnesota. Must be able to provide your own transportation reliably within St. Paul.

## **To Apply:**

To [jesala@cvt.org](mailto:jesala@cvt.org): Send resume and a statement of interest, which must include the following: details on relevant experience, availability, requested hourly rate, and contact information for two professional references.

Point of Contact: Jenn Esala	Email: <a href="mailto:jesala@cvt.org">jesala@cvt.org</a>	<a href="http://www.cvt.org">www.cvt.org</a>
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