

## ELISA MUÑOZ BLANCO

Physical Therapist. Professional College of Physiotherapists from the Community of Madrid.  
License Number: 3059  
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## LANGUAGES

Castilian Spanish: mother language; English: C2; French: B2.

## UNIVERSITY DEGREES AND MASTER'S DEGREE

Bachelor of Science Degree in Physiotherapy. Universidad Europea de Madrid. Spain. September 1998 – June 2001. Onsite modality.

Postgraduate degree in Manual Lymphatic Drainage (Dr. Vodder Method). Universidad Europea de Madrid. Spain. October 2001 - June 2002. Onsite modality.

Postgraduate degree in Osteoarticular Physiotherapy. Universidad Autónoma de Madrid. Spain. September 2008 – May 2010. Onsite modality.

Postgraduate course in Myofascial Release®, Structural techniques. Universidad Autónoma de Madrid. Spain. September 2011 – February 2012. Onsite modality.

University Degree in Physiotherapy. Universidad Europea de Madrid, Madrid. Spain. September 2012 – June 2013. Onsite modality.

Master's Degree in Pediatrics. Universidad San Pablo-CEU, Madrid, Spain. October 2016 - September 2017. Onsite modality.

Postgraduate course in Myofascial Release®, Global techniques. Universidad Autónoma de Madrid. Spain. June 2018 – February 2019. Onsite modality.

Postgraduate course in Myofascial Release®, Integrated techniques. Universidad Autónoma de Madrid. Spain. April 2021 – February 2022. Onsite modality.

Ashtanga Vinyasa Yoga TTC\_RYS 200 with Simon Louhlin & Alyson Simeone. Asturias, Spain. August 2021. Onsite modality.

Postgraduate course in Biodynamic Craniosacral therapy. Madrid. Spain. March 2022 – March 2023. Onsite modality.

Master's degree in Psychosomatic Medicine and Psychotherapy. Spanish Society of Psychosomatic Medicine and Psychotherapy & Universidad San Jorge. Spain. October 2023 – currently. Online – onsite modality.

## POSTGRADUATES COURSES

Postgraduate degree. Continuing education program in Cranio-cervical Pathophysiology, Temporomandibular disorders and Orofacial pain. CEDIME – Pamplona. Spain. September 2001 - October 2002. Onsite modality.

Postgraduate degree. Continuing education program in MLD - Decongestive Complex Therapy and Kinesiotaping for Lymphedema. Dr. Vodder Schule - Wittlinger Therapiezentrum. Austria. July 2004. Onsite modality.

Certification in Craniosacral Therapy I, November 2002; Craniosacral Therapy II, April 2003; SomatoEmotional Release® I, July 2009. The Upledger Institute\_ESPAÑA. Onsite modality.

Certification in Halliwick® Therapy. Prof. Johan Lambeck, December 2010; Introduction to Halliwick®. Hydrotherapy. Level I. November 2016; Water Specific Therapy Advanced Course in Neurology. Prof. Javier Güeita, November 2017. International Aquatic Therapy Faculty. Onsite modality.

Certification in Watsu®: Watsu® Practitioner in Madrid, Spain, July 2008; Watsu® Assistant in New York, USA, October 2009; Basic Watsu® Instructor in Estepona, Spain, September 2011; Watsu® 1 Instructor in Madrid, Spain, May 2016; Watsu® 2 Instructor in León, Spain, December 2018; Clinical Watsu® 3 Instructor in Madrid, Spain, December 2023. Credited by Worldwide Aquatic Bodywork Association. 5078 total hours, includes hours of 115 WABA water classes taught. Onsite modality.

Certified Ai Chi® Instructor with Jun Konno – Aquadynamics Institute, Japan. September 2016. Onsite modality.

Postgraduate degree. Leadership Essentials. Institute of Leadership Ethics and Advanced Development. Center of Creative Leadership. Universidad San Pablo-CEU, Madrid, Spain. October 2016 – June 2018. Onsite modality.

Certificate in Myofascial Continuities in Assessment and Practice with Tom Myers. Fifth International Fascia Research Congress Berlin. November 2018. Onsite modality.

Certificate in Clinical Simulation Course with César Leal Costa. Universidad San Pablo-CEU, Madrid, Spain. February 2019. Onsite modality.

Certificate in Introduction to Bobath Concept for the Assessment and Treatment of Children with Sensory-motor Alterations with Paula Dávila and Beatriz Matesanz. Elche Physiotherapy Training Courses. May 2019. Onsite modality.

Certificate in Focusing level I and II with Virginia Sánchez León. Instituto Internacional de Focusing. Focusing España. June 2022 – May 2023. Onsite modality.

## PROFESSIONAL EXPERIENCE

Physical Therapist and team manager. BEATRIZSPA Thalasso Center, Las Palmas. Spain. Physiotherapist and Coordinator of a team of fifteen professionals including physiotherapists, masseurs, beauticians and receptionists. Full-time. June 2002 - June 2003.

Physical Therapist. Laboratorios Martin. FREMAP Center Cáceres. Spain. Hired to Assess and Treat patients in the field of Traumatology and Post-surgery. Part-time. September 2004 - July 2005.

Physical Therapist. Pain Management Center. Cáceres. Spain. Physiotherapist as a self-employed in the multidisciplinary team formed by psychologist, dentist and physiotherapist. Self-employed. September 2004 - May 2006.

Physical Therapist. UrbanSpa, Madrid. Spain. Hired as self-employed to cast and train therapists prior to Urban Spas openings. Self-employed. February 2004 - May 2006.

Physical Therapist. Thermes du Vittel. Vittel, Vosges, France. Physiotherapist to work in the areas of Hydrotherapy and Aquatic Physiotherapy focused on the treatment of rheumatic pathologies. Full-time. June - December 2006.

Physical Therapist. Thermes de Divonne les Bains, Rhône-Alpes. France. Replacement. Hired to work in the areas of Hydrotherapy and Aquatic Physiotherapy. Sessions focused on the treatment of psychosomatic pathologies. Full-time. September - November 2007.

Team manager. Hotel El Castell, S.A. La Seo D'Urgell, Spain. Hired as self-employed to cast and train therapists prior to SPA EL CASTELL reopening. Full-time. November – December 2007.

Aquatic Physical Therapist. WellSportClub, Madrid, Spain. Working in the areas of Physiotherapy, individual Watsu sessions, supervisions and study groups. Self-employed. July 2008 – April 2017.

Physical Therapist. Integrated Psychotherapy Center, Talavera de la Reina, Toledo, Spain. Working in multidisciplinary team for psychosomatic treatment of patients with back pain, craniomandibular disorders and orofacial pain. Self-employed. January 2008 – April 2018.

Aquatic Physical Therapist. Valle36 Center, Madrid, Spain. Aquatic physiotherapy for treatment of patients with back pain and neuromuscular diseases. Self-employed. January 2011 - June 2014.

Aquatic Physical Therapist. Cerebral Palsy Association - APACE, Toledo, Spain. Aquatic physiotherapy for the treatment of Cerebral Palsy children and adolescents. Self-employed. September 2012 – June 2017.

Physical therapist. Fisioterapia Argüelles, Madrid, Spain. Treatment of patients with craniomandibular disorders and orofacial pain. Self-employed. January – May 2015.

Physical Therapist. Cerebral Palsy Association - APACE, Toledo, Spain. Physical Therapist at a special needs school (Cerebral Palsy Association - APACE) to assess and treat children and adolescents with CP, both on dry land and in water. Self-employed. May 2015 – June 2017.

Physiotherapist at Aquatic Therapy Unit. San José Institute Foundation. Madrid, Spain. Hired for the treatment of orthopedic and neurological patients (children and adults). Full-time. March-April 2015, August 2017.

Physical Therapist. ALMAR Foundation (Friedrich's Ataxia), Madrid, Spain. Physiotherapy for the treatment of patients with Friedreich's Ataxia. Self-employed. November 2017 - June 2018.

Founder and Director of Watsupath™ Training Institute. Worldwide. Watsu Basic, Watsu 1, Watsu 2, Ai Chi and Craniosacral Therapy in Water (all levels) Instructor worldwide under Worldwide Aquatic Bodywork Association. Director of Watsupath™ Training Institute, managing and coordinating a ten members team in seven committees, as well as organizing classes for local and foreign instructors in Spain and other countries. Self-employed. April 2014 - Present.

Associate Professor. Physical Therapy Degree. Medicine Faculty. Universidad San Pablo CEU - CEU Universities. Madrid, Spain. Hired to teach Physical Agents (Aquatic therapy), Specific Methods in Vascular Diseases (MLD), Physiotherapy in Pathologies of Vascular Diseases, Physiotherapy in Cranio-cervicomandibular disorders, Specific methods in Neurological Physiotherapy for Children, Specific methods in Neurological Physiotherapy for Adults and Final Degree Project. Part-time. September 2017 - Present.

Physiotherapist at Aquatic Therapy Unit. San José Institute Foundation. Madrid, Spain. Treatment of children and adults with systemic, orthopedic, and neurological disorders. Self-employed. September 2017 - Present.

## TEACHING EXPERIENCE

Postdegree Professor at Expert in Aquatic Therapy and Balneotherapy at European University of Madrid. Madrid, Spain (2010 – 2011). Postdegree Professor at Expert in Aquatic Therapy at Rey Juan Carlos University. Madrid, Spain (2010 – Present).

CranioSacral Therapy in Water™ Professor at Comillas University. Madrid, Spain (June 2010).

Watsu® and CranioSacral Therapy in Water™ Instructor credited by Worldwide Aquatic Bodywork Association. 4788 total hours, includes hours of 113 WABA water classes taught (2009- Present).

Speaker in I Congress of Occupational Therapy. "Aquatic therapy in Cerebral Palsy: Clinical case". University of Castilla La Mancha. Toledo, Spain. February 22 - 23, 2016.

Speaker in IV Congress of Physical Therapy. "Aquatic therapy in Pediatrics" and "Aquatic Intervention in Pediatrics: Clinical case". San Jorge University. Zaragoza, Spain. March 11 - 12, 2016.

Professor at Master's degree in Physical Activity in Disability. Autónoma University, Madrid (May 2016)

Speaker in I - II International Congress of Aquatic Therapies in Costa Rica. "Cranio-mandibular Disorders treatment in Aquatic Therapy" & "Description and analysis of aquatic therapeutic intervention in CP children: qualitative case study". Costa Rica. July 25 - 26, 2015; April 20 - 22, 2018.

Speaker in VI International Congress in Aquatic Activities. "Passive aquatic therapy in clinical approaches". Universidad Miguel Hernández. Alicante, Spain. June 30, July 1 - 2, 2017.

Speaker in Watsu® European Conference 2017. "Experiences of children with cerebral palsy who receive aquatic therapy". Trebon, Czech Republic. 1-3 October 2017.

Speaker in I Annual National Updating Congress of Aquatic Therapy. "Aquatic Therapy experiences of children with CP and practitioners with whom they interact". Universidad Rey Juan Carlos. Madrid. October 28, 2017.

Professor at Master's Degree of Physiotherapy in Pediatrics. CEU-San Pablo University. Madrid, Spain (2018-Present).

Speaker in IV International Water Conference 2019. "Experiences of children with cerebral palsy who receive aquatic therapy". Saint-Petersbourg, Russia. 1-2 June 2019.

Speaker in I International Aquatic Physical Therapy Webinar 2020. "Integrating Aquatic Physical Therapy Specific Methods: CranioSacral Therapy in Water™". Aquatic Physical Therapy Society from Chile. 17-18 October 2020.

Speaker in World Watsu® Week International Webinar. "Watsu® in Aquatic Rehabilitation". Aquatic Therapy Network of India. 25 March 2021.

Speaker in Watsu® European Conference 2022. "Craniosacral Therapy in Water™: Fascia as a system". Istanbul, Turkey. 1-2 October 2022.

## **OTHER MERITS**

"Survey of satisfaction & to the users of the Physiotherapy unit of Primary Health Care of Talavera de la Reina". V Award for Research in Primary Care. SESCAM. Toledo. Spain. May 2002.

"Program of psychomotricity in childhood (3-6 years)". Educational project in schools in Talavera de la Reina. Toledo. Spain. September 2000 - June 2002.

"Cranio-Sacral Therapy in Water™". Registration of intellectual property with date July 12, 2011 and number M-010363/201. Madrid, Spain.

Watsupath™ - Cranio-Sacral Therapy in Water™ is a service mark registered by Elisa Muñoz Blanco. Watsupath™ Training Institute holds Watsu™ trademark in Spain.

Co-author of the book "Aquatic therapy. Approaches from the physiotherapy and occupational therapy in the aquatic environment". Elsevier Publishers. Madrid, Spain. January 2015.

Muñoz Blanco E, Merino Andrés J, Aguilar Soto B, Castillo García Y, Puente Villalba M, Pérez Corrales J, Güeita Rodríguez J. Influence of Aquatic Therapy in Children and Youth with Cerebral Palsy: A Qualitative Case Study in a Special Education School. Int J Environ Res Public Health. 2020; 23;17(10):3690.

Co-author of the book "The Heart of Watsu. Therapeutic applications in clinical practice". Jessica Kingsley Publishers. London. April 2023.