

Midwifery Today Conference

Philadelphia, Pennsylvania* • April 14–18, 2010

trends and traditions in midwifery and birth



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vital topics...

Traditional Midwifery Skills—2 full days
Beginning Midwifery
Herb Workshop
Spanish for Birth Practitioners
Breech Skills Workshop
Mexican Midwifery: Traditions and Techniques
Fetal Life, Birth and Health
First and Second Stage Difficulties
Massage for Pregnancy, Birth and Postpartum

learn from great teachers...

Ina May Gaskin	Naolí Vinaver
Gail Hart	Carol Gautschi
Michel Odent	Lisa Goldstein
Elizabeth Davis	Betty-Anne Daviss
Janice Marsh-Prelesnik	Marsden Wagner
Debra Pascali-Bonaro	Molly Petersheim
Cornelia Enning	<i>and many more!</i>

other classes include...

Birth Is a Human Rights Issue
Freedom to Practice the True Art of Midwifery
Amish and Mennonite Midwifery
Craniosacral Therapy for Mamas and Babies
and many more!

Tear Prevention
Hemorrhage
Twin Birth
Prolonged Labor



Motherbaby Film Festival

Featuring the Motherbaby International
Film Festival by Diana Paul.
See program for details.



*Conference is located about 19 miles northwest
of Philadelphia in King of Prussia.

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midwiferytoday.com/conferences/Philly2010



come to the philadelphia conference!

We offer you a hearty welcome to our Philadelphia conference. This is one of the richest programs we have ever offered, with classes for everyone, whether you are a seasoned or aspiring practitioner or an activist. We are especially excited to bring you two full pre-conference days on Traditional Midwifery Skills—a Midwifery Today first. We are also featuring the *Motherbaby International Film Festival* as a part of this conference, brought to you by filmmaker and distributor Diana Paul. Saturday evening's cabaret is always a bonding experience and a blast, and is meant to showcase your talents—birth-related or not. We'll have times of fun, mentoring, sharing and learning at this conference.

One of the special aspects of a Midwifery Today conference is that you are warmly welcomed and honored for your role in

birth. Our goal is to energize and support you as well as to provide an important learning experience. We want you to be the best that you can be, and we plan our programs with that in mind. We want to help prepare you to change the world of birth.

At this conference we've provided many different class styles, ranging from fast-paced, intimate roundtables to full-day workshops, amazing general sessions and focused breakout sessions. We've searched the world to bring you these imperative learning experiences. Welcome and enjoy; you are the key to the future.

Love,

Mother of Midwifery Today

Wednesday ♦ Pre-Conference ♦ April 14

9:00 am – 5:00 pm

Full-day class

A1 ♦ Traditional Midwifery Skills, Part 1—*Elizabeth Davis, Carol Gautschi, Tine Greve and Debra Pascali-Bonaro*

9:00 am – 10:00 am Basic Skills—*Elizabeth Davis*

In this class we will discuss blood pressure, pulse, lab tests, assessing reflexes, and general health observation skills. Learn things about these basic skills you may not know.

10:00 am – 11:00 am How Is the Baby?—*Carol Gautschi and Tine Greve*

We will learn about Leopold's maneuvers as well as other fetal palpation techniques to determine both position and station, including how to check for the cephalic prominence. We will explain how to listen to the fetal heart with a fetoscope and pinard horn, and how to use these tools successfully at all stages of labor.

11:15 am – 12:15 pm Preventing Complications with Prenatal Care—*Carol Gautschi*

Identify and examine the clinical, psychological, emotional and spiritual aspects of prenatal care. We will learn how to evaluate and nurture the emotional, physical and psychological well-being of pregnant and birthing women. As with all prenatal care, the goal is to have a healthy baby and birth. We will share some unique ways to facilitate great outcomes in our own practices.

1:30 pm – 5:00 pm Comfort Techniques for Midwives and Doulas—*Debra Pascali-Bonaro*

Women who are coping well with labor have some things in common: relaxation, rhythm and ritual (the 3 R's). Debra will describe the 3 R's and the many ways women experience them. Comfort measures for labor such as the gate control theory of pain, hot and cold compresses, music, massage/touch, acupressure, aromatherapy and the birthing ball will be discussed. Positions that facilitate rotation and descent in first stage and help to rotate and ease back labors will be demonstrated. Techniques for second stage, such as the support squat, dangle, toilet, "tug of war," the rope, and lap squatting will be shown with time for hands-on practice. This intensive course will make us better midwives or doulas. Registrants at previous conferences have raved about it, calling it fun and informative.

8:00 am – 5:00 pm

Full-day class

A2 ♦ Beginning Midwifery—*Eneyda Spradlin-Ramos, Elizabeth Davis, Gail Hart, Mary L. Cooper and Lisa Goldstein*

Learn the art, the essence and the basics of midwifery care in this full-day workshop designed for the aspiring and beginning midwife. Our experienced teachers share their wisdom and love of midwifery in a way that will nurture your interest and make you feel welcomed to the world of birth. They will teach the basics of normal pregnancy, birth and postpartum care.

8:00 am – 9:00 am The Art of Midwifery—*Gail Hart*

9:00 am – 10:00 am Prenatal Care—*Gail Hart*

10:10 am – 11:10 am Finding a Mentor or Apprenticeship—*Gail Hart and Mary L. Cooper*

This class teaches how to be helpful to your senior midwife and the etiquette of apprenticeship.

11:15 am – 12:15 pm A Discussion of Firsts—*Mary L. Cooper*

The first time a pregnant woman talks to a midwife by phone, what can she expect? What does she hear? What does she need to learn? The first time the woman meets the midwife for an interview, what does she feel? What should she take away from that meeting? At the first prenatal appointment, what does the woman need to "get"?

1:00 pm – 2:00 pm Emotional Issues in Labor—*Elizabeth Davis*

2:10 pm – 3:10 pm Normal Labor Physiology—*Lisa Goldstein*

3:25 pm – 4:25 pm With Woman—*Elizabeth Davis*

4:30 pm – 5:00 pm Trusting Yourself to Trust Birth—*Eneyda Spradlin-Ramos*

9:00 am – 5:00 pm

Full-day class

A3 ♦ Herb Workshop—*Janice Marsh-Prelesnik*

Think like an herbalist. Why does motherwort work on both the heart and uterus? Why is peppermint useful for both the sinuses and the stomach? What are herbal actions and how can the knowledge of actions be applied to midwifery practice? In this class, we will learn how and why the herbs that have been friends of mothers and midwives throughout time nurture, nourish and give first aid during the childbirth year. We will learn some basic skills for preparing and formulating herbal medicines to treat common conditions and learn to make infusions for internal and external applications. This class has more tips and remedies than most of us get in all of our schooling. Participants will receive an extensive reference booklet.

A4 ♦ Spanish for Birth Practitioners—Naoli Vinaver

Childbirth practitioners are finding it necessary to learn “birth” Spanish in order to effectively serve the entire population of their communities. Join Naoli in this participatory presentation that will assist you in learning correct pronunciation. You will learn a visual and auditory approach, as well as cultural information that is essential to the practitioner. This course is fun and will help you in your birth practice.

A5 ♦ Breech Skills Workshop—Cornelia Enning, Betty-Anne Daviss, Mary Hostetler and Michel Odent

This class will help you develop your skills if turning doesn’t work and the parents and midwife decide to do a vaginal or home breech birth. Breech birth is not for beginners though everyone is welcome in this class. You never know when one will surprise you. We will discuss basic skills as well as a hands-off approach. A complete discussion of frank, footling and complete breech and how to stay calm will be included.

9:00 am – 10:00 am Research for Breech—Michel Odent and Betty-Anne Daviss**10:15 am – 12:00 pm How and When of Breech Birth—Michel Odent, Betty-Anne Daviss and Mary Hostetler****1:30 pm – 5:00 pm Breech Birth in Water—Cornelia Enning**

Join Cornelia in this part of the breech workshop to learn how to work with breeches in water. Breech birth in water is safer, in part because it improves fetal oxygenation by increasing uterine blood supply during immersion. Frank breeches need no special maneuvers because water eliminates gravity. Mobility of the mother in water allows better interaction of the baby through the pelvis and any maneuvers that may be required are easier in water. Come and fine-tune your skills at this important workshop. Cornelia uses many video clips that add dimension and understanding to her course.

7:30 pm – 9:30 pm

General Session

Talk Story and Birth Stories—Gail Hart

From earliest history, women have shared their personal experiences of strength and healing. Stories wrapped with love and trust in the birth process have transmitted wisdom and confidence to each generation. Come to share or just to listen.

Thursday ♦ Pre-Conference ♦ April 15

9:00 am – 5:00 pm

Full-day class

B1 ♦ Traditional Midwifery Skills, Part 2 (you do not need to be present in Part 1)—*Elizabeth Davis, Carol Gautschi, Lisa Goldstein, Tine Greve and Mary L. Cooper***9:00 am – 10:00 am Holistic Complete Exam—Elizabeth Davis**

In this class we will review complete physical exam skills, with attention to making the exam a valuable experience for both client and practitioner. How is she doing, physically, emotionally, in her life as a whole? Is she healthy, or does she have chronic health problems? Is she under ongoing care with another practitioner? Taking medicines or herbs? Is she happy, sad, busy or stressed? What are her aims in coming to you for an exam? With this as a background, we examine the complete exam, head to toe, system by system, with particular focus on obstetrical and gynecological functioning as appropriate.

10:10 am – 11:10 am What Do You Do in a Birth?—Carol Gautschi

Traditionally, the midwife “tunes in” at the initial interview, prenatally and during the crescendo of birth. Intuitively, she reads the needs of motherbaby, artistically co-supporting with open hands, one of life’s most momentous rites of passage. She prepares herself both emotionally and spiritually to serve her client in humility with the sincere belief in her, in birth, without fear, yet vigilant, evaluating normal vs. abnormal—nudging positive direction without judgment. This is not a technological event, this is a sacred space to be held, embraced and released at the appointed time.

11:15 am – 12:15 pm VBAC Skills—Mary L. Cooper

Explore ways to help women complete the circle—from cesarean through vaginal birth. VBAC pregnancy, labor, birth and healing will be discussed.

1:00 pm – 2:00 pm Labor and Birth Complications—Lisa Goldstein

This will be an overview of complications with insights on how to prevent them and what to do if they occur.

2:10 pm – 3:10 pm Helping the Slow-Starting Baby—Carol Gautschi

Western medicine often forgets about the humanity of the newborn. The connection between motherbaby and loving, calming environmental participants plays a part in successful resuscitation. Remembering the humanity of the newborn is a hallmark of the midwife. Let the baby receive its breath without interference of bulbs and/or over-management—simultaneously communicate with her the importance of breathing and resuscitate if necessary. We will show you how.

3:25 pm – 4:25 pm Birth Isn’t Over until Breastfeeding Is Established—Tine Greve

As midwives we play an important role in informing women so they can make the right choice for themselves and their babies. We need updated knowledge on the subject. Learn the secrets of establishing breastfeeding from a Norwegian midwife.

4:30 pm – 5:30 pm Suturing Overview—Elizabeth Davis

We will discuss when to suture and when to consider other methods. The use of Super Glue and seaweed will be discussed.

8:00 am – 5:00 pm

Full-day class

B2 ♦ Mexican Midwifery: Traditions and Techniques—Naoli Vinaver

The observation of cultural traditions and their impact on pregnancy and birth is fascinating. Naoli will discuss positioning, remedies, techniques and customs from Mexico. The origin of these techniques and traditions goes back thousands of years. We will learn how to use a *rebozo*, a very useful tool in all parts of the childbearing cycle. Discover simple techniques that promote healthy pregnancy and birth. In this hands-on class you will learn many “new” old techniques you can apply immediately to your practice. Time for hands-on practice will be provided.

9:00 am – 5:00 pm

Full-day classes

B3 ♦ Improving Your Practice—Michel Odent**9:00 am – 12:00 pm—Fetal Life, Birth and Health**

For many pathological conditions and personality traits, the critical period for interaction between genes and the environment takes place during the pre- and perinatal periods. This is why, at a time when “gene expression” is becoming a familiar keyword in the scientific literature, we cannot separate the issues of fetal life, birth and health. Michel will explain the reasons for this and the contents of www.wombecology.com.

**“Trends and Traditions in Midwifery and Birth”**—*Jan Tritten, Ina May Gaskin and Elizabeth Davis*

In this discussion we hope to discover best practices found throughout the world. We will outline growing trends and discuss how we can draw out the best of these ideas with the intent of identifying valuable customs underlying them. We can glean many excellent traditions that are already established in various countries and infuse them into the current birth world.

10:00 am – 10:30 am—Film: Evidence Based Childbirth

This video is driven by an interview with Robbie Davis-Floyd which was shot 11 years ago.

Although Robbie’s hairstyle has changed, her truth hasn’t. In 1998 she said, “94% of births in the US are attended by obstetricians with only 6% attended by midwives. We need to flip the numbers.” Of course, there are gorgeous homebirths in this video delivering the same message.

Observations from 30 Years of Waterbirth Practice—*Cornelia Enning*

Learn from amazing video footage about the subtle reflexes the mother and baby exhibit in birth and shortly after when born naturally in water. This class will help you sharpen your powers of observation.

11:00 am – 11:30 am—Film: Birth of a Family

Over a twelve year period, Christina van Duijn gave birth to her four children at home. Now she wants everyone to be educated and empowered to do the same.

C1 ♦ Regaining and Retaining Autonomy in Midwifery—*Carol Gautschi and Ina May Gaskin*

One of the keys to joy in midwifery practice is autonomy. Autonomy is very important in protecting the mother from the devastating experience of medicalization in birth. It is essential that midwifery be an autonomous profession. Learn specific ways in which autonomy can help birthing women reduce unnecessary and risky intervention in birth and keep joy in midwifery practice. This is one of our most important issues in midwifery.

C2 ♦ Alternative Methods of Pain Relief during Labor—*Michel Odent*

In 1975, at a time when the births became more and more difficult, Michel published a paper in *La Nouvelle Presse Médicale* about intracutaneous injections of sterile water in the lumbar region to treat intense back pains associated with failure to progress. Also in the 1970s, and for the same reasons, Michel introduced the concept of birthing pools. This is how a review of alternative methods of pain relief during labor will start.

C3 ♦ Tear Prevention and Management of Tears—*Lisa Goldstein and Tine Greve*

What happens if you leave a second-degree tear unstitched? Learn about the technique of using super glue instead of stitches. Scientific analysis and updates on this subject will be covered. Learn ways to facilitate healing with herbal baths and poultices and how to prevent tearing in the first place. Disturbing new trends in tear prevention threatens the autonomy of midwives. Learn the truth behind the rise in 3rd and 4th degree tears that lead to the use of Ritgens maneuver.

1:30 pm – 5:00 pm—From Physiology to Practice

Although the cesarean has become easier, faster and safer than ever, there are serious reasons to try to rediscover the basic needs of laboring women and newborn babies. After thousands of years of cultural interference and half a century of wrong messages transmitted by different schools of “natural childbirth,” we must rely on the physiological perspective.

B4 ♦ First and Second Stage Difficulties—*Gail Hart and Ina May Gaskin*

Labor outcomes depend on women going into labor healthy. Ina May and Gail will discuss preventing labor complications with prenatal care. Learn how individual care and good communication can positively affect labor. They will also share the protocols and techniques they use to help the mother move through the first stage of labor. This discussion will include prolonged rupture of membranes, failure to progress, abnormal labor patterns, and non-medical intervention and more. Second stage is a time of watchfulness and sometimes mounting tension. Listen to these experienced midwives discuss constructive and effective ways to handle both normal and difficult situations. A discussion of shoulder dystocia and malpresentation will be included. Bring your questions and experiences in what promises to be an exciting day!

B5 ♦ Massage for Pregnancy, Birth and Postpartum—*Elaine Stillerman*

We will cover basic prenatal massage strokes, body mechanics, and precautions and contraindications of prenatal massage. These include Swedish and support massage strokes you will need for prenatal, labor and postpartum care. You will learn how to use your hands and body correctly in all the support positions you use, as well as the physiological and energetic contraindications of hands-on support for pregnancy, labor and postpartum care. Elaine will teach massage techniques in a variety of positions midwives assume to support the laboring woman. You will learn hand-saving and body-saving techniques for when you are on the floor, in a tub and in other difficult positions at a birth. This is a whole mini massage course. Bring one or two pillows, a flat sheet and a small hand towel.

Christian Midwives Meeting—*Eneyda Spradlin-Ramos, facilitator. All are welcome.***Tricks of the Trade for Massage and Midwifery**—*Elaine Stillerman, Gail Hart and you (Eneyda Spradlin-Ramos and Jan Tritten, facilitators)*

A roundtable of pertinent tips on a wide variety of topics, from facilitating effective contractions and preventing prolonged labor and perineal tears, to helping the slow-to-start baby, to alternatives to drugs. We will use the midwifery and massage modalities to share information. This session is always much-appreciated, for its sense of sisterhood as well as its information. “Worth at least two weeks of academic training,” said one participant.

C4 ♦ Placenta Medicine—*Cornelia Enning*

In medieval times, placenta powder and essences were part of holistic care by midwives in cultures around the world. If stored correctly, the placenta can be used after birth to prepare baby creams, cream gravidarum or labor-inducing preparations. This is a very helpful medicine for postpartum depression. Teach families you care for how to make the most natural remedy from their placenta. Learn how to dry placentas. Come learn about this important modality. The book *Placenta: The Gift of Life* by Cornelia Enning makes a perfect resource for this important class.

C5 ♦ Shoulder Dystocia—*Gail Hart*

Gail will explain and discuss the mechanical, physical and emotional causes of shoulder dystocia. She will describe symptoms and signs used to predict it. She will analyze tools and methods used to overcome panic reactions, demonstrate effective treatments and cover the latest research. You will become well-informed about aspects of shoulder dystocia, including causes, incidence rates, prevention and solutions. It doesn't happen often, but when it does, you need to be ready.

2:45 pm – 4:15 pm

Concurrent sessions D1 through D5

D1 ♦ Breech Workshop—*Betty-Anne Daviss*

Betty-Anne will focus on the advantages of assisting a breech with the mother on her hands and knees or on her knees leaning over a bed in a more upright position, vs. having the mother on her back. In these positions the baby's arms generally don't get extended, avoiding the need to perform a maneuver popularized by the Norwegian obstetrician, Loveset, and used by most practitioners who need to extract the arms when the mother is on her back. Forceps have not been needed in the unit in Frankfurt either when the mother is in this position. Betty-Anne will show video of maneuvers she has observed in Germany, and had experience with herself.

D2 ♦ The Art of Massage for Labor and Birth—*Elaine Stillerman and Eneyda Spradlin-Ramos*

Learn massage techniques that relax the pregnant body while helping to open the pelvis and create an easier birth. Our teachers will explain why massage is essential for pregnant and birthing women and show practical application. They will discuss the importance of healing touch as a preventative tool and safe remedy for pregnant, laboring and postpartum women.

D3 ♦ The First Hour after Birth—*Gail Hart and Michel Odent*

Gail and Michel will share their brilliant insights and findings on the hormonal states of mother and baby and the interaction that occurs. They will cover how we can facilitate the process without disturbing motherbaby. Their teaching on this subject makes it a fascinating class. These insights can help you improve your practice.

D4 ♦ Hemorrhage and Third Stage Difficulties—*Elizabeth Davis*

Many episodes of excessive blood loss are either preventable or foreseeable and easily controlled. It is important to facilitate delivery of the placenta with patience. Learn techniques and approaches that render the need for pharmaceuticals rare. Learn what problems may arise in third stage and how to be prepared to attend them. Bleeding, various problems with placenta retention and other issues will be discussed. You will learn how to assess and deal with bleeding in a way that will increase your confidence.

D5 ♦ Amish and Mennonite Midwifery—*Molly Petersheim and Mary Hostetler*

Plain peoples emanate mystery, intrigue, challenges and folklore. Have you ever wondered what it might be like to work in an Amish or Mennonite community with little in the way of amenities and challenges that go beyond the typical? These teachers represent nearly 100 years of combined practice in the Mennonite and horse-and-buggy Amish communities and have helped thousands of babies come into this world! Hear of their experiences in assisting plain and "English" (non-plain) birthing women. Mary

was at her first birth in 1956! Come hear their wisdom and about what has given them the strength to endure assisting all these babies!

4:30 pm – 6:00 pm

General session

Birth Is a Human Rights Issue—*Jan Tritten, Eneyda Spradlin-Ramos and Debra Pascali-Bonaro*

Women's and babies' human rights have been overlooked in today's birth environment. We need to take a long hard look at our practices and protocols and make sure we are putting motherbaby first. We need to speak out for a widespread and radical change in the way we approach birth. Join us to see in what ways we can propose good birth practices that respect human rights. It is way past time. Join us in a review of the many different ways we can be with women giving them respect, dignity and informed decision. First, do no harm.

8:00 pm – 8:45 pm

General session

Reclaiming and Retaining the Lost Art of Twins, Breeches and VBAC—*Mary L. Cooper, Betty-Anne Daviss, Carol Gautschi and Ina May Gaskin*

This class will address why we need to reclaim twins, breeches and VBAC. We'll talk about who we are and why we need to be experienced, proficient and calm in skills and heart to be midwives. Learn about a precedent-setting court case that may help make midwives the practitioners of choice for these births.

8:45 pm – 10:15 pm

General session

Motherbaby Film Festival—*Diana Paul, filmmaker and distributor*

Join the Motherbaby International Film Festival in previewing new and "emerging" works about our favorite topic: birth. Come enjoy fantastic and inspiring films.

Saturday ♦ Day Two ♦ April 17

9:00 am – 10:15 am

General session

Freedom to Practice the True Art of Midwifery—*Ina May Gaskin, Mary L. Cooper and Carol Gautschi*

Many blocks have formed against midwives being able to practice the true art of midwifery. Come and learn what they are and how to stay true to motherbaby and their real needs, not the whims of the medical field.

10:30 am – 12:00 pm

Concurrent sessions E1 through E5

E1 ♦ Reducing Stress and Fear with Expressive Arts—*Janice Marsh-Prelesnik*

The expressive art therapies can be a bridge between the unconscious and conscious minds which encourages participants to gain a deeper understanding of fears and stress. Using the modalities of music, art, movement, and writing, participants will experience expressive arts projects that can be used during the childbirth year with mothers. Note: You don't need to be a musician or artist to attend this session!

E2 ♦ Physiology of Second Stage—*Gail Hart*

Gail will discuss ways of pushing and the transformation of the perineum. She will include maternal positions and effects on the mechanism of labor. She teaches this in a clear and comprehensible manner that helps you truly understand the baby's path through the pelvis and out into the world with the least resistance.

E3 ♦ Craniosacral Therapy for Mamas and Babies—*Carol Gray*

Craniosacral Therapy (CST) is a powerful yet subtle method of hands-on healing. A gentle CST treatment for a pregnant mama can help a less-than-ideally-positioned baby assume a good position for birth. CST can resolve

some of the most perplexing breastfeeding difficulties and even shift a baby out of the dreaded infant colic cycle. Learn how the structure and function of the body are interrelated and why CST should be a routine part of perinatal care. Carol explains CST in a way that people can understand and we'll even do a little hands-on practice.

E4 ♦ Using Your Body and the Sphincter Law—*Ina May Gaskin*

Sphincters are useful in explaining how birth works. Learn to prepare your pelvic muscles for birth. The Farm Midwifery Center takes the art of birthing a step further. See the power of homebirth inoculate the culture against fear in birth. Everybody knows how sphincters work. Could you poop uphill, do it on command, open it no matter how much you are on display?

E5 ♦ Herbs for Birth Care—*Lisa Goldstein*

Lisa has over 50 years experience as a midwife and herbalist. You will add immensely to your birthkit by taking her classes. Slides will be shown for plant identification and there will be demos for making herbal tinctures, oils and salves and homeopathic solutions from pellets. Come and learn some new tips and uses for your favorite remedies. This class is for everyone.

12:00 pm – 1:30 pm

Lunch *Provided by Midwifery Today.*



1:30 pm – 3:00 pm

Concurrent sessions F1 through F5

F1 ♦ Holistic Midwifery Care—*Janice Marsh-Prelesnik*

The midwife is the key in the natural process of birth, and it is her knowledge and keen insight that helps women conquer their fears about birth. From a rich, holistic perspective, we will learn new observational tools for maintaining women in good health and preventing risks. Janice will explore the physiological and emotional issues of pregnancy and birth.

F2 ♦ Politics of Homebirth and Homebirth Research—*Betty-Anne Daviss*

The study of homebirth published in 2005 in the *British Medical Journal* continues to be accessed every 24 minutes and downloaded every 2-1/2 hours. It has been followed by a number of homebirth studies in Europe and North America that corroborate the findings of good outcomes in low-risk women. The initial rationale given to not publish some of these other studies is ironic and will be discussed. Regardless of initial reticence, they have been finally published in credible medical journals. Any medical body that opposes it would have to be categorized as “so last century.”

F3 ♦ A Birth That Flows Like a River—*Mary L. Cooper and Carol Gautschi*

Learn to recognize and facilitate the nuances of the birth process that take births around hurdles and continues the process in the most flowing way possible. A number of exercises that graphically demonstrate how “energy” moves and what blocks it will be presented. “What you resist persists”: We will talk about how the practitioner’s fears keep manifesting until we heal them outside the birth arena; why positive affirmations help and how to individualize them for each woman’s language patterns; why forgiving the past releases space in the pelvis.

F4 ♦ Twin Birth Roundtables—*Cornelia Enning, Ina May Gaskin and Michel Odent*

Our teachers have extensive experience with twin birth. They will discuss strategies for safe twin birth, including positioning, time of delivery, premature delivery and avoiding postpartum hemorrhage, as well as special aspects of prenatal care.

F5 ♦ Breaking through Sexual Blockages for Birth—*Naoli Vinaver*

The sexual energy in birth is like the river water through which the power of birth navigates. For birth to be a satisfying, fulfilling experience that heals and powers a woman into her fullest potential, the flow of her sexual-

ity needs to be as open as possible. We will explore these issues and ways to unblock the sexual energy in birth through storytelling.

3:30 pm – 5:00 pm

General session

Where Trends Don't Count—*Molly Petersheim and Mary Hostetler (Jan Tritten and Carol Gautschi interview)*

Come listen to an Amish and a Mennonite midwife who fear not. Meet two midwives whose amazing but humble wisdom and experience will touch your heart. They do not consider variations of normal a risk, so their experience includes twins, breeches and other variations that many midwives risk out. They have not forgotten that women have been having babies for eons and more tests and technology are not always better. They will help us return to the simplicity of birth while being responsible in doing so.

5:00 pm – 6:00 pm

General session

Breastfeeding in the Age of the Safe Cesarean Section—*Michel Odent*

There is an accumulation of physiological and epidemiological data suggesting that the way a woman has given birth can influence the quality and the duration of breastfeeding. This raises new questions at a time when the caesarean has become easier, faster, and safer than ever (according to conventional criteria). Michel will take this opportunity to repeat that the priority today is to introduce new criteria to evaluate the practices of midwifery and obstetrics.

8:00 pm – 10:00 pm

Open to all registrants

Cabaret—*Janice Marsh-Prelesnik, Mistress of Ceremonies.*

Back by popular demand: a play written by Michel Odent acted with Michel and Naoli Vinaver, and another written by Betty-Anne called “Goldilocks and the Three Bears.” Don’t miss these hilarious shows. Come up with one of your own. The cabaret is for everyone to show their many talents whether in song, dance or whatever you do that you would like to share.

Sunday ♦ Day Three ♦ April 18

9:00 am – 10:15 am

General session

Changing Birth—*Marsden Wagner*

Even as more evidence mounts showing the harm caused by unnecessary obstetrical interventions, such interventions continue to increase and cesarean rates around the world continue to soar. How can midwives and doulas help bring needed change to others? Much is happening all around the world that is preventing women from achieving these goals and causing trauma to mothers and babies. Learn what you can do in your community to promote positive birth change. We are all needed to change birth—let’s hone our skills at creating optimal birth care for the women of the world.

10:30 am – 12:00 pm

Concurrent sessions G1 through G5

G1 ♦ Posterior Roundtables—*Janice Marsh-Prelesnik, Lisa Goldstein and Ina May Gaskin*

The importance of positioning, maternal sense of control and flexibility to approaches will be shared as well as how to do an early diagnosis. Many cesareans occur due to posterior presentation. Prevent cesareans by understanding how to diagnose, prevent and fix posterior presentations. These intimate roundtables give the participant a chance to talk with each teacher individually. This fast-paced fun class will give you options for dealing with posterior presentation.

G2 ♦ Labor Support for Doulas and Midwives—*Debra Pascali-Bonaro*

Women who are coping well with labor have some things in common: relaxation, rhythm and ritual (the 3 R’s). Debra will describe the 3 R’s and the many ways women experience them. Comfort measures for labor such as the gate control theory of pain, hot and cold compresses, music, massage/touch, acupressure and the birthing ball will be discussed. Position

and techniques for second stage, such as the support squat, dangle, toilet and “tug of war” and lap squatting will be demonstrated.

G3 ♦ Born in the USA—Marsden Wagner

Present maternity services in the US are filled with serious faults: undue pressure to birth in a hospital, excessive, unjustified use of dangerous interventions, soaring induction and caesarean section rates with false information given to women about the risks. Women must be told the truth about hospital births and interventions and be given the freedom to birth as they wish.

G4 ♦ Hands, Our Treasured Tools—Carol Gautschi and Elizabeth Davis

This class will affirm the knowledge and the power we contain and express through our hands. It will remind you that the essence of midwifery is, after all, its hands-on approach to providing care, support and education. It will give you confidence to use your senses, to keep your heart open, and to listen. Gain skills that involve the sense of touch. The practical use of hands will be discussed; you will be reminded that hands are also tools of emotional support and love.

G5 ♦ Prolonged Labor—Gail Hart

How do we get a long labor to progress? Long labors may be associated with complications ranging from social or emotional issues to physical problems. We will learn different reasons for prolonged labor, as well as methods for helping women move along in labor. Analysis of myth and reality will also be discussed.

1:30 pm – 3:15 pm

Roundtables

Clinical and Cultural Roundtables

You'll sit in on three interesting and inspiring roundtables of your choice. Roundtables will include:

Decision-making with Expressive Arts—Janice Marsh-Prelesnik

Rebozo Practice—Naoli Vinaver

Birthing Women, Sacred Ground—Eneyda Spradlin-Ramos

Conservative Use of Dopplers—Carol Gautschi

Birth Plan—Marsden Wagner

Stemming Maternal Death—Ina May Gaskin

Waterbirth—Cornelia Enning

VBAC Care—Mary L. Cooper

Herbs for Postpartum—Lisa Goldstein

Educating Midwives—Elizabeth Davis

Effective Doula Care—Debra Pascali-Bonaro

Breech Tales from Europe—Betty-Anne Daviss

Improving Breastfeeding Success—Tine Greve

Craniosacral Therapy—Carol Gray

3:30 pm – 4:30 pm

General session

International Issues—Eneyda Spradlin-Ramos, Jan Tritten and Marsden Wagner

Brainstorm with us and your peers on how we can really effect changes in midwifery and childbirth on the global level. Learn about the midwifery and birth movements going on around the world and how you can help. We can make changes for the better with knowledge of global possibilities. We will share techniques, systems, political and educational ideas that will help you further the midwifery model in your sphere of influence.

4:30 pm – 5:30 pm

Closing general session

Promoting Positive Trends and Traditions—Eneyda Spradlin-Ramos, Jan Tritten and Naoli Vinaver

We have learned about many trends and traditions in this conference. It is our goal to bring the best to motherbaby and family. We will explore how to do this using the conference experiences as a starting point for promoting better birth practices based not only on evidence but on loving care that midwives and doulas provide.

Venue Information

Dolce Valley Forge • 301 W. DeKalb Pike • King of Prussia, Pennsylvania 19406

Telephone: (610) 337-1200 • Fax: (610) 337-1959 www.dolce-valley-forge-hotel.com

The Dolce Valley Forge Hotel is comfortably located on nine acres of beautifully landscaped grounds with sweeping residential scenic views. It is only minutes away from Center City Philadelphia, Valley Forge Historical Park, King of Prussia Mall, Main Line shopping, the Philadelphia Zoo, The Constitution Center, Villanova University, Lincoln Financial Center, the Wachovia Center and all major highways.

Room Reservations: Registrants who call the Dolce Valley Forge directly at (610) 337-1200 by **March 30, 2010**, will receive the discounted room rates listed below. After March 30, reservations will be accepted based on availability. **You must mention that you are participating in the Midwifery Today conference to receive the discounted room rate.** All reservations must be guaranteed by a major credit card or advance deposit in the amount of one night's lodging. Reservations not guaranteed will be automatically cancelled at the cut-off date of March 30, 2010. A credit card is needed for all incidentals. Check-in time is 4:00 pm. Luggage may be stored at the bell stand. Check-out time is 12:00 noon.

Room Rates: \$119.00 plus tax for a room with a king bed or two queen beds. The Dolce Valley Forge hotel offers deluxe guest room features such as complimentary high-speed Internet, coffee maker, hair dryer, iron and ironing board. Let the hotel's complimentary shuttle service escort you to nearby King of Prussia Shopping Plaza.

Continuing Education Units

Pending approval, CEUs will be offered for ACNM and MEAC. CEU fees are indicated on the conference registration form.

Children at the Conference

Mothers may sit with babes in arms in the classrooms. However, out of respect for others, and because we are taping some of the classes, if a baby makes any noise, we must ask mother and baby to leave the room. Attendees must make their own arrangements for childcare.

Directions to the Dolce Valley Forge

From the Northeast—Take the NJ Turnpike South to Exit 6. Follow the exit to the PA Turnpike West to Exit 326 (Old Exit 24). After toll plaza, take Exit 328 (Old Exit 26-B) (Route 202 North, King of Prussia). The hotel is a mile on Route 202 on the right.

From the South—Take I-95 North to I-476 North (Blue Route). Take I-476 North to Exit 16-B (Old Exit 6-B) (I-76 West/Valley Forge). Take I-76 West to the King of Prussia Mall area. Take Exit 328 (Old Exit 26-B) (202 North to King of Prussia). The hotel is a mile on Route 202 on the right.

From Center City Philadelphia—Follow I-76 West, the Schuylkill Expressway, to Exit 328 (Old Exit 26-B). Follow exit signs to Route 202 North (King of Prussia). The hotel is a mile on Route 202 on the right.

From the West—Take the PA Turnpike eastbound to Exit 326 (Old Exit 24). After the toll plaza, take Exit 328 (Old Exit 26-B) (Route 202 North, King of Prussia). The hotel is a mile on Route 202 on the right.

From the Philadelphia International Airport—Take I-95 South to I-476 North (Blue Route). Take I-476 North to Exit 16-B (Old Exit 6-B) (I-76 West/Valley Forge). Take I-76 West to the King of Prussia Mall area. Then take Exit 328 (Old Exit 26-B) (Rt. 202 North, King of Prussia). The hotel is a mile on Route 202 on the right.

How to Save on Conference Prices

You can receive a discount on your conference fees by registering early. See the conference registration form that accompanies this program for dates. You can receive an additional discount by subscribing to *Midwifery Today*.

Students who pay tuition who register for three or more days qualify for a 30% discount on conference fees when they submit, with their registration, proof of full-time student status.

See the conference registration form that accompanies this program for complete details on conference pricing.

Changes to the Program

This program is preliminary. Speakers, classes or other details may change. We recommend that prior to registering you check our Web site for changes at <http://www.midwiferytoday.com/conferences/Philly2010/updates.asp>.

Questions?

If you have any questions regarding the conference, please contact Carole Seeley, the Conference Coordinator, at (541) 344-7438, or by e-mail at conference@midwiferytoday.com.

speaker bios for philadelphia 2010

Mary L. Cooper, was a community/direct entry midwife for over 20 years with 2000+ babies. Mary believes in all aspects of the birthing process, birthing women and the full circle of birth (which at times includes death). At workshops, Mary shares this “Sacred Ground” which includes: VBACs, Twins, Breeches, Uterine Death, Birth Anomalies and Healing Births. Mary shares what God, Birthing Women, Babies and life have shared with her. Mary has been and is now a “caretaker” for the elderly as their lives come to an end.

Elizabeth Davis, CPM, is a renowned expert on women’s issues. She has been a midwife, women’s health care specialist, educator and consultant for over 25 years. She is internationally active in women’s rights and lectures widely on midwifery, sexuality and women’s spirituality. She is co-founder of the National Midwifery Institute, Inc., a three-year, MEAC accredited, apprenticeship-based midwifery program leading to licensure in California. She holds a degree in Holistic Maternity Care from Antioch University and is certified by the North American Registry of Midwives. She is the author of the classic *Heart & Hands: A Midwife’s Guide to Pregnancy and Birth*, in addition to several other books. Elizabeth lives in Sebastopol, California, and is the mother of three children.

Betty-Anne Daviss is a registered midwife, social activist, researcher and preceptor working in Ottawa, Canada. She is an adjunct professor in Women’s Studies at Carleton University. A midwife since 1976, she has caught babies on five continents. Her research has included ethnographic study on traditional midwives, social science research on changes in midwifery in North America and epidemiological investigation of clinical data. The Chair of the International Bureau of the Canadian Association of Midwives, her most recent international work was in Afghanistan. She is co-investigator of the CPM2000 Project, the largest prospective homebirth study in North America.

Cornelia Enning has been a licensed midwife in Germany since 1972. She has been doing homebirths/waterbirths since 1975. She received a B.E. in psychology and pedagogy in 1972 from the University of Berlin. She has been doing homebirths and waterbirths since 1975 and is the founder of the German parents association “Wasserbabies.” Cornelia is editor of the quarterly *Wasserbaby-Post* and author of several books about waterbirth at home and in hospitals. She directs the German Federation of Aquapaedagogik and instructs parents in water training for newborns. In addition, she has taught waterbirth midwifery to more than 4000 midwives and obstetricians. Cornelia has two adult children and one granddaughter.



Ina May Gaskin, CPM, is the founder and director of The Farm Midwifery Center in Tennessee (USA). She is the author of *Spiritual Midwifery* (1975) and *Ina May’s Guide to Childbirth* (2003). She was president of Midwives’ Alliance of North America (MANA) from 1996 to 2002, and has been a homebirth midwife for more than thirty-four years.

Carol Gautschi trained in California with, among others, Dr. Nial Ettenhausen in the 1970s and early 1980s. She has attended homebirths since 1978 and worked as a traditional midwife on Washington’s Olympic Peninsula, since 1979. She has been blessed with seven children and has been married to Paul since 1974.

Lisa Goldstein, BFA, LM, RN, CPM, CNM, has been attending homebirths since 1958. Her three sons were born at home. She has lived in the western North Carolina mountains since the early 1970s and in 1983 became North Carolina’s only legal non-nurse midwife. In the 1990s, she became an RN and then completed the CNEP program for nurse-midwifery, becoming a CNM in 1998. She currently works at Bakersville Community Medical Clinic, as well as her own office. She attends births at home, the birth apartment and Spruce Pine Community Hospital. Lisa has also incorporated her knowledge of herbal and homeopathic remedies into her midwifery practice.

Carol Gray, Midwife, LMT, practices and teaches Perinatal Craniosacral Therapy in Portland, Oregon. Carol is especially passionate about getting CST skills into the hands of midwives and others who attend births and those who treat moms and babies. Carol has been a therapeutic bodyworker since 1990. She has attended births for more than 30 years—at first as a doula and since 2000 as a homebirth midwife. Carol is a pioneer, integrating CST into prenatal/postpartum care and the birthplace.

Tine Greve received her midwifery education in Copenhagen, Denmark, in 1991 and has been an IBCLC since 2000. She has been working in an alternative birthcare (ABC) unit in Oslo, Norway, since 1997. Tine also started the first breastfeeding counselling clinic in Norway in 2000.

Gail Hart graduated from a midwifery training program as a CPM in 1977. She was certified by the Oregon Midwives Council and licensed in 1995. She is now “semi-retired” and has a small practice. Gail is interested in ways to holistically incorporate evidence-based medical knowledge with traditional midwifery understanding

Mary Hostetler, a Mennonite midwife, serves the plain community in Mifflintown, Pennsylvania, and is a midwife you can cuddle up to. She has a great capacity to love! She attended her first birth in 1956 and “got amniotic fluid in her shoes” (she says we all do)...and the rest is herstory!

Janice Marsh-Prelesnik has practiced and taught traditional midwifery, massage therapy and herbalism since 1981. She has four homebirthed, home-schooled children and lives in rural southwest Michigan near Kalamazoo. Janice loves to watch her students grow, develop their intuition and integrate midwifery and the natural healing arts into their lifestyles. During the summer Janice can be found in her organic gardens preparing herbal remedies for her business, Granny Janny Herbs. Her book, *Natural Mothering Through the Seasons of Pregnancy*, was published in 2005.

Michel Odent, MD, has been influencing the history of childbirth and health research for several decades. As a practitioner he developed the maternity unit at Pithiviers Hospital in France in the 1960s and 1970s. With six midwives, he was in charge of about one thousand births a year and achieved excellent statistics with low rates of intervention. Odent is familiarly known as the obstetrician who introduced the concept of birthing pools and home-like birthing rooms. His approach has been featured in eminent medical journals such as *The Lancet* and in TV documentaries such as the BBC film *Birth Reborn*. After his hospital career he practiced homebirths. Odent’s 21st-century books (*The Scientification of Love*, *The Farmer and the Obstetrician* and *The Caesarean*) may be regarded as a trilogy. They raise urgent questions about the future of our civilizations. Odent is a contributing editor to *Midwifery Today* magazine.

Debra Pascali-Bonaro, B.Ed., CCE, CD (DONA), is a childbirth educator and international speaker on social support and non-pharmacological comfort techniques during childbearing. She teaches nursing, midwifery and medical students at the University of Pennsylvania, Philadelphia College of Osteopathic Medicine and the State University of New York at Stony Brook. She also founded and directs MotherLove, Inc., one of the oldest perinatal home care doula services in North America. Debra has co-authored *Nurturing Beginnings: MotherLove’s Guide to Postpartum Home Care for Doulas and Outreach Workers*. She is the director and co-producer of the film *Orgasmic Birth, the Best Kept Secret*. Debra is part of the leadership team of the Coalitions for Improving Maternity Services (CIMS).

Molly Petersheim, an Amish midwife, is a serious but loving and caring midwife and mother. She is busy with many motherbabies driving up her driveway to give birth!

Eneyda Spradlin-Ramos, BS, LMT, BA, was born in Managua, Nicaragua. She became interested in birth when she was nine, after observing a midwife resolve a prolonged second stage by simply having the mother blow into a bottle three times. Eneyda has been involved in childbirth, breastfeeding and homeschooling for the last 21 years and has attended homebirths for the last 13 years.

Elaine Stillerman, LMT, has been a New York State licensed massage therapist since 1978. She began her pioneering work in prenatal massage, labor support and postpartum recovery massage in 1980. She is the developer and instructor of the professional certification workshop “MotherMassage: Massage during pregnancy” which she began teaching in 1990 and which is currently taught at massage schools, spas and resorts across the country. Elaine is the author of *Prenatal massage: a textbook of pregnancy, labor and postpartum bodywork* and other books.

Jan Tritten is the founder of *Midwifery Today*. She became a midwife in 1977 after the amazing homebirth of her daughter. Her mission is to make loving midwifery care the norm for birthing women and their babies in this country and around the world.

Naoli Vinaver is a Mexican midwife who combines traditional birth practices with a profound interest in and respect for the physiology of natural birth. She has been attending both waterbirths and births in traditional styles and positions since 1990. Naoli has enjoyed three pregnancies and homebirths of her own in the company of her family. She is in the process of writing and illustrating a couple of children’s books about life, pregnancy and birth, while continuing her homebirth practice in both rural and urban Veracruz State, Mexico.

Marsden Wagner, MD, is a perinatologist and perinatal epidemiologist from California and an outspoken supporter of midwifery. He was director of Women’s and Children’s Health in the World Health Organization for 15 years. From his current home in Takoma Park, Maryland, Marsden travels the world to talk about improving maternity care, including the appropriate use of technology in birth and using midwives for the best outcomes. He raised four children as a single father. His book, *Pursuing the Birth Machine*, is a must-read for anyone involved in birth.