

Friday, March 7

General Session 8:15 - 12:15

- Carla Hartley Welcome
- Rixa Freeze Intuition as Authoritative Knowledge
- Dr. Sarah Buckley Birth is Safe: Interference is Risky
- Rachel Correa Stella's Life & Stillbirth at Home

Lunch 12:15 - 1:45

Track 1 1:45 - 3:15

A. Anji Church Optimal Apprenticeship (90 min)

-- Anji is one of AAMI's most outstanding students. In fact we created a scholarship for her when she first joined us, we were so impressed by her love for midwifery and birth. She will share what she learned as an apprentice in a busy practice in the northeastern US. Bring your questions and suggestions as apprenticeship has many definitions today and varies greatly by region.

B. Debby Sapp Rock the Breastfeeding Boat (90 min)

-- Debby is a certified lactation consultant who will share the latest info on breastfeeding. Some of it will surprise you! Find out what if what you have been recommending is accurate! Learn why breastfeeding information needs to be current in order for us to do the most good in this area.

C. Denise Hornbeak The Power of Brain Gym (70 min)

--Come and identify common stressors that adversely affect mother and newborn during pregnancy, labor and birth. Learn how our program can help women trust in birth and dispel the fears that are promoted in today's system of prenatal care. Don't miss this powerful new program to make birth enjoyable as it was meant to be.

D. Panel #1 - Shoulder Dystocia

Gail Hart, Dana Combest, Sheehan Ednie-Rosen, Patricia Ann Edmonds, Jan Tritten

Panel: Stuck! Shoulder Dystocia or Not! (90 min)

-- What is the definition of shoulder dystocia? Find out how to assess and deal with dystocia. Find out how instances of dystocia vary incredibly from practitioner to practitioner.

E. Sheila Stubbs The Womanly Art of Birthing; Secrets Doctors Don't Know (90 min)

-- What is it that makes birthing a woman's issue? What doesn't make birth a woman's issue? This session explores some of the many ways the beauty and mystery and joy of childbirth have been overshadowed by its institutionalization. Discover what was lost when birth changed from a female-supported family event to a male-dominated medical event.

F. Sheri Menelli Business of Birth (90 min)

-- Did you know that you are actually in 2 businesses? You are in the business of providing your birthing service(s) and the business of marketing your services. If you can't market your business, you can't do the work you love. In this 1.5 hour seminar you'll learn how to get more visibility and attract 10 times more clients without paying a dime in advertising! Learn how to leverage your time, money and resources! If you thought that marketing your business meant flyers and brochures, you need to be in this seminar.

G. Shonda Parker Beyond Herbs 101 for pregnancy (90 min)

-- A little knowledge can be a dangerous thing. Shonda will tell you how recognize the limitations of your knowledge and expertise in an honest way. Learn the most efficient way of expanding your knowledge base and expert pool. After this session you will be able to research and discuss herbs as they relate to pregnancy with confidence.

Track 2 3:30 - 5:00

A. Panel #2 - Transitioning to Trust Birth Midwifery

Pamela Hines-Powell, Gloria Lemay, Lennon Clark, Gail Hart, Dana Combest, Karen Strange

PANEL: Transitioning to Trust Birth Midwifery (90 min)-- If your training was based on fear... and most has been, this is a session that could change your practice. Learn how to be a more effective midwife by doing less. It could be time to unlearn what we should not have doing in the first place!

B. Kathy Nesper & Sheila Stubbs Is It Time Yet? Scheduled Feeding (90 min)

-- Learn more about the scheduled feeding/controlled parenting phenomenon: the advocates, what they teach, concerns from various professional disciplines, and how to respond.

C. Heather Brock Postpartum Fitness: More Than Getting Back into your Jeans (90 min)

-- This is one of our most overlooked areas of influence in a woman's childbearing year. Why is it so important to future gynecologic and obstetric health to start getting back into shape after birth? And where do you start and when? What should be avoided? What abdominal work may you have been doing, or teaching, incorrectly. Heather has helped dozens of women not only regain their pre-pregnant shape but improve their overall health postpartum or actively prepare for pregnancy. Heather will demonstrate the correct way to exercise in the postpartum period and will invite you to join her.

D. Jan Tritten The Wisdom of the Grandmothers (90 min)

-- Jan has travelled the world talking with traditional and granny midwives. What are their secrets? What can we learn from their experiences?

E. Dr. John Stevenson Ask Dr. John (90 min)

--Dr. John is a real Trust Birth pioneer. Hear his story of moving from the medical model to a Trust Birth philosophy of home birth and empowering women to choose what is best for their lives and their baby's. Enjoy an opportunity to ask questions and get real answers that will help you to trust birth as well.

F. Jodilyn Owen The Trust Birth Paradigm and Its affects on Doula Clients (90 min)

-- This workshop will discuss the changing paradigm for doulas in light of the most recent statistics and the trust birth philosophy as it can be applied to all aspects of birth work. If you currently work as a doula you will benefit from the insights of an experienced doula. If you are thinking about becoming a doula, you will have new considerations. Come discuss what it means to be a Trust Birth Doula.

G. Mindy Goorchenko Teenage Pregnancy and Motherhood (90 min)

-- Mindy has discovered her true passion for birth work: babies having babies. Find out what they really need from care providers and mentors and advisors. With tender insight and strong conviction, Mindy has a message for all of you who work with teens.

Trust Birth Awards Dinner 7:00 - 10:00

Saturday, March 8

Track 3

8:15 - 9:45

A. Dr. Sarah Buckley Prenatal Testing and Ultrasound: The Whole Story for Mother and Baby (90 min)

-- In the 21st century, pregnant woman are exposed to a large and increasing number of tests for themselves and their babies. This presentation explores the implications and safety of prenatal testing for Down syndrome and the risks vs benefits of ultrasound, based on scientific studies. The importance of full information and informed choice in these complex areas is emphasized.

B. Gloria Lemay End Circumcision in Our Lifetime (90 min)

--We will learn and understand the importance of the male prepuce and the reason why the male penis should be left in tact for healthier and happy lives.

C. Panel #3 - Birth Around the World

Jan Tritten, Dana Combest, Dr. Michel Odent PANEL: Birth Around the World (90 min)

-- Ever wonder what it is like to be a midwife in a war torn country, or a place of abject poverty? Do women give birth the same way everywhere? Would you like to know what it is like to have short-term internship somewhere else? Would you like to find out more about our plans for a midwifery training trip to Brazil next summer?

D. Gail Hart The Truth About Gestational Diabetes (90 min)

-- Scare tactic or legitimate concern? Are big babies automatically riskier? What should a pregnant woman know about testing and dealing with this issue?

E. Patricia Ann Edmonds Those Who Came Before: Midwives Biographies (90 min)

-- If I could design the perfect preparation for midwifery the first full year would be focused on the midwives of history. We can learn so much from their practices, their dedication and their sacrifice to serve women.

F. Sheehan Ednie-Rosen Preparing for the NARM and other Exams (90 min)

-- Learn how to prepare for the NARM written exam or other exams. What should you study? What types of questions should you expect? There is no threat to the integrity of the exam and you won't be given exact questions but will work on the type of questions you will probably find on the exam.

G. Lennon Clark Elimination Communication (90 min)

--Come and learn about the different communication signs that babies demonstrate when they need to eliminate. Find out how to properly use the diaper free resources available to all on the market today. Help your clients and friends teach their precious ones how to live diaper free.

Track 4 10:00 to 11:30

A. Henci Goer Limitations of Evidence-Based Medicine (90 min)

-- What are the advantages of evidence-based medicine over other methods of determining best practice? What are the limitations and weaknesses inherent in concepts of evidence-based medicine? What are the limitations and weaknesses of medical research as it relates to maternity care? How can those weaknesses as they relate to maternity care be avoided? Henci's expertise in this area will give you valuable tools for dealing with the mindset of technocracy.

B. Karen Strange Baby's Experience of Birth (90 min)

-- Communication with the unborn baby. Hormones of birth and bonding. Learn what Rupture and Repair refer to. How birth memory impacts midwifery education. The effects of suctioning at birth and so much MORE!

C. Pamela Hines-Powell More of Them; Less of Me! (90 min)

-- Pam has sifted through all the things she thought she knew about being a midwife, keeping only those that truly serve her clients in a non-interventive way. Her journey has not been without struggles, both internally and externally. Many of you are probably in the same place. Pam's heartbeat is to reach out to other midwives who are in the process of doing less.

D. Panel #4 - Writing About Birth

Jody McLaughlin, Sheila Stubbs, Jan Tritten, Laura Shanley Writing About Birth (90 min)

--We will learn why childbirth practitioners need to publish to promote healthier views of normal birth.

E. Gloria Lemay In Praise of the Postdates Baby (90 min)

--Come along as we recognize the physiological processes that occur late in birth to better prepare baby for extrauterine life; as we review the study that debunks the postdates fears; and as we recognize that any form of interference, natural or medical, can adversely affect the laboring and delivery process.

F. Heather Cushman-Dowdee Birthstory: Telling the Story So That Mothers Trust (90 min)

-- What are the key points that we want to get across when we tell our birth stories, the elements that make up a good story, adding humor- or not, and the telling of the tale for maximum impact. What words would find their way into the hearts and mind of those we are sharing with?

G. Patricia Ann Edmonds The Amazing Placenta (90 min)

-- What does that amazing organ of birth tell us about the health of the baby and mother? What are its functions? What should we do with it? Do we encourage moms to eat their placenta?

Lunch 11:30 - 1:00

Track 5 1:00 - 2:30

A. Panel #5 - Don't Push Me; Physiologic Pushing

Karen Strange, Gloria Lemay, Heather Brock, Dana Combest

PANEL: Don't Push Me! (90 min)

-- What happens if there is no one around to tell mom to push.... and she never hears the P word at any time during her labor. No one tells her she is complete or gives her permission to "perform". What does it feel like to let your body do it for you.

B. Kathy Nesper Birth, Belief, and the Bible (90 min)

-- Religious or not, if you're part of Western culture, your ideas about birth probably have been impacted by Christian teaching, which has laid the cultural foundation over the ages. Kathy will explain how the Bible has been misinterpreted to teach that God punishes women in childbirth and how a true biblical perspective encourages us to "trust birth."

C. Dr. Michel Odent The Scientification of Love (90 min)

--We will discuss how oxytocin, the love hormone, affects our lives in all stages and why when injected unnaturally, it does not work as it does when induced naturally as a result of behaviors within our lives.

D. Marcy Axness, PhD Tending Our Stories & Our Souls: Perspectives on PPD (90 min)

-- I am incredibly excited about this session with "Dr. Marcy". I have rarely met anyone who loves to talk about birth and babies as much as I do! You will connect with her instantly, as I did. The session she is working on for us focuses on the Western culture presumption that the transition from pregnant woman to expert-mother-totally-in-love-and-at-ease-with-her-baby will happen immediately and automatically--and often in relative isolation. When it does not, and when key aspects of dis-ease in her new role fall within certain parameters, we label it pathology and flip to the "Postpartum Depression" page in the DSM-IV. Dr. Axness covers some unexplored risk and causal factors... shares compelling stories--her own and those of other mothers... and offers elegant research-based, pro-active care approaches to the painfully disruptive experience of maternal depressive symptoms, a topic often overlooked in the "conscious birthing" arena.

E. Kristi Zittle Vaccination Truth: The Case for Natural Immunity (90 min)

--Learn of the four different types of immunity and the truth about the vaccinations that prey on our children today. Find ways to be better informed and to pass along your knowledge to better inform others.

F. Jodilyn Owen The Childbirth Educator Who Trusts Birth (90 min)

-- What an amazing window of opportunity childbirth educators have to demonstrate birth trust and present birth truth. Jodilyn will share her recently honed trust birth conversational skills with participants.

G. Shonda Parker Beyond Herbs 101 for Labor and Birth (90 min)

-- A little knowledge can be a dangerous thing. Shonda will tell you how recognize the limitations of your knowledge and expertise in an honest way. Learn the most efficient way of expanding your knowledge base and expert pool. After this session you will be able to research and discuss herbs as they relate to labor and birth with confidence.

Track 6

2:45 - 4:15

A. Henci Goer The VBAC Dilemma: What the Evidence Tells Us (90 min)

-- Henci will provide the data you need to refute arguments that VBAC poses undue risk compared with elective repeat cesarean. She will cover the current ACOG recommendations and explain what is driving the obstetric campaign to curtail VBAC. After this session you will be able to articulate the potential harms of VBAC versus elective repeat cesarean. You will walk away with some advice for women on VBAC management practices that are not supported by the research.

B. Rixa Freeze Safety, Risk, and Responsibility (90 min)

-- "Safety" is one of the most hotly contested issues surrounding birth choices, especially ones that reject culturally acceptable norms. I will analyze the dialog about safety from obstetrical/technocratic, midwifery/wholistic, and unassisted birth paradigms. Often, these groups end up speaking past each other because their worldviews are so radically different. Even seemingly simple terms such as "safety" end up having incredibly complex meanings. What is particularly interesting is how many midwives employ the same strategies and tactics to discount unassisted birth as unsafe that obstetricians use to discredit midwife-assisted home birth.

C. Gloria Lemay Pelvises I've Known and Loved (90 min)

--Learn about the 3 P's of obstetrics-powers, passage and passenger and embrace the best ways that the provider can prepare the birthing woman to have confidence in her pelvis!

D. Raquel Lazar-Paley Cultivating The Conscious Woman (90 min)

-- Raquel will trace the paths and perspectives of women in various stages of awareness regarding their birthing options and will deconstruct their subsequent decision-making, through art (a series of seven paintings she has commissioned that depict pregnant women in various stages of consciousness of their birthing options), historical insights and concrete tools for activists.

E. Gail Hart The First Ten Minutes of a Lifetime (90 min)

-- What are we doing that might interfere with the baby and it's primary functions: find the breast, find mommy. What are we doing to interfere with that? How does it feel to be born and then be handled and measured and messed with? Well-known for her fearless examination of protocols and common practices, Gail will challenge everything we have been doing in third stage to mom and baby.

F. Pamela Hines-Powell Hands Off the Perineum (90 min)

-- What are we disturbing when we fiddle with the perineum. Do we have to "guard it"? Does touching the perineum interfere with the natural softening and preparation for ejection? Should we encourage mothers to do vaginal stretching and perineal massage?

G. Dr. Susan Moreau Chiropractic for the Newborn (90 min)

--As we examine newborn physiology, we will learn the factors that predispose infants for a need of regular chiropractic care.

Dinner 4:15 - 7:30

Track 7 7:30 - 9:00

A. Patricia Ann Edmonds What To Do at a Birth (150 min)

-- This ingenious class has a bonus that will serve you for a lifetime! Pat will teach you how to crochet a baby blanket....just as she does at births. Keeps the midwife busy but available... and a wonderful gift for each baby! She will share her MANY years of midwifery experiences with you as you crochet together. Ever dream of sitting down and picking the brain of an experienced midwife? This is your chance. Pat is featured on the cover of Helping Hands!

B. Panel #6 - Why Women Stay Home Alone

Laura Shanley, Melissa Collins, Heather Cushman-Dowdee, Jody McLaughlin, Rixa Freeze, Mindy Goorchenko

PANEL (EXTENDED): Why Women Stay Home.... Alone! (150 min)-- What do women want? What do they do when they don't get it? Why do some women choose to stay home... ALONE? Discuss the different terms: unhindered, unassisted, unattended, free. If you are someone who has always wondered about women who choose unassisted birth your eyes will be opened by their stories.

C. Jodilyn Owen Doula Roundtable (150 min)

-- What is the future for doulas in this country? What do doulas want to talk about?

D. Debby Takikawa What Babies Want (90 min)

-- And she should know. Debby is the producer of the popular film What Babies Want, featuring Noah Wylie and his family. This session is highly recommended for Trust Birth Facilitators as Debby will explain how the film can be used as a teaching and outreach tool. Debby will focus on how important our work with abies and their families is and use parts of the film to underscore what difference people in the field are doing toward that end. Debby's intention is to embolden people to get out there and make new connections and to find their words to tell the truth about what babies want.

Track 8 - 8:15 - 9:45

A. Rixa Freeze Portrayals of Birth in Film and Television (90 min)

-- Rixa will show a montage of images from movies and television, showing how birth is portrayed in both fictional and "real" (i.e., reality TV show) settings. Although childbirth is an incredibly varied experience, the way it is portrayed in film and television is overwhelmingly similar. Whether the show is a comedy, drama, thriller, or romance, almost all birth scenes tell the same basic story. After looking at several film and TV clips, Rixa will show alternative depictions of birth in cinema, both fictional and real-life. The presentation will end with a discussion about how to change the way we imagine and visualize birth, since so many women expect birth to be what it is like on TV or in the movies.

B. Dr. Elliott Berlin Muscles, Bones, and Breech Babies (90 min)

--Learn from Dr. Elliott Berlin, DC, about intrauterine constraint and the normal biomechanics of the pelvis. Learn how lifestyle can affect women and either cause or prevent intrauterine constraint. The Webster Technique and mosabustion will be discussed in care of breech presentations; and participants will be taught how to locate and palpate abdominopelvic ligaments and tendons.

C. Lennon Clark Informed Choice in Prenatal Care (90 min)

--Come and analyze the standard of prenatal care as we know it today and learn ways to improve and encourage informed choices in prenatal, labor and postpartum/parenting care.

D. Dr. John Stevenson Ask Dr. John (90 min)

--Dr. John is a real Trust Birth pioneer. Hear his story of moving from the medical model to a Trust Birth philosophy of home birth and empowering women to choose what is best for their lives and their baby's. Enjoy an opportunity to ask questions and get real answers that will help you to trust birth as well.

E. Laura Shanley Believe Your Way To A Better Birth (90 min)

-- Our bodies are responsive to our thoughts. Nowhere is this more evident than in the act of giving birth. Whether it's our own birth, or one we're attending, our beliefs about the process greatly affect the outcome (both faith and fear are contagious!). In this workshop we'll discuss the beliefs surrounding birth to see which are based on truth and which on myth. Is birth a "marathon" or does viewing it this way set us up for a long labor? Is birth "hard work" or "always painful" or are these simply beliefs that can be changed with a little effort? As author Richard Bach states, "Argue for your limitations and sure enough they're yours." By understanding the power of thought, we can create the birth - and the life - of our dreams.

F. Sheehan Ednie-Rosen Restorative Bodywork for Postpartum (90 min)

-- This hands-on workshop will include demonstrations of Mother Roasting, an ancient Chinese practice that promotes a smooth transition in the postpartum period, as well as restorative yoga asanas (postures) that alleviate postpartum discomfort and encourage a quick recovery. These are very easy yet profound techniques that mother can do for herself. We will also describe and discuss other manual and energetic therapies that mothers may seek to enhance well-being including Massage, Craniosacral therapy, Zero Balancing and Reiki. Loose clothing is recommended.

G. Jody McLaughlin The Farming Model for Maternity Care: Invisible Midwife (90 min)

-- The best outcomes for maternity care can be measured by lactation success. This alone shows midwives to be "outstanding in their field." What tricks do farmers, midwives (and occasionally doctors) use to get a reluctant or fearful mom to "mother-up"? What beliefs motivate farmers, midwives and physicians?

Track 9 10:00 - 11:30

A. Dr. Michel Odent Can Humanity Survive the Safe Cesarean? (90 min)

--We will discuss recent improvements in cesarean techniques and evaluate the practice of obstetrics.

B. Dr. Sarah Buckley Three Bs of Mother Baby Bliss after Birth (90 min)

-- The third stage of labor, the time after birth, is often overlooked. This presentation explores the crucial adaptations that mother and baby make at this time to ensure safety and survival, and gives specific information about cord clamping, use of Pitocin and other drugs, active management of third stage and the importance of undisturbed mother-baby contact. Recommendations are given to enhance safety, ease and pleasure for mother and baby in different settings.

C. Dr. Alyssa Berlin & Cheri Masek Relationships During the Perinatal Transition (90 min)

--In this excellent session, Dr. Alyssa and Cheri will explain the reasons why relationships face a significant decline in satisfaction following the birth of a baby. They will suggest ways to strengthen relationships and how to transition into parenthood more smoothly. Conflict management will be discussed and ways to communicate more effectively with your newborn will be taught. Don't miss this invaluable session created to strengthen the family bond going from two to three.

D. Gail Hart Keeping Pregnancy Normal; Preventing Prematurity (90 min)

--Learn how we can help to prevent fears and interventions from spiraling each pregnancy out of control.

E. Gloria Lemay Still Using a Doppler? (90 min)

--We will study about the damaging affects that non-ionizing radiation in utero can have on the unborn baby and be able to understand why even the routine use of a Doppler should be avoided in pregnancy.

F. Kristi Zittle Embracing Life After Loss: How We Can Help Them (90 min)

--After giving birth to her much desired twins prematurely, Kristi then held them as they died and entered into eternity. Her loss greatly affected her ability to handle and embrace her next pregnancy and made her choices for birth very different than anything she had ever desired before. Learn ways to effectively help a woman through the grief of an early loss and how to welcome new life with joy and without the fears that are typically imposed after a pregnancy loss, still birth, or early childhood death.

G. Jane Drichta Massage in Pregnancy (90 min)

--Learn techniques valuable in helping women during pregnancy and through labor and birth. Hands on demonstration and practice of ways to help your clients have healthier happier lives.

Lunch 11:30 - 1:30

Academia Mania 12:30 - 1: 15

General Session 1:30 - 4:30

- Rixa Freeze **Moving Beyond the Midwifery Medical Paradigm**
- Laureen Hudson **Our Voices Through the Media**
- Carla Hartley **The Power of One: The Possibilities of Individual Advocacy**

Closing 4:30 - 5:00