

Philadelphia, Pennsylvania\* • March 26–30, 2008  
MIDWIFERY TODAY CONFERENCE

# The Healing Touch of Midwifery & Birth

*Renew your birth soul.*



## Vital Topics...

### Learn about massage

- Mexican Massage Techniques
- Massage and Midwifery Panel
- Massage for Restarting Stalled Labor
- Massage 101

### Attend the Full-day Beginning Midwifery class

#### Other classes include

- Herb Workshop
- Hemorrhage and Third Stage Difficulties
- Two Breech Classes
- The Midwife as Community Healer
- Is Waterbirth Saving Midwifery?
- Counseling in the Midwifery Way
- Midwifery Skills Update: Shoulder Dystocia and Malpresentation

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- **Early Registration**
- **Midwifery Today Subscribers**
- **Students Save 30%**

See your registration form for details.

## Learn from Great Teachers...

- Harriette Hartigan
- Gail Hart
- Ina May Gaskin
- Barbara Harper
- Marsden Wagner
- Angelina Martinez Miranda
- Madeline Dusky
- Robbie Davis-Floyd
- Elaine Stillerman
- Debra Pascali-Bonaro and many more!

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

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# Come to the Philadelphia Conference!

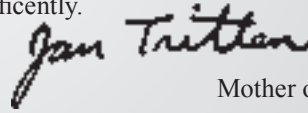
I want to invite you to join us in Philadelphia. This promises to be a unique conference. We are breaking new ground as we plan to mesh the knowledge and techniques of two fundamental professions: massage and midwifery.

We hope to learn to combine the ancient and the new of both professions from around the world in order to better serve birthing women. From massage comes loving, healing touch that can so gracefully help women in pregnancy, birth and the postpartum period. From midwifery comes knowledge of physiology and emotional well-being. Mexico offers many unique massage and midwifery techniques that will be shared at this

conference so that you may incorporate them into your practices.

We look forward to seeing you at this fantastic conference to learn, share and become renewed in your profession—whether you are a massage therapist, a doula, a midwife, or aspiring to any of these callings. As we know, there is no higher calling than helping motherbaby to have the best experience possible. We believe that tapping into the expertise of these two bodies of knowledge will help you assist birthing women even more magnificently.

Love,



Mother of Midwifery Today

## Wednesday ♦ Pre-Conference ♦ March 26

9:00 am – 5:30 pm

Full-day class

### A1 ♦ **Massage**—*Elaine Stillerman and Janice Marsh-Prelesnik*

#### 9:00 am – 12:00 pm—**Massage 101**—*Elaine Stillerman*

We will cover basic prenatal massage strokes, body mechanics and precautions and contraindications of prenatal massage. Learn the Swedish and support massage strokes you will need for prenatal, labor and postpartum care. Learn how to use your hands and body correctly in all the support positions you will use. Learn 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 techniques and body-saving techniques when you are on the floor, in a tub and in another difficult position at a birth. This is a whole mini massage course.

#### 1:15 pm – 5:30 pm—**Beginning Foot Reflexology**—*Janice Marsh-Prelesnik*

In reflexology the feet are seen as a microcosm of the rest of the body. In this experiential workshop participants will learn about the zones of the feet and their relationships to internal organs, as well as learn pressure and massage techniques. Each participant should bring a pillow, towel and something to lie on. Granny Janny Herbs will supply the massage oils.

8:00 am – 5:30 pm

Full-day class

### A2 ♦ **Beginning Midwifery**—*Linda McHale, Eneyda Spradlin-Ramos, Debra Pascali-Bonaro, Jana Borino and Janice Marsh-Prelesnik*

This is your day to learn about midwifery and test whether it is the profession for you. You will learn the heart and joy of the calling, as well as the challenges. We will discuss the many routes of entry into the practice in the US. We will concentrate on normal, miraculous birth. Attend the rest of the conference to learn more about the complications, politics and love of practice.

8:00 am – 9:00 am	<b>The Art of Midwifery</b> — <i>Janice Marsh-Prelesnik</i>
9:00 am – 10:00 am	<b>Prenatal Care</b> — <i>Janice Marsh-Prelesnik</i>
10:10 am – 11:10 am	<b>With Woman</b> — <i>Jana Borino</i>
11:15 am – 12:15 pm	<b>Normal Labor Physiology</b> — <i>Linda McHale</i>
1:00 pm – 2:00 pm	<b>Emotional Issues in Labor</b> — <i>Debra Pascali-Bonaro</i>
2:10 pm – 3:10 pm	<b>Finding a Mentor or Apprenticeship</b> — <i>Jana Borino</i>
3:25 pm – 4:25 pm	<b>Anatomy of a Birth Bag</b> — <i>Linda McHale</i>
4:30 pm – 5:30 pm	<b>Trusting Yourself to Trust Birth</b> — <i>Eneyda Spradlin-Ramos</i>

9:00 am – 5:00 pm

Full-day class

### A3 ♦ **First and Second Stage Difficulties**—*Gail Hart and Ina May Gaskin*

Labor outcomes depend on women going into labor in a healthy state. Gail and Ina May 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 ruptures of membranes, failure to progress, abnormal labor patterns, 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. Bring your questions and experiences in what promises to be an exciting day!

9:00 am – 5:00 pm

Full-day class

### A4 ♦ **Better Birth Practices**—*Barbara Harper and Tine Greve*

#### 9:00 am – 12:00 pm—**Influences of Birth Practices on Bonding and Attachment**

Healthy and secure attachment patterns in infants help children and adults see a world with infinite possibilities. Insecure attachment patterns create victim consciousness, fear and doubt. This workshop will help the participant identify how each medical birth practice interrupts the normal process of birth and can possibly lead to insecure attachment. This workshop is both didactic and experiential. Be prepared to have strong feelings emerge.

#### 1:30 pm – 5:00 pm—**Waterbirth**

Barbara and Tine will explore the many benefits and ways of using water in birth and will discuss its unique properties—psychological as well as physical. Waterbirth is an option for a woman to give birth undisturbed and with dignity, with medical advantages for mother and child as well. Breech births, OP births or twin births benefit from waterbirth. Breech waterbirth needs no hands, no extra warming of the newborn or other interventions. The ease of attending births in water is a joy. Barbara and Tine will address concerns and potential risks of water labor and waterbirth. They will report on clinical findings, current research and models from various places around the world, as well as share hands-on experience. This workshop covers all types of waterbirth and equips the midwife to recognize and manage complications.

5:30 pm – 7:00 pm Open to all registrants

**Christian Midwives Meeting**—*All are welcome. Facilitated by Eneyda Spradlin-Ramos and Barbara Harper*

7:00 pm – 8:30 pm Open to all registrants

**MANA-ACNM Meeting**—*Facilitated by Linda McHale*

8:30 pm – 10:00 pm General Session

**Talk Story**—*Facilitated by 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 ♦ March 27**

9:00 am – 5:30 pm Full-day class

**B1 ♦ Massage and Midwifery: Cultural perspectives in Massage for Childbirth**—*Madeline Dusky, Angelina Martinez Miranda and Eneyda Spradlin-Ramos*

Massage is both ancient and new. We bring together unique practices from around the world. We have new relaxation and healing tools to help mothers have great experiences in the birth year and beyond.

**8:00 am – 12:00 pm—Mexican Massage Techniques for Pregnancy and Birth**—*Angelina Martinez Miranda*

A midwife with vast knowledge of traditional Mexican massage will explain some of the many techniques used by midwives in Mexico. You will have time to practice these techniques. Mexican traditional massage is used for everything from fertility treatments to prenatal, birth and postpartum indications. Learn how to turn posterior and other presentations using a *rebozo* and massage.

**1:30 pm – 4:30 pm—Lomi-Lomi (Hawaiian massage)**—*Madeline Dusky*

To understand the power of Lomi-Lomi (Hawaiian massage) participants will first be introduced to the philosophy of Kahuna healing. This knowledge will open to the intent of the work, with a focus on the Aloha Breath. The Aloha Breath creates open spaces within the body and moves into the spiritual dance between the giver and the receiver using Lomi-Lomi strokes to prepare the Mother for the Miracle of Birth.

**4:30 pm – 5:30 pm—Massage from Around the World**—*Eneyda Spradlin-Ramos*

Discussion of the different modalities from around the world with brief demonstrations.

9:00 am – 5:00 pm Full-day class

**B2 ♦ Herb Workshop**—*Janice Marsh-Prelesnik*

Think like an herbalist. Why does motherwort work on both the heart and the 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 book.

9:00 am – 5:00 pm Full-day class

**B3 ♦ The Anthropology of Midwifery and Birth**—*Robbie Davis-Floyd*

Want a whole college course in a day? This workshop presents a broad overview of human cultural evolution and midwives' roles in that process. Learn about six types of human subsistence strategies and cross-cultural birth practices within them, noting premodern similarities across vast cultural differences and examining the homogenizing effects of modernization. In the afternoon we will look at how postmodern midwives struggle to define their identities and roles in a rapidly changing world.

9:00 am – 5:00 pm Full-day class

**B4 ♦ Labor Support for Doulas and Midwives**—*Debra Pascali-Bonaro*

Take a look at the current literature on doulas, upright positions, massage, hydrotherapy and touch as ways to offer comfort and facilitate rotation and descent for an easier, more satisfying birth experience. 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. Techniques for second stage, such as the support squat, dangle, toilet, "tug of war" and lap squatting will be discussed. Debra will also talk about labor support in difficult labors and births involving epidurals and cesareans, and strategies to help make them emotionally positive for mother and baby. This intensive course will make us better midwives or doulas. Registrants at our 2006 Philadelphia conference raved about this class, calling it fun and informative.

9:00 am – 5:00 pm Full-day class

**B5 ♦ Midwifery Skills Update**—*Gail Hart, Ina May Gaskin and Tine Greve*

A full-day class on the skills midwives need to handle shoulder dystocia and malpresentation.

**9:00 am – 12:00 pm—Shoulder Dystocia**

Our teachers will explain and discuss mechanical and physical causes of shoulder dystocia. They will describe symptoms and signs used to predict it. They also will analyze tools and methods used to overcome panic reactions, demonstrate effective treatments and look in depth at more than fourteen maneuvers, covering mnemonics and the latest research.

**1:30 pm – 5:00 pm—Malpresentation**

Learn what factors increase the likelihood of a malpresentation. Identify different types of malpresentations and discover techniques for assessing and dealing with them. You will learn many tips for helping with malpresentations so birth can move forward and be achieved. Bring your techniques to add to this body of midwifery knowledge.

## Friday ♦ Day One ♦ March 28

7:30 am – 8:30 am

Open to all registrants

**Water Aerobics**—*Janice Marsh-Prelesnik. Meet by the pool.*

9:00 am – 10:00 am

Opening General Session

**The Healing Touch of Midwifery and Birth**—*Jan Tritten, Angelina Martinez Miranda and Harriette Hartigan*

Join us as we open the conference with a heart-filled session about how the touch of midwifery practiced with heart and hands can change the world by making it a better place to be born.

10:00 am – 11:00 am

General Session

**What Is Going on in the World of Birth**—*Marsden Wagner*

Marsden will explore the reasons for and the negative consequences of the inappropriate or excessive application of technology—drugs as well as instruments, machinery and surgery—in birth. He will also explore the continuing search for new and profitable uses of technology in birth that take a society down a dangerous path. Scientific research is as important as clinical experience in today's world. Learn about your role in the protection of pregnant and birthing women and how current research actually supports the use of less intervention at the very time that intervention is increasing in all aspects of birth. Discover what you can do in your own sphere of influence to establish the appropriate and careful use of technology.

11:00 am – 12:00 pm

General Session

**Massage and Midwifery Panel**—*Elaine Stillerman, Eneyda Spradlin-Ramos and Janice Marsh-Prelesnik*

We will present an overview of ideas on how the massage and midwifery professions can work together for the overall health of motherbaby. We will explore:

1. How to encourage massage therapists and birth practitioners to explore their personal belief systems about the childbearing year.
2. How we can support women to trust their own body wisdom.
3. How we can support women to get out of their head and into their intuitive selves.
4. Different definitions of pain.
5. Midwifery intelligence and the midwifery model of care.
6. Individualized care.

1:30 pm – 3:00 pm

Concurrent Sessions C1–C5

**C1 ♦ Marketing Your Practice**—*Jana Borino*

“I heard it through the grapevine.” Practical tips for growing your practice and building community. Jana brings her 20 years of experience in grassroots marketing of midwifery as well as basic marketing techniques for promoting a service business. Translate your love of birth and expertise in care into a message that brings women to your practice. A wide variety of marketing tools will be presented and useful examples and handouts will be shared. Excellent for midwives, massage therapists and doulas.

**C2 ♦ Pelvic Blocking**—*Merrie Handfinger, DC*

The pelvis is often out of alignment from postural shifting. Strengthen and balance the psoas and piriformis muscles, and use category blocking to align the pregnant pelvis. Releasing and balancing these intrinsic muscles will enhance gait and pelvic stability during pregnancy. Category blocking will align the pelvis, which enhances

labor and facilitates an easier birth. These chiropractic techniques have been designed for midwives, massage therapists and doulas to assist their pregnant and laboring clients. These techniques can also be used during early postpartum recovery.

**C3 ♦ Holistic Midwifery Care**—*Janice Marsh-Prelesnik*

The midwife is the key in the natural process of birth; her knowledge and keen insight helps women conquer their fears about birth. From a rich, holistic perspective, we will learn new observational tools for helping maintain women in good health and preventing risks. We will discover the missing links in mainstream practice and how to be holistic within every practice. We will explore the physiological and emotional issues.

**C4 ♦ Hemorrhage and Third Stage Difficulties**—*Gail Hart*

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.

**C5 ♦ Labor Support from a Massage and Doula Perspective**—

*Elaine Stillerman and Debra Pascali-Bonaro*

Comfort measures for labor such as hot and cold compresses, music, massage/touch, acupressure, aromatherapy and the birthing ball will be discussed. Techniques for second stage, such as the support squat, dangle, toilet, “tug of war” and lap squatting will be discussed. Learn to offer counterpressure, sacral lifts, pelvic tilts, acupuncture point stimulation, light massage and hands-on touch that's good for early labor. In late labor, or when mom doesn't want to be touched, counterpressure, pelvic squeezing, sacral lifts are usually welcome and will be taught. Learn to listen and react to her needs, even when non-verbal. The focus here is pain relief, support, respect and helping the mother stay calm and focused.

3:15 pm – 4:45 pm

Concurrent sessions D1–D5

**D1 ♦ Postpartum Massage Techniques**—*Merrie Handfinger, DC, and Angelina Martinez Miranda*

Learn how acupuncture points and massage skills to realign and balance the body can encourage delivery of the placenta. Also learn how to help the body feel back to normal with Mexican Massage after birth.

**D2 ♦ Normal Birth in the 21st Century**—*Betty-Anne Daviss*

In the late 1980s and early 1990s, Ken Johnson and Betty-Anne Daviss drew data forms from across North America, Europe and Australia to create a tool that would capture “what is normal in labour and birth when a woman-centred low-intervention approach is taken.” It became a form that was used across Canada and the US, adopted by MANA in 1992, and with versions in other countries. The final version produced the largest prospective homebirth study ever published. In 1991 Soo Downe started writing about normal birth in Britain and in 1996 the WHO produced a document entitled *Care in Normal Birth*. Betty-Anne will give some highlights of the interest in Europe and North America about what really is “normal” including unpublished results from the *BMJ* article and the UnderstandingBirthBetter database regarding “how long is too long” in first and second stage labour and in cord clamping, and whether women do, in fact, have their babies by the moon.

7:30 am – 9:00 am

Continental breakfast provided by Midwifery Today.



9:00 am – 10:00 am

General Session

**Visions and Dreams for Birth Change**—*Harriette Hartigan and Jan Tritten*

You are needed as a birth change agent, wherever you are studying, practicing or teaching. Women want to have healthy babies and good experiences. Around the world women are prevented from achieving these goals, causing trauma to them and their babies. Learn what you can do in your community to promote positive birth change. We will discuss how each of us plays a part in changing the birth future for mothers and babies, with a discussion of what other birth workers are doing around the world. We encourage you to discover your dream and carry it out.

10:15 am – 12:00 pm

Concurrent Sessions E1–E5

**E1 ♦ Hands, Our Treasured Tools**—*Ina May Gaskin*

This class will affirm the knowledge and the power that 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.

**E2 ♦ Induction Epidemic**—*Barbara Harper*

Throughout the world induction has become rampant, with more healthy, pregnant women falling into a trap that causes a cascade of interventions. Dangerous methods of induction have also become epidemic. This alarming trend affects midwives, doulas and their clients. We will look at the change in postdate determination as it regards induction of labor.

**E3 ♦ Fear in Midwifery and Birth**—*Eneyda Spradlin-Ramos and Angelina Martinez Miranda*

Fear in pregnancy and birth can have many consequences for both family and healthcare provider. This class will help you define, understand and move through the fear that confronts us. Learn several ways of helping women, including midwives, turn fear into trust.

**E4 ♦ Second Stage Difficulties**—*Gail Hart*

Second stage is a time of watchfulness and sometimes mounting tension. Listen to Gail’s words of wisdom and discuss constructive and effective ways of handling difficult situations. Learn how to keep the pushing stage normal.

**E5 ♦ Mainstreaming Midwives: The Politics of Change**—*Robbie Davis-Floyd*

Based on her ten years of research on midwifery in the US, Robbie describes the development of direct entry midwifery and nurse-midwifery in the US, focusing on the creation of two new direct entry certifications, the Certified Midwife and the Certified Professional Midwife. She examines the complexities, political strife and efforts at resolution that have characterized the evolution of midwifery in the US.

**D3 ♦ Special Massage for Restarting Stalled Labor**—*Eneyda Spradlin-Ramos and Jan Tritten*

This is a fantastic tool to get labor restarted. You will wonder how you practiced without it. “I saw this work at a birth in Mexico where Verena and I were present. This labor had stopped entirely at about 7 cm. Verena did this massage and the labor restarted. The woman had her baby a couple hours later,” says Jan Tritten.

**D4 ♦ Twins**—*Ina May Gaskin*

Ina May has extensive experience with twin birth. She 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.

**D5 ♦ Non-Pharmacological Methods of Pain Relief**—*Kim Trout*

Explore the theory, philosophy and physiology of pain in labor. Kim will describe non-pharmacological methods of comfort and pain relief and will explain the neuromatrix control theory of pain. She will identify cultural perceptions of pain and explain how the mother’s position affects the baby’s rotation. We will learn techniques and tricks of the trade from numerous healing modalities, including physical therapy, acupressure and massage.

5:00 pm – 6:30 pm

General Session

**Birth and Breastfeeding Are One**—*Barbara Harper and Tine Greve*

The fourth stage of labor (successful attachment and uninterrupted skin-to-skin contact) is intricately linked to everything that happens for mother and baby during the birth sequence. The baby experiences two strong biological imperatives during labor. One is to be born and the other is to attach to a breast. What we do as midwives and doulas in the moments and hours after birth can either enhance attachment or hinder it—even with a gentle birth. This session will explore the physiologic basis for immediate and continuing skin-to-skin contact, demonstrate the brain connections that occur in both mother and baby when attachment happens as part of the sequence of normal birth and prepare you with the tools to correct difficult or absent attachments, even with more mature babies.

8:00 pm – 8:30 pm

Open to all registrants

**CIMS presentation**—*Debra Pascali-Bonaro*

**Hula for Labor**—*Madeline Dusky*

8:30 pm – 10:00 pm

General Session

**Tricks of the Trade for Massage and Midwifery**—*Facilitated by Eneyda Spradlin-Ramos and Jan Tritten*

A roundtable of pertinent tips on a wide variety of topics, from facilitating effective contractions and preventing prolonged labor and preventing perineal tears, to helping the slow-to-start baby to firstaid alternatives and 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.

10:00 pm – ?

General Session

**Birth Stories**—*Facilitated by Gail Hart*

A bonding circle of storytelling. Come share your story or just listen as we bond through the blessing of storytelling. A great way to end the day.

Other topics include successful legislative strategies, the tensions between social activist and “professionalist” midwives, and “renegade” midwives who practice outside of state protocols. Learn about why midwives matter, the barriers to the growth and prospering of U.S. midwifery and efforts to overcome these barriers. Robbie argues that midwives should be the primary caregivers to birthing women in this country.

1:30 pm – 3:30 pm

General Session



### Clinical and Cultural Roundtables

In this well-loved Midwifery Today format, you'll sit in on three interesting and inspiring roundtables of your choice. Roundtables will include:

**Consumerism and Midwifery—What Today's Women Want—Jana Borino**

**Massage Oils and Herbal Products—Janice Marsh-Prelesnik**

**Changing Childbirth in Latin America—Robbie Davis-Floyd**

**Avoiding Burnout—Eneyda Spradlin-Ramos**

**Born in the USA—Marsden Wagner**

**How to Treat the Baby in the First Hour—Gail Hart**

**Rebozo Practice—Angelina Martinez Miranda**

**Social Movements—Betty-Anne Daviss**

**Trust Birth—Linda McHale**

**Webster Technique for Breech—Jeannie Ohm**

**Breastfeeding Success—Tine Greve**

**Neonatal Adjustment—Merrie Handfinger, DC**

**Shoulder Dystocia—Ina May Gaskin**

**Doula Training—Debra Pascali-Bonaro**

4:00 pm – 5:00 pm

General Session

### Mexican Traditions and Techniques—Angelina Martinez Miranda

The observation of cultural traditions and their impact on pregnancy and birth is fascinating. Angelina 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.

5:00 pm – 6:00 pm

Open to all registrants

### International Issues—Eneyda Spradlin-Ramos, Barbara Harper, Jan Tritten, and Betty-Anne Daviss

Learn how we can really effect changes in midwifery and childbirth on the global level. Learn about the midwifery and birth movements around the world and how you can help.

8:00 pm – 10:00 pm

Open to all registrants

### Cabaret—Robbie Davis-Floyd, Betty-Anne Daviss and Janice Marsh-Prelesnik

Do you have a dance, poem, song or act to share? Tell Robbie. This is always a time of fun and relaxation. Let's share our talents.

## Sunday ♦ Day Three ♦ March 30

7:30 am – 8:30 am

Open to all registrants

### Water Aerobics—Janice Marsh-Prelesnik Meet by the pool.

9:00 am – 10:15 am

General Session

### New Evidence to Improve Your Practice—Gail Hart

What is new in midwifery? Where is the search for evidence taking us? We will look at the new research on nutrition, supplements, oxygen, protocol revision and new understanding of natural processes and alternative methods of preventing common problems such as GBS, preterm birth and preeclampsia. We will become inspired by this class, armed with evidence to really improve our practices.

10:30 am – 12:00 pm

Concurrent sessions F1–F5

### F1 ♦ The Adaptation and Emotional Healing of Postpartum—Jana Borino

Midwives and doulas have the unique opportunity to midwife the postpartum emotional process with their clients. Women have a deep need to tell their birth stories and share their thoughts as they move through this rite of passage into motherhood. This process has the potential to be an empowering healing for the individual and can even become a community-building opportunity for the mother of a new baby. Come to this session to brainstorm how midwives and doulas can get the dialogue going with their clients.

### F2 ♦ Humane Hospital Births—Kim Trout, Debra Pascali-Bonaro and Harriette Hartigan

How do we keep from compromising our values on a daily basis? “I feel the hospital eats you up and spits out the bones,” one midwife has exclaimed. A hospital is nothing more than a building with people: People are the problem. How do we bring out the compassionate part of our colleagues to make a sacred space for women to work their miracle? Plan strategies that protect and nurture women giving birth in the hospital. Study the issues, obstacles, concerns and solutions.

### F3 ♦ A Good Start to Breastfeeding—Crucial for Life—Tine Greve

After the birth you just put the baby to the breast and the rest is (breastfeeding) history. We wish it were that simple! Even though it's supposed to be this way, too many women experience breastfeeding difficulties. Learn how to prevent common breastfeeding problems through prenatal preparation, birth management and skillful breastfeeding counseling postpartum.

### F4 ♦ Turning the Breech Issue Around—Betty-Anne Daviss

The two-year follow-up to the Term Breech Trial revealed that, unlike its earlier preliminary findings, no significant difference in risk exists for the baby whether the mother had a cesarean or breech birth. While obstetricians in North America continue to deliver breeches predominantly by c-section regardless of this new finding, several centres in Europe that had chosen not to enter into the study in the first place have done their own studies which find that the safety of the two methods of birth is similar. Mothers should be allowed to have the choice of a vaginal birth. Come and see videos about the discussion and new findings in Europe about how that choice is offered.

## F5 ♦ 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.

12:00 pm – 1:30 pm

**Lunch** *Provided by Midwifery Today.*



1:30 pm – 3:00 pm

Concurrent Sessions G1-G5

## G1 ♦ Counseling in the Midwifery Way—*Harriette Hartigan*

In this session the midwifery way will be applied to counseling. As midwifery gives care that makes birth healthy, this counseling focuses on the efforts of people living the challenges of life and becoming who they were born to be. With trust in the inherent wisdom and longing to live one's potential, counseling in the midwifery way guides individuals through the lens of their own insights—to resolve tensions and problems, and to seek their possibilities. This will be an interactive session of sharing ideas and insights.

## G2 ♦ Breech Birth—*Betty-Anne Daviss, Angelina Martinez Miranda and Ina May Gaskin*

Our speakers will discuss the mechanisms of normal and stuck breech birth and techniques for handling each. These midwives have great combined experience with breech deliveries. Come and fine-tune your skills at this important class.

## G3 ♦ Is Waterbirth Saving Midwifery?—*Barbara Harper*

Is the midwife who sits by the pool and watches as the mother labors effectively in the water, breathes her baby out and encourages the mother to pick up baby by herself heralding a new way for midwives to be “with women?” How easy or difficult is it for midwives to completely give up control during second stage? This session will look at the evolution of waterbirth and how to incorporate the psychological preparation for waterbirth into every practice.

## G4 ♦ The Midwife as Community Healer—*Janice Marsh-Prelesnik*

The midwifery way of continuity of care can last a lifetime! Midwifery intelligence and care is needed long after the baby is born. Learn ways to weave natural healing modalities into your midwifery practice so that you can continue working with the families you love! Midwifery hospice care will also be discussed. From Janice: “I consider myself a Community Natural Health Care Provider. My massage and herb work are done much the same as midwifery, with home visits, individually prepared remedies made with locally grown herbs and massage that is tailored to the individual.”

## G5 ♦ Preserving Normality for High Risk Women—*Tine Greve*

Women with medical conditions that place them in a high risk group in pregnancy sometimes describe themselves being looked at as “a belly with trouble.” Learn how you, as a midwife, can provide care that includes a woman's whole being—not only her physical body but also her mind and self. She is a birthing woman with the same needs as other birthing mothers.

3:30 pm – 5:00 pm

Closing General Session

## Models that Work—*Robbie Davis-Floyd, Barbara Harper and Jan Tritten*

What is a birth model that works, and how do you know that it is working? Come and listen to Robbie present the criteria she developed for identifying birth models that work. She will describe some effective models from all over the world, including the Netherlands, New Zealand, Canada, Mexico, Guatemala and the US. She will also describe low-cost, immediate ways to humanize birth in current hospital settings in the developing world—rapid ways to create new “models that work.”

## Venue Information

**Dolce Valley Forge** • 301 W. DeKalb Pike • King of Prussia, Pennsylvania 19406  
**Telephone: (610) 337-1200 • Fax: (610) 337-2224** [www.valleyforgedolce.com](http://www.valleyforgedolce.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 **February 25, 2008**, will receive the discounted room rates listed below. After February 25, 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 February 25, 2008. A \$25.00 fee will be assessed on any early departure not verified at check-in. A credit card is needed for all incidentals. Check-in time is 4:00 pm. Every effort will be made to accommodate guests arriving before the check-in time. Luggage may be stored at the bell stand. Check-out time is 12:00 noon.

**Room Rates:** \$109.00 for a room with a king bed or two beds, and \$139.00 for a Jr. suite (1 king with pullout sofa bed). These rates do not include tax.

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, NCBTMB 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*.

Full-time students 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.

## Questions?

If you have any questions regarding the conference, please contact Kori Rodley Irons, the Conference Coordinator, at (541) 344-7438, or by e-mail at [conference@midwiferytoday.com](mailto:conference@midwiferytoday.com).

# Speaker Bios for Philadelphia 2008

**Jana Borino** is the founding Executive Director of the Florida School of Traditional Midwifery, a position she grew for 13 years. She served as Executive Director of the Birth Center of Gainesville, the oldest birth center on the east coast of the United States, for three years. Jana attended births as a midwife assistant for 20 years and served on numerous boards and committees of national, state and community-based midwifery organizations.

**Robbie Davis-Floyd, PhD**, is a cultural anthropologist specializing in medical, ritual and gender studies and the anthropology of reproduction. She lectures at childbirth, midwifery and obstetrical conferences around the world. Robbie has written over 70 articles as well as the book, *Birth as an American Rite of Passage* (1992).

**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. She holds a Bachelor of Journalism degree and an MA in Women's/Canadian Studies.

**Madeline L. Dusky, BS**, is president and director of the Touch Learning Center. After graduation from Ohio College of Massotherapy in 1988, she started private practice in New Hampshire, with a focus on pre- and postpartum care and women with fibromyalgia. In 1991 she met LomiLomi Master Aunty Margaret Machado, who introduced her to the spiritual practice of LomiLomi Hawaiian massage. In 2002, Madeline joined the integrative medical department of the Cleveland Clinic. She offers workshop/seminars in LomiLomi, prenatal massage and fibromyalgia around the country.

**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.

**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.

**Dr. R. Merrie Handfinger** graduated from the Swedish Institute for Massage in 1976 adding Shiatsu, Polarity and Reiki training. She has continued her education and is now a Chiropractor, graduating Los Angeles College of Chiropractic in 1985 and practicing a blend of Sacro Occipital and Diversified techniques in NYC.

**Barbara Harper, RN**, founder and director of Waterbirth International Resource and Referral Service, has been researching and documenting waterbirth and gentle birth since 1983. Her newest book is *Waterbirth: Embracing the Miracle*. An internationally recognized expert, she was referred to by The Oregonian as "the Billy Graham of waterbirth."

**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.

**Harriette Hartigan** brings to sight the experience of birth, guided by the awe and reverence one feels in the presence of the sacred. With thirty years as a photographer/artist and ten years as a practicing midwife, Harriette continues to make visible the power and beauty of living birth.

**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.

**Linda McHale, CPM, EMT**, has worked with the birthing community since 1976. Apprenticed trained, she became a licensed Texas midwife in 1983. She became a CPM in 1995 and is a Qualified Evaluator. Linda has served as the Fundraiser

Chair for Midwives' Alliance of North America (MANA) and is currently the region 2 representative. During her first term, she worked successfully to have New Jersey recognize the CPM credential. Believing in unity among midwives, she has taken MANA's message to as many groups as possible. Linda also has spoken at Midwifery Today conferences, birth rallies, parents' groups, MANA regionals and The Open Center. She currently attends homebirths in New Jersey, serving a diverse population.

**Angelina Martinez Miranda** is a traditional midwife living and practicing in Cuernavaca, Morelos, Mexico. She is the inheritor of three generations of midwifery knowledge: Her mother, grandmother and great-grandmother were all traditional midwives, practicing for around 40 years each. Angelina combines their wisdom with the many courses she has taken in midwifery and related subjects to keep up to date with evidence-based obstetrics.

**Jeanne Ohm, DC**, is an international lecturer, postgraduate instructor for numerous chiropractic colleges and author of many papers on pregnancy, birth, children and chiropractic. She is also Executive Coordinator and Executive Secretary for the International Chiropractic Pediatric Association and editor of its quarterly magazine. Dr. Ohm's professional mission is to provide doctors of chiropractic with the skills and motivation to take care of more pregnant mothers and children. Dr. Ohm is married to Dr. Thomas Ohm, DC. They have six children who were all born at home, not vaccinated and living drug-free, healthy lives.

**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 and midwifery 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*. Her newest project is a documentary, *An Everyday Miracle*, which looks at pregnancy, labor, birth and the first weeks with a newborn around the world. Debra is part of the leadership team of the Coalitions for Improving Maternity Services (CIMS).

**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 prenatal practice in 1980. She is the developer and instructor of the professional certification workshop "*MotherMassage®: Massage during Pregnancy*" (www.MotherMassage.Net) and the author of *MotherMassage: a handbook for relieving the discomforts of pregnancy* (Dell, 1992); *The encyclopedia of bodywork* (Facts On File, 1996); *Prenatal massage: a textbook of pregnancy, labor, and postpartum bodywork* (Mosby, 2007); *Modalities for massage and bodywork* (Mosby, pub date to be announced). She is the researcher and writer for the PBS-TV show "*Real Moms, Real Stories, Real Savvy*" and is proud to have helped organize the March 2008 Midwifery Today conference in Philadelphia, PA.

**Kim Kovach Trout, PhD, CNM**, has been caring for mothers and babies since 1980. She is currently on the faculty of Villanova University where she teaches maternal-newborn nursing. Kim is particularly interested in pursuing research regarding the normal physiology of birth.

**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.

**Jan Tritten** is the founder of Midwifery Today. She became a midwife in 1977 after the wonderful 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.

