

Midwifery Today International Conference

The Epic Journey of Midwifery & Birth



Photo by Kelley Faulkner

Bad Wildbad, Germany

22–26 October 2008

Join Us for this Global Event

Registrants from 43 countries attended in 2006

Classes Include:

Beginning Midwifery

Mexican Massage Techniques for Pregnancy and Birth

First and Second Stage Difficulties

Labor Support for Doulas and Midwives

Shoulder Dystocia

Holistic Midwifery Care

Homebirth Practice

Hemorrhage: Prevention and Management

Special Massage for Restarting Stalled Labor

Posterior Roundtables

“Medicine-based Evidence”

To read speaker bios visit:

www.midwiferytoday.com/conferences/Germany2008/

SPEAKERS

Andrea Bolz—Germany

Suzanne Colson—UK

Hilde Curinckx—Belgium

Elizabeth Davis—USA

Cornelia Enning—Germany

Ina May Gaskin—USA

Tine Greve—Norway

Barbara Harper—USA

Gail Hart—USA

Els Hendrix—Belgium

Angelina Martinez Miranda—Mexico

Michel Odent—UK/France

Marta Orbis—Denmark

Debra Pascali-Bonaro—USA

Emilio Santos Leal—Spain

Jesus Sanz—Spain

Verena Schmid—Italy

Peter Schmitz—Germany

Eneyda Spradlin-Ramos—USA

Jan Tritten—USA

Tlalie Vered Shir—Israel

Mary Zwart—Netherlands

Save with conference discounts

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See your registration form for details



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E-mail: conference@midwiferytoday.com

Tuesday Meetings ♦ No charge ♦ 21 October 2008

- 9:00 am – 12:00 pm – **European Doula meeting: Networking and Sharing**—*Debra Pascali-Bonaro*
- 2:00 pm – 5:00 pm – **European Coalition for Changing Childbirth meeting**—*Jan Tritten and Mary Zwart*
- 7:00 pm – 9:30 pm – **Class Preparation for Speakers**—*Elizabeth Davis*
Learn to bring out the best in yourself as a teacher.

Wednesday ♦ Pre-Conference ♦ 22 October 2008

9:00 am – 5:00 pm Full-day class

A1 ♦ Beginning Midwifery—*Elizabeth Davis, Cornelia Enning, Eneyda Spradlin-Ramos, Debra Pascali-Bonaro, and Mary Zwart*
This is your day to determine whether midwifery is the profession for you. You will learn the heart and joy of the calling, as well as the challenges. We will concentrate on normal, miraculous birth.

- 9:00 am – 10:00 am **The Art of Midwifery**—*Mary Zwart*
10:10 am – 11:10 am **Prenatal Care**—*Elizabeth Davis*
11:15 am – 12:15 pm **With Woman**—*Elizabeth Davis*
1:15 pm – 2:10 pm **Normal Labor Physiology**—*Mary Zwart*
2:10 pm – 3:10 pm **Emotional Issues in Labor**—*Debra Pascali-Bonaro*
3:25 pm – 4:25 pm **Anatomy of a Birth Bag**—*Cornelia Enning*
4:30 pm – 5:00 pm **Trusting Yourself to Trust Birth**—*Eneyda Spradlin-Ramos*

9:00 am – 5:00 pm Full-day class

A2 ♦ 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. Angelina will discuss positioning, remedies and customs from Mexico, with time to practice these techniques. Mexican traditional massage goes back thousands of years and 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.

9:00 am – 5:00 pm Full-day class

A3 ♦ Keeping Motherbaby the Center of Our Focus; 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.

1:30 pm – 5:00 pm—Waterbirth Workshop

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. This workshop covers all types of waterbirth and equips the midwife to recognize and manage complications.

9:00 am – 5:00 pm Full-day class

A4 ♦ First & Second Stage Difficulties—*Gail Hart and Ina May Gaskin*

Labor outcomes depend on women entering 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 rupture 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.

9:00 am – 5:00 pm Full-day class

A5 ♦ Breech Birth: Many Approaches

- 9:00 am – 10:00 am **Breech Birth Research**—*Michel Odent and Emilio Santos Leal*
10:00 am – 12:30 pm **Breech Skills**—*Ina May Gaskin, Michel Odent, Emilio Santos Leal and Angelina Martinez Miranda*
1:30 am – 5:00 pm **Breech Birth and Waterbirth**—*Cornelia Enning*

5:15 pm – 6:30 pm Open to all registrants

Christian Midwives Meeting—*Facilitated by Eneyda Spradlin-Ramos*

8:30 pm – 10:00 pm General session

Talk Story—*Gail Hart*

Thursday ♦ Pre-Conference ♦ 23 October 2008

8:00 am – 9:00 am General session

Singing with Tlalíe Vered Shir

9:00 am – 5:00 pm Full-day class

B1 ♦ Improving Your Practice with Research, Insights and Realities—*Michel Odent*

Michel will teach you how to look at birth through the eyes of a physiologist, which is a valuable asset to any midwife. In an easy-to-understand manner, he will cite important findings from many areas of research and explain how this information can affect mothers and babies, not only during birth, but also over the course of their lives. There will be time for questions and discussion following the presentation of leading-edge research and analysis of current problems.

9:00 am – 5:00 pm Full-day class

B2 ♦ Labor Support for Doulas & 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 Rs). 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 also will talk about labor support in difficult labors.

9:00 am – 5:00 pm Full-day class

B3 ♦ Midwifery Skills Update—*Gail Hart, Ina May Gaskin and Tine Greve*

9:00 am – 12:00 pm—Shoulder Dystocia

Our teachers will explain 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. Learn many tips for helping with malpresentations so birth can move forward. Bring techniques to share.

9:00 am – 5:00 pm

Full-day class

B4 ♦ Holistic Midwifery Care—Verena Schmid

The midwife is the key in the natural process of birth, and her knowledge and keen insight help women conquer their fears about birth. In this seminar about physiology, Verena will deepen your knowledge of the complex process of pregnancy, labor and birth. From a rich, holistic perspective, midwives will learn new observational tools for maintaining women in good health and preventing risks. Lecture, exercises and body work make for a dynamic, inspiring day that will help revitalize your practice.

9:00 am – 5:00 pm

Full-day class

B5 ♦ Placenta Medicine and Recipes—Cornelia Enning and Peter Schmitz

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. Teach families you care for how to make the most natural remedy from their placenta. Learn how to dry placentas. Peter Schmitz will discuss how to use the placenta in acupuncture. Come learn about this important modality. The book, *Placenta: The Gift of Life* by Cornelia Enning available from Midwifery Today, makes a perfect resource for this important class.

7:00 pm – 8:30 pm

General session

Tricks of the Trade—Facilitated by Jan Tritten, Eneyda Spradlin-Ramos and Angelina Martinez Miranda

A roundtable of pertinent tips on a wide variety of topics, from the use of herbs and preventing prolonged labor and perineal tears, to helping the slow-to-start baby and alternatives to drugs. We will do this with a concentration on globally-gleaned techniques, with a concentration on Mexico. Bring your questions and your techniques.

Friday ♦ Day One ♦ 24 October 2008

8:00 am – 9:00 am

General session

Singing with Tlalíe Vered Shir

9:00 am – 10:30 am

Opening general session

The Epic Journey of Midwifery & Birth—Jan Tritten, Elizabeth Davis, Andrea Bolz, Eneyda Spradlin-Ramos and Angelina Martinez Miranda

Birth is a trip of a lifetime. Journey with us through the positive and negative aspects of birth and learn about how it is practiced around the world. Learn where islands of strong movement and best practices exist and how you can do your part to increase the positive factors and stem the tide of negative factors.

10:30 am – 11:30 am

General session

Don't Wake the Baby!—Suzanne Colson

Traditionally it has been thought that a sleeping baby will not feed and a hungry baby will not sleep. During the first 24 hours, mothers whose babies are too sleepy to feed or who sleep too long are encouraged to gently wake the baby using alerting techniques. Suzanne has identified 20 primitive neonatal reflexes aiding latch and sustaining milk transfer. These were observed to release breastfeeding behaviours even when babies were in sleep states. Come and learn about neonatal behavioural states and how to use the sleep states to stimulate breastfeeding initiation.

1:00 pm – 2:30 pm

Concurrent sessions C1 through C4

C1 ♦ Homebirth Practice—Jesus Sanz and Marta Orbis

Explore the many benefits of and skills required for homebirth. Our teachers present different ways to provide the homebirth client with the highest standard of care. They will explore the homebirth model and why it is best for mothers and babies. They will explain how to go about setting up and maintaining a homebirth practice.

C2 ♦ Biological Nurturing, Breastfeeding and Self-Attachment—*Suzanne Colson*

Find out about biological nurturing and the BRA (Breastfeeding and Reflex Assessment), a new approach to breastfeeding initiation that is quick and easy to do. This sheds new light on variables such as neonatal behavioural state to underpin the assessment of successful breastfeeding. Come and learn more about the indicators of maternal/infant well-being from a feeding perspective.

C3 ♦ Induction Epidemic—Gail Hart and Emilio Santos Leal

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

C4 ♦ Hemorrhage: Prevention and Management—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. You will learn how to assess and deal with bleeding in a way that will increase your confidence.

2:45 pm – 4:15 pm

Concurrent sessions D1 through D4

D1 ♦ Special Massage for Restarting Stalled Labor—Verena Schmid

This is a fantastic tool to restart labor. 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.

D2 ♦ Trusting Birth—Michel Odent

What forces shape our approach to birth? Do we bring confidence and positive expectations, or fear and apprehension? We will share how we can develop the trust necessary to allow the patient unfolding of the process through the midwife/motherbaby relationship, while remaining alert and prepared for any problems or complications.

D3 ♦ Motherbaby and Interactive Birth—Cornelia Enning

Learn how interactive birth, in which the mother and baby are not separated, creates mirror neurons in both of them. Mirror neurons induce imitation and intuitive motion, which are necessary to bonding and non-verbal communication. Birth is the moment in which babies switch between inborn patterns of behavior into adaptive patterns.

D4 ♦ Posterior Roundtables—Gail Hart, Debra Pascali-Bonaro,*Jesus Sanz and Marta Orbis*

The importance of positioning, maternal sense of control and flexibility to approaches will be shared as well as how to do an early diagnosis. Prevent cesareans by understanding how to prevent and fix posterior presentations.

4:30 pm – 5:15 pm

General session

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.

5:15 pm – 6:00 pm

General session

Birth into Being; Effects of Birth on Life—Michel Odent

Pregnancy, birth and the first hour after birth have incredible impact on the mother and baby. Come learn what you can do to protect the mother and baby so an excellent beginning is facilitated. Come learn to do little.

8:00 pm – 10:00 pm

Open to all registrants

Cabaret—Michel Odent and Marta Orbis, Masters of Ceremonies

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

A tribute to Tricia Anderson will be included. We will have an open mike to tell a few stories of this amazing midwife's life.

Saturday ♦ Day Two ♦ 25 October 2008

8:00 am – 9:00 am

General session

Singing with Tlalíe Vered Shir

9:00 am – 10:00 am

General session

Medicine-based Evidence—*Gail Hart and Emilio Santos Leal*

Jan Tritten explains: “I was at a conference in Mexico when I heard this mistranslation of ‘Evidence-based Medicine.’ It resounded so much with me that I knew we had to cover this important subject.” So much research is poorly done, old or manipulated. We will cover the double standard applied to subjects such as midwifery and alternative therapies. Included will be medicine as pseudoscience and medical myths posing as research.

10:00 am – 10:25 am

General session

Freedom to Practice the True Art of Midwifery—*Ina May Gaskin*

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.

10:30 am – 12:00 pm

Concurrent sessions E1 through E4

E1 ♦ Woman-centered Care for Challenging Cases—*Tine Greve, Hilde Curinckx and Els Hendrix*

To be effective we try to keep the woman the center and focus of holistic care. Women who are considered high-risk are more likely to feel vulnerable. If a woman can be helped to feel safe she will undoubtedly have a better birth experience. During this class we will discuss how we can provide a better birth experience to women at high risk.

E2 ♦ Prenatal Care to Prevent Complications—*Gail Hart and Elizabeth Davis*

The relationship between midwife and client helps create a trusting birth experience. Learn how women’s bodies function differently when trust exists. Learn the heart of care during the prenatal period. Gail and Elizabeth will explain how to prevent birth complications by helping women achieve physical, emotional and spiritual well-being.

E3 ♦ Pain and Pleasure in Birth; Alternatives to the Standard**Pain Relief Menu**—*Barbara Harper*

Is birth always painful? Can birth be an orgasmic experience? Follow the neurological and psychological path of pain interpretation and learn useful techniques to assist women in moving from pain to pleasure.

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 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?

1:30 pm – 3:30 pm

General Session

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

Fear and PROM (Premature Rupture of Membranes)—*Emilio Santos Leal***Student-centered Midwifery Education**—*Elizabeth Davis***Ten Steps to Mother-friendly Care**—*Mary Zwart***Examination of the Newborn**—*Suzanne Colson***Natural Second Stage**—*Barbara Harper***Birthing Women, Sacred Ground**—*Eneyda Spradlin-Ramos***Birth Abuse**—*Gail Hart***Establishing Homebirth Practice**—*Jesus Sanz and Marta Orbis***Breastfeeding Success in Norway**—*Tine Greve***Labor Support**—*Debra Pascali-Bonaro***Prepare in Pregnancy, and Birth Goes Well**—*Verena Schmid***Breech in Water**—*Cornelia Enning***Singing in Labor**—*Tlalíe Vered Shir***Holistic Care for Women with Complications**—*Hilde Curinckx and Els Hendrix***Rebozo Use**—*Angelina Martinez Miranda***Cord Prolapse**—*Ina May Gaskin*

4:00 pm – 5:00 pm

General session


Biological Nurturing, Breastfeeding and Self Attachment—*Suzanne Colson*

Find out what biological nurturing is. Learn more about Suzanne’s original research and ideas that will revolutionize the field of breastfeeding support. Gain knowledge of leading edge research.

Sunday classes continued on page 6 ➡

Please Print

Registration Form

Continued on page 5 

Name		Telephone and Fax	
Address		E-mail	
City	State/Province	Zip/Postal Code	Country

① What excites you about this conference? _____

② How did you hear about this conference? _____

③ Do you give permission for Midwifery Today to release your name and address to fellow registrants? ☐ yes ☐ no

④ Please tick off each day of the conference you will attend:

- ☐ Wednesday Pre-Conference—22 October 2008
☐ Thursday Pre-Conference—23 October 2008
☐ Friday Conference—24 October 2008
☐ Saturday Conference—25 October 2008
☐ Sunday Conference—26 October 2008

⑤ Please tick off each class you will attend. Select one class from each set of concurrent sessions offered on the days you will attend. For example, if

you will attend the conference on Friday, you need to select one class from C1 through C4 and also one class from D1 through D4. Class descriptions can be found in the conference program.

Wednesday Pre-Conference—22 October 20089:00 am – 5:00 pm ☐ A1 ☐ A2 ☐ A3 ☐ A4 ☐ A5**Thursday Pre-Conference—23 October 2008**9:00 am – 5:00 pm ☐ B1 ☐ B2 ☐ B3 ☐ B4 ☐ B5**Friday Conference—24 October 2008**1:00 pm – 2:30 pm ☐ C1 ☐ C2 ☐ C3 ☐ C42:45 pm – 4:15 pm ☐ D1 ☐ D2 ☐ D3 ☐ D4**Saturday Conference—25 October 2008**10:30 am – 12:00 pm ☐ E1 ☐ E2 ☐ E3 ☐ E4**Sunday Conference—26 October 2008**11:00 am – 12:30 pm ☐ F1 ☐ F2 ☐ F3 ☐ F42:00 pm – 3:30 pm ☐ G1 ☐ G2 ☐ G3 ☐ G4

Payment and Refund Policies

Payment by cheque: If you pay by cheque or money order, make it payable to Midwifery Today. Payment must be made in Sterling, Euros, or U.S. funds. If a draft is returned for any reason, including non-sufficient funds, you will be charged a processing fee equal to 10% of the draft amount.

Payment by credit card: All credit cards will be charged in U.S. dollars at the listed U.S. prices. We cannot make any guarantee of exchange rate. All fees for fund conversion are the responsibility of the payer.

Payment by bank transfer using Euro prices below:

Midwifery Today, Inc., account at:
HSBC Bank plc, 60 Queen Victoria St, London, EC4N 4TR England
Account number: GB06 MIDL 4005 1557 1644 96
BIC code: MIDLGB22

Important: Include registrant name(s) with funds transfer.

Note: The sender is responsible to pay any bank fee charged for the transfer.

Refunds: No refunds will be given after **12 September 2008**. A processing fee equal to 30% of the amount paid will be deducted from any refund given on or before this date.

How to Determine Conference Prices

- Prices do not include meals, transportation or overnight accommodations. Look up your price in the table at the bottom of this page.
- By registering early, you become eligible for reduced conference prices. The early registration deadlines are 3 June 2008 and 31 July 2008. Prices are shown in the table below for each deadline. Payment must be made by deadline to be eligible for reduced prices.
- If you are eligible for one of the special discounts described on the registration form below, tick the appropriate box and adjust the prices as directed.

How to Submit Registration and Payment

- Please read and complete both sides of this form. Then make a photocopy for your records.
- You may mail this form with your payment in Sterling, Euros or U.S. funds to Midwifery Today. If you pay by credit card or bank transfer, you may fax this form to Midwifery Today. ****Credit cards will be charged in U.S. dollars.**** You may also register by phone or e-mail. (Do not send credit card details by e-mail.) Use the addresses and telephone numbers at the bottom of this page.

3. Registrations must be received **in office** at Midwifery Today no later than 10 October. If you cannot mail your registration early enough for it to be received prior to 10 October, please register at the conference.

Hotel

Bad Wildbad Hotels—Booking Service Reservation Office:

Telephone: +49 7081 10280

Fax: +49 7081 10290

E-mail: touristik@bad-wildbad.de

Post: **Touristik Bad Wildbad GmbH**

Postfach 10 03 26, 75314 Bad Wildbad, Germany

Hotel cancellations: Cancel before 31 August 2008 to avoid charge.

A blank reservation form will be mailed with your conference confirmation.

Location of Conference

The Kurhaus does not have sleeping rooms.

KURHAUS

Kuranlagenallee 8

75323 Bad Wildbad, Germany

Tel. during conference (for urgent use only): +49 7081 303265

Continuing Education

A certificate of attendance will be provided to each participant. No U.S. CEUs will be provided.

Disclaimer

Midwifery Today, Inc., cannot be held responsible for natural disasters, labor strikes, acts of war or other events that may cause the conference to be rescheduled. Midwifery Today, Inc., reserves the right to postpone the conference to another time, date, and, if necessary, location. In the event of a conference postponement no refunds will be issued. Registrants can transfer their fees toward any other Midwifery Today conference.

Midwifery Today, Inc., reserves the right to substitute teachers and/or classes. The views and opinions expressed by teachers are their own and may not represent the views and opinions held by Midwifery Today, Inc., and its staff members.

Getting to the Conference

By air: International Airports of Frankfurt (FRA, 160 km) and Stuttgart (STR, 60 km).

Arrival at Frankfurt: Take train to Karlsruhe, then to Pforzheim. In Pforzheim, take Shuttle-Train "S6" to Bad Wildbad.

Arrival at Stuttgart: Take Shuttle-Train Stuttgart Main Station, then to Pforzheim and in Pforzheim change to Shuttle-Train "S6" to Bad Wildbad.

Other airports: Munich (MUC, 220 km, Railway to Pforzheim), Zurich (ZRH, 230 km, Railway to Pforzheim)

By car: Take Highway A8, Exit "Pforzheim West." Follow signs to Bad Wildbad.

Please indicate if you qualify for one of the following discounts:

- ☐ I qualify for the student discount: Full-time students who register for *three or more days* take 20% off when you submit proof of student status with your registration.
- ☐ I am a subscriber: *Midwifery Today* subscribers take 10% off when you register. Subscription may be started at time of conference registration, but it must be current at the time of registration to qualify for the discount. *Midwifery Today* magazine is an English language publication. Student discount does not apply to subscription prices.

Postmark on or before:	3 June 2008			31 July 2008			10 October 2008 (in-office deadline)		
1 day	\$150	€105	£75	\$160	€115	£80	\$170	€125	£85
2 days	\$300	€210	£150	\$320	€230	£160	\$340	€250	£170
3 days	\$400	€275	£200	\$425	€300	£210	\$450	€325	£220
4 days	\$550	€380	£275	\$585	€415	£290	\$620	€450	£305
5 days	\$590	€420	£300	\$620	€460	£320	\$650	€500	£340

Walk-ins welcome. Please contact Midwifery Today for availability.

Payment ☐ Cheque in U.S. dollars ☐ Cheque in Euros ☐ Cheque in Sterling
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†Please select the price in U.S. dollars when you pay by credit card.

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 20% student discount ()
 30% subscriber and student discount ... ()
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Billing Address (as it appears on the credit card bill)	
Signature	

You may be shocked by the video clips that support this concept. Study the supporting evidence for biological nurturing.

5:00 pm – 6:30 pm

General session

Physiology of Second Stage—*Verena Schmid*

Verena 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.

8:30 pm – 10:00 pm

Open to all registrants

Entertainment in the Water Pool—*Facilitated by Cornelia Enning and Tlalí Vered Shir* (you need a spa pass; €8 for a single day, €30 for five days)

Besides inviting you to sing, we ask you to bring something to make sound with. Make sure the items are unbreakable and won't damage the pool. This evening promises to be filled with beautiful sounds.

Sunday ♦ Day Three ♦ 26 October 2008

9:00 am – 10:45 am

General session

The Epic Journey of Birth Change—*Jan Tritten, Barbara Harper and Debra Pascali-Bonaro*

We will explore some of the many changes we have made and are making. What are your ideas for making changes in the way birth is happening in the world?

Visions and Dreams for Birth Change—*Jan Tritten*

You are needed as a birth change agent, wherever you are studying, practicing or teaching. 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.

Global Efforts—*Barbara Harper*

We have much to learn from midwives around the world. We will share techniques, systems, and political and educational ideas that will help each of us further the midwifery model in our sphere of influence. We can make changes for the better with knowledge of global possibilities. Learn about the places and projects Barbara has been working on.

Media and Doulas—*Debra Pascali-Bonaro*

Media is a powerful influence in change. Debra will share her experiences in creating an independent documentary, *Orgasmic Birth*, as a way to touch people around the world with positive and thought provoking ideas. As a doula trainer, she also sees doulas as change agents who have the ability to make change one birth at a time, both for the woman and her family and also as an interface with the health care system and providers. With images and ideas, Debra will challenge you to work toward your dreams to enhance or change birth in your community.

11:00 am – 12:30 pm

Concurrent sessions F1 through F4

F1 ♦ Is Waterbirth Saving Midwifery?—*Barbara Harper*

Is the midwife who sits by the pool and watches the mother labor effectively in the water and breathe her baby out, and encourages the mother to pick up baby by herself heralding a new way for midwives to be “with women”? This session will look at the evolution of waterbirth and how to incorporate the psychological preparation for waterbirth into every practice.

F2 ♦ Fear and Preventing Birth Anxiety—*Verena Schmid*

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.

F3 ♦ Success in Breastfeeding—*Tine Greve and Suzanne Colson*

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. Learn how to prevent common breastfeeding problems through prenatal preparation, birth management and skillful breastfeeding counselling postpartum.

F4 ♦ Breech Birth—*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. Fine-tune your skills at this important class.

2:00 pm – 3:30 pm

Concurrent sessions G1 through G4

G1 ♦ Keeping Birth Normal—*Ina May Gaskin*

Keeping birth normal is the biggest challenge in childbirth today. Learn how nutrition, love, communication, continuity of care, intervention and other factors can affect the normal birth process.

G2 ♦ 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.

G3 ♦ The Psychology of Birth—*Emilio Santos Leal*

Anxiety is a simple word, but psychology is a complicated concept. Psychology of birth is about not just anxiety, but much more. Psychology of labor and psychology of birth are multifactorial processes with many subtleties. Let's put together our scientific knowledge and our experiences as professionals to explore these processes from a practical point of view.

G4 ♦ Massage Techniques—*Eneyda Spradlin-Ramos and Angelina*

Martinez Miranda

Angelina, a midwife with a vast knowledge of traditional Mexican massage, and Eneyda, a licensed massage therapist and US midwife, are your teachers. They will explain why massage is essential for pregnant and birthing women and show you how to do several types. Time for practice will be included. They will discuss the importance of healing touch as a loving and safe remedy for the pregnant and laboring body.

3:30 pm – 4:30 pm

General session

Techniques from Mexico—*Angelina Martinez Miranda*

Observing cultural traditions and their impact on pregnancy and birth is fascinating. 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. Angelina teaches traditional midwifery practices in a way that helps you improve your own practice. Take Mexican techniques back to your practice.

4:30 pm – 5:00 pm

Closing general session

Continuing the Epic Journey of Midwifery and Birth—*Barbara Harper and Jan Tritten*

Through photos and words we will conclude our time together with an inspiring presentation. We will sing together in a closing circle.

♦ **Monday, 27 October 2008, is Aquababies Day. Register at the conference or e-mail Cornelia Enning at hebinfo@gmx.de.**

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