

MIDWIFERY TODAY CONFERENCE

Eugene, Oregon • April 5–9, 2017

“The Heart and Science of Birth”



Great Teachers!

- Melissa (Missy) Cheyney
- Carol Gautschi
- Angelina Martinez Miranda
- Penny Simkin
- Jill Cohen
- Carol Gray
- Marion Toepke McLean
- Maryl Smith
- Elizabeth Davis
- Gail Hart
- Fernando Molina
- Eneyda Spradlin-Ramos
- Robbie Davis-Floyd
- Hermine Hayes-Klein
- Sister MorningStar
- Suzanne Thomson
- Anne Frye
- Chandler Marrs
- Ann Olsen
- Jan Tritten

Great Classes!

- Midwifery Skills—Two full days
- Using Gentle Tools (Our Hands) for Ideal Positioning
- Using Rebozo in Prenatal Care
- Research in Midwifery
- Healing Trauma through Physiological Birth
- Shoulder Dystocia
- Hemorrhage and Estimating Blood Loss
- And many more!

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The Heart and Science of Birth

We would love for you to attend our conference in Eugene, Oregon. Our theme is “The Heart and Science of Birth.” It is so nice to have this conference in our hometown. The first conference we held in Eugene was back in 1992; midwifery has changed a lot since then, even though birth physiology has not! So much science has come forth, especially in the past five years, that supports what we midwives have been promoting since time began. Finally, the world of science is backing us up. For this conference, we plan to present a lot of that science while retaining the heart and soul of midwifery and birth.

The program we have tailored for you is a very rich assortment of classes and activities that will help you in your birth work. We have classes on

midwifery skills, research and rebozo. This is definitely an event you don't want to miss! Midwifery Today is always about learning new information, improving skills and offering insight and inspiration. We hope you will go home completely refreshed and ready to serve motherbaby.

We have a special gift for anyone who signs up for three or more days: a beautiful book by Harriette Hartigan, *Brought to Earth by Birth*. Harriette is a midwife and talented birth photographer.

Toward better birth,



Wednesday • April 5, 2017 • Pre-Conference

9:00 am – 5:00 pm

Choose one full-day class: A1 – A4

A1 • Midwifery Skills, Part 1—*Carol Gautschi, Eneyda Spradlin-Ramos, Anne Frye, Suzanne Thomson, Maryl Smith and Fernando Molina*

Note: Two-part class, A1 and B1; you may sign up for one or both days. Midwifery is an art that requires practical thinking, information, a strong intuitive sense and emotional understanding. Learn how all these elements combine and work together creating a firm foundation of good care.

Establishing Client Relationship (9:00 am – 10:00 am)—*Suzanne Thomson*
Relationships between midwife and client help create trusting birth experiences, with different outcomes in care by standard OBs and attentive midwives. Women's bodies function differently when trust exists; bonds between mother and child are affected by bonds the midwife and mom share.

Waterbirth and Using Water in Labor (10:00 am – 11:00 am)—

Carol Gautschi

We will explore the many benefits and ways of using water in birth and discuss its unique properties—psychological as well as physical. Waterbirth is an option for a woman to give birth undisturbed and with dignity and helps to create transitional ease for both mother and baby. Attending births in water is a joy.

Understanding Zika and Its Effects on the Baby (11:00 am – 12:00 pm)—

Maryl Smith

Come learn the newest research on the how the Zika virus is affecting mothers and babies.

Miraculous Beginnings (1:15 pm – 2:45 pm)—*Fernando Molina*

Miraculous Beginnings is a celebration of pregnancy and birth where moms and dads have the once-in-a-lifetime opportunity to be conscious participants in this miraculous creative process. When parents, together with their midwife or other health care provider, celebrate the gift of conceiving, schooling in the womb and delivering a child, we all become part of this magical process. From this perspective, pregnancy and birth are what they are meant to be—a joyful and sacred event where mom, baby and dad actively participate in the miracle of creation.

Pelvic Anatomy (2:55 pm – 4:25 pm)—*Anne Frye*

On a good day, female pelvic soft-tissue anatomy is a confusing and overwhelming topic of study. This is because, historically, descriptions and nomenclature have varied so widely among sources and the area is extremely difficult to depict in two-dimensional drawings. The recent availability of technologies that allow examination of the tissues in healthy

living subjects has revealed a wealth of new information regarding the actual anatomy, which, in many cases, differs greatly from the established teachings. However, this exciting new and more accurate information is still largely absent from textbooks and classrooms. Anne will help you peek inside the pelvis, revealing parts that are (and aren't) there, how they work together and, most importantly what they look like. A discussion of clitoral anatomy and the levator ani complex will be included.

Self-care for Birth Practitioners (4:30 pm – 5:00 pm)—

Eneyda Spradlin-Ramos

Learn to maintain personal relationships in your birth profession and balance that with your family responsibilities.

A2 • Two half-day classes with Elizabeth Davis (You must sign up for both.)

Physical Exam and Prenatal Assessments in the Holistic Model of Care

(9:00 am – 12:00 pm)—*Elizabeth Davis*

Elizabeth will present classic physical exam and prenatal assessment skills in the holistic model, with attention to making these assessments valuable experiences for both client and practitioner. Beyond physical, emotional and psychological evaluations, holistic care personalizes these by putting the woman in charge of articulating her health status. Learn valuable tools for doing this while assessing a woman's well-being head to toe, with particular focus on obstetrical and gynecological functioning.

Pelvimetry and Its Application in Labor (1:30 pm – 5:00 pm)—

Elizabeth Davis

This session will feature hands-on practice of the endangered art of pelvimetry with instruction on how to use this skill appropriately. We will explore its relevance in terms of psychological preparation for birth, promoting labor progress, correcting malpresentations, and assisting breech birth. Take advantage of this opportunity to acquire or refine a skill increasingly hard to come by in most midwifery training settings. Note that pelvimetry practice requires participation in a small group setting.

A3 • Mexican Traditions and Techniques—

Angelina Martinez Miranda

Midwifery in Mexico is an ancient profession which continues to be practiced in most Mexican rural areas, with techniques going back thousands of years. Angelina will discuss and demonstrate traditional positioning, remedies, techniques and customs. We will learn about how to use a rebozo in all parts of the childbearing cycle to prevent and deal with complications and to promote healthy pregnancy and birth. This course will add greatly to your knowledge with time for hands-on practice under Angelina's watchful guidance. Bring a rebozo if you have one.

A4 • Two half-day classes with Sister MorningStar and Gail Hart (You must sign up for both.)

Basic Disaster Birth Support (9:00 am – 12:00 pm)—*Sister MorningStar and Gail Hart*

This training is designed by midwives to prepare members of a community to assist women in labor and birth during emergency conditions when transport to a hospital is not an option. Learn what to do and what not to do to help a woman when emergency conditions prevent her from reaching her planned site for birth. EmerGently guides and brochures will be available. What CPR is for hearts, Basic Disaster Birth Support (BDDBS) is for birth!

Newborn First Breaths (NFB) (1:30 pm – 5:00 pm)—*Sister MorningStar and Gail Hart*

Mothers are critical and superior contributors in helping with baby's first breaths, even for slow-to-start babies. Western medicine often forgets about the humanity of the newborn and the mother. Remembering the humanity of the newborn and understanding the natural physiology of newborn and maternal transition upon birth is a hallmark of midwifery knowledge and experience. Learn five distinct and observable maternal behaviors that assist in newborn first breaths. Learn what to do and what not to do that gives every baby the best chance for a gentle transition from womb to room air as their first breaths.

5:30 pm – 7:00 pm

Open to all registrants

Christian Midwives Meeting—*Eneyda Spradlin-Ramos and Carol Gautschi, facilitators*

All are welcome.

Thursday • April 6, 2017 • Pre-Conference

9:00 am – 5:00 pm

Choose one full-day class: B1 – B4

B1 • Midwifery Skills, Part 2—*Elizabeth Davis, Gail Hart, Sister MorningStar, Marion Toepke McLean and Eneyda Spradlin-Ramos*
Note: Two-part class, A1 and B1; you may sign up for one or both days. Midwifery is an art that requires practical thinking, information, a strong intuitive sense and emotional understanding. Learn how all these elements combine and work together creating a firm foundation of good care.

Village Prenatals (9:00 am – 10:30 am)—*Sister MorningStar*

Village prenatals, like elephant circles, have a sole purpose: Women in the community gather out of selfless service to support and encourage the instinctual life of pregnant women who are trying to birth in power against a modern current of fear and an environment of perpetual interventions. We are there to shower them with village attention and support and to bathe them in the sense of belonging and being cherished.

Collaborative Care with Survivor Clients (10:45 am – 12:00 pm)—*Elizabeth Davis*

Having trauma survivors as clients can be challenging. This talk will discuss how best to promote clients' healing and autonomy, with the understanding that a team effort of multiple professionals may necessary for complete care. Ways to build an effective network that respects participants' expertise and client confidentiality will be explored at length, with an emphasis on the client as the prime coordinator of her care.

Labor Dystocia (1:15 pm – 2:30 pm)—*Marion Toepke McLean*

Set the stage for good births in prenatal care. Learn to identify your own risk criteria. Learn to look, listen, know and act to prevent problems.

Develop ways to inform and educate your clients about complications. Review the midwife's role before, during and after transport. Learn about how to handle specific complications as they arise.

Understanding Preeclampsia (2:30 pm – 3:30 pm)—*Gail Hart*

The puzzle of preeclampsia is finally being solved. Learn the latest theories of how preeclampsia develops, new criteria to detect the condition, and how to discern between the various hypertensive states of pregnancy. Knowing more about these puzzling conditions can help us identify those at risk, reduce the incidence, and improve outcomes.

Birth and the Human Future (3:30 pm – 4:30 pm)—

Marion Toepke McLean

Pregnancy and birth affect the future of mother and baby and therefore society. Evidence from the microbiome studies, including studies on behavioral implications of the hormones at birth and on the "opening" of the amygdala with the human gaze, suggest that birthing practices influence mother, baby and their culture long term. Come and learn the latest research on this important topic.

Turning Fear into Trust in the Birthing Woman (4:30 pm – 5:00 pm)—

Eneyda Spradlin-Ramos

Women's fear is one of the big dilemmas facing normal birthing in Western society. Eneyda will share ways of helping women turn fear into trust. This is an important component of the art of midwifery.

B2 • Breech—*Suzanne Thomson, Angelina Martinez Miranda and Carol Gautschi*

These teachers are very experienced in breech birth and bring many years of experience to share with you. They will present the mechanism of breech, discuss the most current breech research, and show you basic and advanced breech skills including handling breech complications.



Photo by Patti Ramos

This full day of classes offers you plenty of time to get all of your questions answered. A special topic these teachers will address is breech birth in water. New research shows it may be beneficial by improving fetal oxygenation by increasing uterine blood supply during immersion. Breeches need no special maneuvers because water alters the effects of gravity. Mobility of the mother in water allows better interaction of the baby through the pelvis and any maneuvers that may be required are easier in water. Come and fine-tune your skills at this important workshop.

B3 • Using Gentle Tools (Our Hands) to Help Babies Assume Ideal Positions for Birth—Carol Gray

We have all heard the stories. “The labor was long and then we had the cesarean.” “My pelvis was too small.” “The baby was too big.” These are actually the stories of the babies who got stuck in mom’s pelvis in a “wonky” position long before birth and who couldn’t get born normally. There is a lot we can do in advance to help these babies – if we know what to do and start early enough. When babies have room to move they will naturally assume ideal positions to facilitate a timely, efficient labor and a normal birth. I will teach gentle techniques for assessing and releasing restrictions in the maternal abdomen, pelvic floor, lower segment of the uterus and uterine suspensory ligaments. This presentation is part anatomy lesson (using slides, anatomical models and our own bodies), part demonstration and part hands-on practice.

B4 • Keeping Birth Normal: Fostering the Mind-Body-Spirit Connection among Mother, Baby, Birthplace and Birth Team—Penny Simkin

This workshop is largely based on the upcoming revision of Penny’s “Labor Progress Handbook,” and explores numerous factors that contribute to the physical and psychological well-being of mother and

baby as they prepare for and go through labor and birth. We’ll talk about the environment; parents’ mastery of comfort measures; parents’ understanding of the birth process; emotional and physical needs and how to meet them; how and when to intervene and when to leave well enough alone; taking the trauma out of transfer; and more. We will rehearse techniques to enhance comfort and labor progress. Wear comfortable clothing and bring a rebozo and other favorite comfort items to share.

8:00 pm – 10:00 pm

General session

Roundtables

Learn from the combined experience of these teachers and the other participants. Always informative, sometimes heart wrenching, roundtables are a unique opportunity to share. Rotating into three different groups, the registrants meet for three different classes. Choose three of the following topics.

New Ideas for Solving Shoulder Dystocia Issues—Sister MorningStar

All You Wanted to Know about Baby Heads—Carol Gray

Cherokee Wisdom—Maryl Smith

Orgasmic Birth—Elizabeth Davis

Children at Birth—Penny Simkin

Midwifery and the Law—Hermine Hayes-Klein

Midwifery and Faith—Ann Olsen

Uncommon Complications—Fernando Molina

Tear Prevention and Management—Carol Gautschi

Using Social Media in Midwifery and Birth—Eneyda Spradlin-Ramos and Jan Tritten

Getting Started with Research—Missy Cheyney

Breech Birth Overview—Suzanne Thomson

Birth Models That Work: Standing the Test of Time—Robbie Davis-Floyd

Diseases that Affect Childbirth in Sub-Saharan Africa—

Marion Toepke McLean

Bridging the Gap between Home and Hospital—Jill Cohen

Transition of the Newborn—Anne Frye

Rebozo Practice—Angelina Martinez Miranda

Friday • April 7, 2017 • Conference Day One

9:00 am – 10:00 am

Opening general session

The Heart and Science of Birth—Jan Tritten, Marion Toepke McLean and Eneyda Spradlin-Ramos

Scientific data proves midwives help to keep birth safer for mother and baby. “Evidence-based practices” can improve birth outcomes by helping mother remain the center of her birth. Learn the science that supports midwifery methods such as “skin-to-skin contact,” physiological pushing, optimal positions for labor, delayed cord clamping and family bonding. Why do newborns and their mamas seek each others eyes in that profound gaze of the early hours of life? Research evidence on communicating through eye contact throughout the life will be shared. Midwives use their heads and their hearts!

10:00 am – 11:30 am

General session

Deconstructing Modern Illness: Idiopathic versus Iatrogenic—Chandler Marrs

What if everything we know about health and disease is wrong? More often than not, our definitions of health have been guided by external forces and systems of thought that are inherently biased, even though they claim the objectivity of science and evidence. These biases not only impact our views on what is considered healthy versus what is not, but in many ways, these biases define what questions are acceptable



Photo by Patti Ramos

to ask. This talk will explore how we know what we think we know about modern health and illness and ask whether current practices, particularly in women's health, are not causing more disease processes than they solve.

11:30 am – 12:30 pm

General session

Research on the Science of Birth—Missy Cheyney

In this session, Missy will review the state of birth science and evidence-informed practice for a variety of midwifery client sub-groups. Her presentation will highlight the newest data on safety and relative risk for: women laboring after cesarean, older than average women, women of size, and women carrying twins or presenting breech. Missy will conclude with some reflections on contextual and clinical ethics and shared decision-making in higher risk births.

12:30 pm – 2:30 pm

 Lunch option

Friday Lunch Social

Come and connect with your fellow conference attendees and speakers for a lovely lunch that will surely refuel you not only through nourishment but also through networking. The light fare will include soup, salad and a choice of three delicious sandwiches. Vegetarian options will be available. \$15 for conference registrants, \$25 for non-registrants, payable with conference registration. Seating is limited so we advise advance registration, as there may be no payments taken at the door.

2:30 pm – 4:00 pm

Choose one: C1 – C4

C1 • Newborn Babies Need Love, Microbes and Stress—

Fernando Molina

According to emergent scientific disciplines, we know the following: Newborn babies need maternal love; this need has been ignored for thousands of years (routine separation of mother and babies, delayed initiation of breastfeeding, etc.). Newborn babies are supposed to be colonized by friendly microbes that immediately educate their immune system; until recently all microbes were considered enemies. The stress induced by uterine contractions has a positive role to play in the development of human beings; until recently the word “stress” had an exclusively negative connotation.

C2 • Using Rebozo in Prenatal Care—Angelina Martinez Miranda

Identify and examine the clinical, psychological, emotional and spiritual aspects of prenatal care, in the traditional Mexican style. We will learn many “new” old ways of prenatal care. As with all prenatal care, the goal is to have a healthy baby and birth. We will learn some unique ways to facilitate great outcomes in our own practices. We will learn the skills needed to offer rebozo techniques to many of our clients.

C3 • Research in Midwifery—Missy Cheyney

Do you have a research question you have always wanted to be able to answer? Do you secretly like statistics or feel like you would be good at ethnographic writing? During this session, Missy will discuss ways you can get involved in cutting-edge midwifery research. From serving as a content expert on an ongoing project to designing your own original research module, Missy will cover the basics of getting started. From submitting human subjects review protocols, to funding, publication and graduate school, find out how you can be part of a growing body of research that is helping to reshape US maternity care.

C4 • Prolonged Labor—Gail Hart

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 progress. Learn methods to help detect the pathological labor from the simple prolonged labor. What is the myth and reality? How long is “too long” and how do we know the difference between too long and normal?

4:15 pm – 5:45 pm

Choose one: D1 – D4

D1 • Tradition and Profession: A Blend That Works—

Robbie Davis-Floyd and Angelina Martinez Miranda

This session will focus on bringing our traditions into the modern world. These teachers draw on a rich tapestry of birth in traditional cultures, weaving in midwifery knowledge with Robbie's studies of many cultures of midwifery and birth. Robbie and Angelina strive to come up with the best possible blend, always considering each woman unique. Their great love of that process is sure to kindle your passion for birth.

D2 • Healing Birth Trauma for Mother and Midwife—

Penny Simkin

Approximately one woman in four describes her child's birth as traumatic, which may interfere with long-term mental health and relationship with family members, including the baby. This also appears to be true even for people who plan out-of-hospital birth. Penny will explore the debilitating effects of birth trauma on the mother and family, and discuss prenatal, intrapartum and postpartum indicators of risk for postpartum PTSD and preventive strategies. Penny will report relevant research findings on this condition and discuss ways to minimize its negative impact on midwives, doulas and others who attend out-of-hospital births.

D3 • Mythology in Midwifery and Obstetrics—Gail Hart

Many busy birth practitioners find it difficult to keep up with new research and even more difficult to separate fact from myth. Let's look at the newest data, information and research and update our knowledge about some common issues. What's the “real deal” about postdates, fetal testing, active management of labor or third stage, probiotics, vitamin supplementation, anti-hemorrhage medications and more? Every birth practitioner seeks to do The Right Thing. But how do we know what the right thing is when the definitions, protocols and recommendations are constantly shifting?

D4 • Twins—Suzanne Thomson

Suzanne 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. The “how to” as well as the telling of amazing birth stories is a gift of this highly-experienced midwife.

5:45 pm

Open to all registrants

The Power of Women book signing by Sister MorningStar

8:00 pm – 10:00 pm

Open to all registrants

Tricks of the Trade—Eneyda Spradlin-Ramos and Jan Tritten

Share the techniques you've perfected in your practice or bring your burning questions to this roundtable of pertinent tips on a wide variety of topics. Previous sessions have included facilitating effective contractions, dealing with prolonged labor, preventing perineal tears, helping the slow-to-start baby and holistic first aid. This is always a much-appreciated session, for its sense of sisterhood as well as its information. “Worth at least two weeks of academic training,” said one participant.

9:00 am – 10:30 am

General session

Best Beginnings: Homebirth, Midwifery and the Microbiome—*Penny Simkin*

The more we learn about the human microbiome and its lifetime impact on the health of parents, their infants and even future generations, we recognize even more benefits to homebirth and midwifery care than we suspected even five years ago. The fast-growing understanding of how microbes affect human health and disease is the result of the Human Microbiome Project, which was established in 2008. Penny will discuss findings from microbiome research that have implications for maternity care, and examine “microbiome-friendly” and “microbiome-challenging” practices.

10:30 am – 12:00 pm

General session

Do You Feel Safe as a Midwife or Doula?—Hermine Hayes-Klein*and Missy Cheyney*

Women need to feel safe, in order to safely give birth. But don't providers need to feel safe and supported themselves, in order to create a safe environment for their clients' labor and birth? This session will use participatory exercises to unpack the reasons why midwives can feel unsafe as they do their work to support women in childbirth. We will also explore strategies for moving midwifery toward a place where all midwives can feel secure and supported in their work.

1:30 pm – 3:00 pm

Choose one: E1 – E4

E1 • Posterior Arrest—Elizabeth Davis

Not all babies in posterior positions experience an arrest during labor. Discover why some babies pass through the pelvis just fine, and why others get stuck at the inlet. Learn about hands-on maneuvers for addressing posterior arrest that are non-invasive and available to anyone, as well as internal repositioning maneuvers that every midwife should know. Case histories will be presented, and special circumstances explored.

E2 • Malpresentations—Angelina Martinez Miranda

Angelina, using Mexican rebozo, will show us methods for prevention of malpresentation. She will teach how to use your hands to identify the lie of the baby and how to identify different types of presentations. Angelina will present rebozo techniques to resolve problems. Techniques for labor and pre-labor will also be covered. Hands-on practice will be included. Bring a rebozo if you have one.

E3 • Do You Feel Safe as a Midwife or Doula?—*Hermine Hayes-Klein and Missy Cheyney*

Building on information in the general session of the same title earlier this day, Hermine and Missy will follow up in this small group session with those who need more help and information on this important subject, including legal challenges. This session will use participatory exercises to unpack the reasons why midwives may feel unsafe as they do their work to support women in childbirth. We will also explore strategies for moving midwifery toward a place where all midwives can feel secure and supported in their work.

E4 • Group B Strep and Vaginal Health—Gail Hart

Do you know the new CDC recommendations for reducing group B strep (GBS) infections and how these recommendations affect your practice? How can we best protect our clients while balancing protocols and individual care? The antibiotic prophylaxis is only one method to reduce strep infections. Let's examine the evidence, as a

key to understanding optimum vaginal health and reducing the risk of infection and protecting the Microbiome.

3:30 pm – 5:00 pm

Choose one: F1 – F4

F1 • A Recent History of American Midwifery: What Your Pioneering Predecessors Did to Give You the Chances You Have Today—Robbie Davis-Floyd

Drawing on the results of her 10 years of research on American midwifery, published in *Mainstreaming Midwives: The Politics of Change* (2006), Robbie will describe the development of nurse-midwifery and direct entry midwifery in the United States, and the creation of two direct entry certifications, the Certified Midwife and the Certified Professional Midwife. She will also examine the complexities, political strife and efforts at resolution that have characterized the evolution of midwifery in America.

F2 • Shoulder Dystocia—Gail Hart

Do you know that the clues of the impending development of shoulder dystocia can help us actually prevent its occurrence? Gail will discuss the mechanical and physical causes of shoulder dystocia; the associated risk factors; the symptoms and signs to predict it; how to prevent it; and how to remedy it. She will analyze tools and methods used to overcome panic reactions and demonstrate effective treatments.

F3 • Beyond Captivity: Birth Intelligence, Not Intellect—*Sister MorningStar*

There is an innate intelligence that guides and protects the complex unfolding of birth. In captivity something of that intelligence is lost. Bring your questions and experience and together we will discover how to realign with the fierce intelligence, beyond the intellect, that seeks to protect the body, mind and soul of motherbaby in any setting, any circumstance, and any culture. We plan to rediscover the secrets of nature that bring birth and long-term well-being to motherbaby. Birth is the beginning of everything else.

F4 • Breaking Off Our Engagement with Engagement—Or, Let's Drop the Idea of Dropping!—Carol Gray

In this session Carol will make a compelling argument for an idea that is not mainstream—even among radical homebirth midwives. The baby who can't descend into mom's pelvis and get born presents a problem. The baby who drops deeply into mom's pelvis and stays there long (days, weeks or months) before the onset of labor presents an even bigger problem. Babies know how to position themselves for birth. They ought to be able to bob in and out of mom's pelvis until labor begins. When they drop down and stay there it's because they are stuck. In this session Carol will show the anatomy and the biomechanics of this problem and describe the aftermath, which may include torticollis, plagiocephaly, breastfeeding difficulties, scoliosis, cesarean birth, inductions, etc. She will also give some resources for how we can help.

5:15 pm – 6:30 pm

General session

The Power of Ritual: How People Think, What They Believe and Why—Robbie Davis-Floyd

This presentation will explore the nature and uses of ritual in rites of passage and in daily life, with special emphasis on its roles in engendering belief, enhancing courage, effecting healing, and transforming individual consciousness. In the medical realm, ritual takes on special importance. It defines appropriate procedure, indicates proper training and competence, and serves as an essential buffer against the fear of dealing with out-of-control natural processes. Ritual's courage-enhancing and habituating effects can be used wisely in medicine.

Jenaguru Full Moon Marimba

For the past six Eugene conferences, participants have enjoyed this high energy and entrancing Zimbabwean marimba music. Come dance, sway, stomp and sing with this marimba band from Kutsinhira Cultural Arts Center in Eugene.

Sunday • April 9, 2017 • Conference Day Three

9:00 am – 10:15 am

General session

The Deeper Physiology of Birth: Intuition, Entrainment, Bonding and Healing—Elizabeth Davis

In ways we are only now beginning to appreciate, the physiology of birth enhances intuitive abilities in both the mother and her supporters. Heightened oxytocin levels prompt bonding among all members of the birth team, including care providers. This deep level of connection/entrainment supports the emerging family, but it can also pose problems for birth attendants who lack effective techniques for processing difficult births or other personal traumas. Parents and practitioners alike need tools for healing so that the culture of birth and family may reach its highest growth potential.

10:30 am – 12:00 pm

Choose one: G1 – G4

G1 • Combatting Fear in Midwifery and Birth—Sister MorningStar and Elizabeth Davis

Fear in pregnancy and birth can have many consequences for both the family and health care provider. This class will help you define, understand and move through the fear that confronts us. Learn ways of helping women, including midwives and doulas, free themselves from the cycle of fear and pain in order to experience the miracle of birth.

G2 • How the Moments of Birth Affect the Future—*Fernando Molina and Marion Toepke McLean*

Each birth is unique and the motherbaby relationship sets the pattern for much of life. Respect for the dyad and nurturing the natural process of birth can bring optimal health. Physiological birth is the secret to lifelong health.

G3 • Newborn Assessment and Care—Anne Frye

Sharpen your skill in handling the newborn. Learn how to assess and then how to handle newborn complications, including how and when to transport. Anne's classes are always evidence-based and full of updated information.

G4 • Integrating Normal Birth into Hospital Setting—Jill Cohen

Many women desire hospital births. They are unaware of the institutional demands and interventions waiting for them. By being personable, attentive and informative, we, as nurses, midwives, doulas, doctors and family, can help to keep the birth family centered with less intervention. Learn ways to work within the hospital while maintaining birth integrity. Review common concerns in hospital settings that can create a cascade of interventions. Talk about ways to bridge the gaps between home and hospital when transport is necessary.

1:30 pm – 3:30 pm

Choose one: H1 – H4

H1 • Prenatal Care to Prevent Birth Complications—*Carol Gautschi*

The relationship between midwife and client helps to create a trusting birth experience. Learn about how women's bodies function differently when trust exists. Learn about the heart of care during the prenatal

period and how that affects the birth. Learn about how good nutrition can prevent complications. Birth complications can be prevented by helping women achieve physical, emotional and spiritual well-being.

H2 • Homeopathy for Pregnancy and Birth—Ann Olsen

Join Ann as she offers an introduction to the history and science of homeopathy, including a brief explanation of how remedies are prepared and the meaning of the varied potencies. We will explore some of the most common remedies and their effective uses in pregnancy, birth, postpartum and newborn care.

H3 • When the Healer Is Healing, Too—Maryl Smith

This class is uniquely designed for midwives, doulas and other birth practitioners who desire to develop deeper self-awareness of the ways their own life trauma impacts their care for others. It is for those who are looking for effective methods that will assist them in guiding clients through the healing journey while their own heart is healing. Although the focus will be on sexual abuse, this content can be applied to emotional, physical or spiritual abuse, domestic abuse, neglect, social marginalization, abandonment and even recent birth trauma as a care provider. In short, anyone can benefit from the content.

H4 • Hemorrhage and Estimating Blood Loss—Gail Hart

It is important to understand the full process of third stage and to facilitate the delivery of the placenta correctly. Let's look at the evidence and learn techniques used where routine oxytocics are not accessible and which render the need for pharmaceuticals rare. Gail will explain how to assess and deal with bleeding in a way that will increase your confidence—by actually estimating with real blood in and on different materials such as on pads and in water. She will also talk about using the placenta, cord and membranes for hemorrhage control.

3:45 pm – 5:00 pm

General session

Embracing the Heart and Science of Birth—Fernando Molina and Robbie Davis-Floyd

We need to preserve and protect normal birth while maintaining balance with what is lifesaving and available in each birth situation. Our attempt to strive for this balance affects how we care for birthing women, and is guided by the heart and science of birth. Let heart and science walk hand-in-hand.

5:00 pm – 5:30 pm

Closing general session

Closing words and singing circle

Let's unite for the benefit of motherbaby, families and each other.



Conference Location and Accommodations

Hilton Eugene and Conference Center

66 E. 6th Avenue, Eugene, Oregon 97401

Tel: +1-541-342-2000 or 800-937-6660 • Fax: +1-541-342-6661

The conference will be held at Hilton Eugene and Conference Center. The hotel—the location of the 2015 conference—is in the center of Eugene's downtown district. Located just off the I-5 corridor, the hotel is adjacent to the Hult Center for the Performing Arts, 12 miles from the Eugene airport and minutes away from the University of Oregon. Within walking distance of the hotel, you will find numerous excellent restaurants and the Fifth Street Public Market. Guests benefit from many amenities and services, including complimentary round-trip shuttle to and from the airport. Guestroom key allows access to the indoor pool and exercise facility.

Hotel Price and Booking: Registrants who call the Hilton Eugene directly at +1-541-342-2000 or 800-937-6660 by **March 20, 2017**, will receive the discounted rate. (Discounted rooms may be limited, so book early for best results.) Reservations made after this date are subject to space and rate availability. **You must mention the booking code MWF in order to receive the discounted room rate** of \$124.00 for a standard single/double room or \$144.00 for a standard triple/quad room. No more than four people are allowed in a room. All rooms are subject to state and local taxes (currently 10.5%) per room per night. Group rates will be extended two days prior and two days following the conference dates, based on availability. The hotel accepts requests for room types (e.g., kings, queens) at the time of reservation; however, they cannot guarantee their availability upon arrival.

You can also reserve your room online here: hilton.com/en/hi/groups/personalized/E/EUGEHHF-MWF-20170403/index.jhtml?WT.mc_id=POG

Hotel cancellation: Any reservation cancelled within 7 days of arrival will be charged one night's room and tax. There is an early departure fee of \$75.00. To avoid the fee guests must advise the hotel at or before check-in if they need to check out early.

Parking at the Hilton Eugene: Hotel guests in the Midwifery Today group will receive complimentary overnight hotel self-parking. For attendees not staying at the Hilton Eugene, parking fees are \$2.00 per hour up to \$17.00 maximum per day, valet service is \$22.00 per day and oversize vehicles are \$75.00 per day (based on availability).

Continuing Education Units: ACNM, MEAC and the Oregon Board of Naturopathic Medicine (OBNM) speciality credits will be applied for. 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 recording 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 child care.

Travel Information: Staying at the Hilton Eugene makes the most sense if you are traveling from outside the area, because conference days are long, and it's fun to relax with other participants at the end of the day.

Directions to the Hilton Eugene and Conference Center:

By Car: Driving north or south on Interstate 5, take exit 194B. Go west for about one mile; take Exit 1. Merge left and follow signs to "City Center/U of O." Get into the right lane, cross the river and then take the downtown exit for The Hult Center/6th Avenue. Get in the left lane. Hilton Eugene will be one block ahead on your left. The entrance to the underground parking lot is just past the hotel's main entrance.

By Amtrak: The train station is just two blocks from Hilton Eugene. From the station, walk south to 6th Avenue. The hotel will be across the street, to your left.

By Airplane: Eugene is serviced by Alaska, Allegiant, American, Delta and United airlines.

How to Save on Conference Prices:

You can receive a discount of up to \$90 on your conference fees by registering early. You can receive an additional discount of up to \$75 by subscribing to *Midwifery Today* magazine.

Tuition-paying 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 on pages 9 and 10 for complete details on conference pricing.

Questions? If you have any questions regarding the conference, please contact Oriona Turner, Conference Coordinator, at +1-541-344-7438, or by e-mail at conference@midwiferytoday.com.

SUBSCRIBE TO MIDWIFERY TODAY—and SAVE on conference fees!



Subscribe on the registration form or online:
midwiferytoday.com/magazine

Midwifery Today Subscription Prices (includes shipping)

One Year (4 issues)	Two Years (8 issues)
US \$55	US \$105
Canada \$68	Canada \$131
Other International \$75	Other International \$145



Midwifery Today Conference Registration Form

“The Heart and Science of Birth”

Hilton Eugene and Conference Center • Eugene, Oregon • April 5–9, 2017

Please Print

Name			Certification number (if applying for CEUs)	
Street Address			Telephone Number	
City	State or Province	ZIP or Postal Code	Country	E-mail Address

1. How are you involved in birth?

- Direct entry midwife
 Licensed midwife
 Certified nurse-midwife
 Registered nurse
 Midwife Educator
 CPM
 Naturopath
 Childbirth educator
 Student midwife
 Aspiring midwife
 Doula/LA
 Other _____

2. How many births have you attended? _____ 3. How did you hear about this conference? _____

4. What excites you about this conference? _____

5. Do you give permission for Midwifery Today to release your contact information to fellow registrants? yes no

6. Please place a check mark beside each day of the conference you will attend.

- Wednesday Pre-Conference
 Thursday Pre-Conference
 Friday Conference
 Saturday Conference
 Sunday Conference

7. Please place a check mark beside 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 one class from D1 through D4. Class descriptions can be found in the conference program.

Wednesday Pre-Conference—April 5, 2017

9:00 am–5:00 pm A1 A2 A3 A4

Thursday Pre-Conference—April 6, 2017

9:00 am–5:00 pm B1 B2 B3 B4

Friday Conference—April 7, 2017

2:30 pm–4:00 pm C1 C2 C3 C4

4:15 pm–5:45 pm D1 D2 D3 D4

Saturday Conference—April 8, 2017

1:30 pm–3:00 pm E1 E2 E3 E4

3:30 pm–5:00 pm F1 F2 F3 F4

Sunday Conference—April 9, 2017

10:30 am–12:00 pm G1 G2 G3 G4

1:30 pm–3:30 pm H1 H2 H3 H4

Subscribe to *Midwifery Today* Magazine and Save up to \$75 on Conference Prices!

Subscribers to *Midwifery Today* are eligible for reduced conference prices. If you are not currently a subscriber, you can obtain registration discounts by subscribing at this time:

- I am already a subscriber to *Midwifery Today*.
 I want to subscribe/renew now.

To subscribe now to *Midwifery Today*, please check one box below and enter the dollar amount on the “subscription price” line at the bottom of the next page. (Note that a two-year subscription is your best value.)

- One year, US (\$55)
 One year, Canada (\$68)
 One year, all other international (\$75)
 Two years, US (\$105)
 Two years, Canada (\$131)
 Two years, all other international (\$145)

Register Early and Save up to \$90

Registration deadlines: By registering early you become eligible for reduced conference prices. The early registration deadlines are November 21, 2016, and February 6, 2017. Prices are shown in the table below. Registrations must be received **in office** at Midwifery Today no later than March 22, 2017. If you cannot mail your registration early enough for it to be received on or before March 22, 2017, please register at the conference.

Register by mail, phone, fax, e-mail or online: The prices you pay are determined by the postmark on the envelope in which you return your registration form. If you register by telephone, fax, e-mail or online, the date Midwifery Today receives your communication will be deemed to be the postmark date.

How to Determine Conference Prices and CEU Fees

- Prices do not include transportation, meals or overnight accommodations. Look up the price in the table at the bottom of this page.
- Note that the table shows discounted prices for those who register early and for those who are subscribers to *Midwifery Today*.
Students who pay tuition who register **for three or more days** may deduct 30% when they submit, with their registration, proof of their full-time student status. [The student discount does not apply to CEUs, lunch or subscriptions.] Enter the prices that apply to you on the lines provided at the bottom of this page.
- Please pay your CEU fees at this time: \$10 per day for ACNM, MEAC and the Oregon Board of Naturopathic Medicine. Enter the total amount on the line provided at the bottom of this page.
- You may mail this form with your payment in US funds to Midwifery Today. If you pay by credit card, you may fax this

form to Midwifery Today. You may also register by phone or e-mail (do not send credit card details by e-mail). Use the contact information at the bottom of this page. To register online: midwiferytoday.com/conferences/Eugene2017

Payment and Refund Policies

Payment by check or money order: If you pay by check or money order, make it payable to Midwifery Today. Payment must be made in US funds.

Refund and Cancellation Policy: If you cannot attend the conference after you have registered and sent in your payment, you must call the office and let us know on or before the cancellation date. You will be refunded the amount you paid minus 30% for processing. **The cancellation date for the conference is February 20, 2017. No refunds after this date.**

Your records: Please read and complete both sides of this form. Be sure to keep a copy for your records.

Notices

Changes to the program: Speakers, classes or other details may change. We recommend that prior to registering you check our website for changes:
midwiferytoday.com/conferences/Eugene2017/updates.asp

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.

* No discounts apply to subscriptions, CEUs or lunch.	Walk-in registrants are always welcome. Just pay when you arrive.					
	Postmark on or before November 21, 2016		Postmark on or before February 6, 2017		March 22, 2017 (in office deadline)	
	Subscriber	Non-subscriber	Subscriber	Non-subscriber	Subscriber	Non-subscriber
1 day	\$130	\$145	\$140	\$155	\$150	\$165
2 days	\$260	\$290	\$280	\$310	\$300	\$330
3 days	\$335	\$380	\$360	\$405	\$385	\$430
4 days	\$455	\$515	\$490	\$550	\$525	\$585
5 days	\$575	\$650	\$620	\$695	\$665	\$740

Conference price	\$ _____	Method of payment:	<input type="checkbox"/> Check	<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard	<input type="checkbox"/> Discover
Student discount (30%)*	\$(_____)		<input type="checkbox"/> Cash (For walk-in registrants. Please do not mail cash.)			
Subscription price*	\$ _____	Card number	_____ Exp. date _____			
CEU fees* Please select: <input type="checkbox"/> ACNM <input type="checkbox"/> MEAC <input type="checkbox"/> OBNM	\$ _____	Name on card	_____			
Friday Lunch Social Registrants \$15/Non-reg. \$25	\$ _____	Billing address	_____			
		(as it appears on credit card bill)	_____			
TOTAL	\$ _____	Signature	_____			

Eugene 2017 Speaker Biographies

Melissa (Missy) Cheyney, PhD, CPM, LDM, is Associate Professor of Clinical Medical Anthropology at Oregon State University (OSU) with additional appointments in Public Health and Women, Gender, and Sexuality Studies. She is also a Certified Professional Midwife in active practice, and the Chair of the Division of Research for the Midwives Alliance of North America where she directs the MANA Statistics Project. She is the author of an ethnography entitled *Born at Home* along with several peer-reviewed articles that examine the cultural beliefs and clinical outcomes associated with midwife-led birth at home.

Jill Cohen lives in Mill City, Oregon, with two of her four children. After 20 years as a lay midwife she returned to school to become an RN. She is currently working in a small rural hospital as a primary OB nurse.

Elizabeth Davis, CPM, is a renowned expert on women's issues. She has been a midwife, women's health care specialist, educator and consultant since 1977. She is internationally active in women's rights and lectures widely on midwifery, sexuality and women's spirituality. She is co-founder of the National Midwifery Institute, Inc., a three-year, MEAC-accredited, apprenticeship-based midwifery program leading to licensure in California. She is the author of the classic *Heart and Hands: A Midwife's Guide to Pregnancy and Birth*.

Robbie Davis-Floyd, PhD, Senior Research Fellow, Dept. of Anthropology, University of Texas Austin, and Fellow of the Society for Applied Anthropology, is a medical anthropologist specializing in the anthropology of reproduction. Robbie lectures at childbirth, midwifery and obstetrical conferences around the world. Robbie has written over 80 articles and the book *Birth as an American Rite of Passage* (2004).

Anne Frye, a midwife since 1979, devotes her full-time attention to writing and publishing textbooks for the midwifery community, among them *Understanding Diagnostic Tests in the Childbearing Year*, *Healing Passage, A Midwife's Guide to the Care and Repair of the Tissues Involved in Birth*, and *Holistic Midwifery, Volumes I & II*. Most recently she produced a video and accompanying software entitled *Understanding Female Pelvis Anatomy in 3D* incorporating the latest knowledge of the complex soft tissues in this area. Anne holds an independent study BA degree in Holistic Midwifery.

Carol Gautschi, CPM, LM, has attended homebirths since 1978 and has worked as a Traditional Holistic Midwife on Washington's Olympic Peninsula since 1979. For her first 25 years Carol served as an unlicensed midwife. Her teaching style is unique because in addition to teaching the nuts and bolts of her subject, she emphasizes the unseen or intuitive realm of birth. She fosters the importance of the midwife relationship not just with the mom, but with the baby as well.

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

Gail Hart graduated from a midwifery training program as a Certified Practical Midwife (CPM) in 1976. She has held a variety of certifications over the years. She is now semi-retired and no longer maintains her license, but still keeps active with a small community practice. Gail is interested in ways to holistically incorporate evidence-based medical knowledge with traditional midwifery understanding.

Hermine Hayes-Klein is an American lawyer and the director of the Bynkershoek Research Center for Reproductive Rights in The Hague, the Netherlands. In 2012 she organized the "Human Rights in Childbirth" conference in The Hague. Hermine now lives in Portland, Oregon, with her husband and two young sons who were born at home in Holland. Her work now focuses on legal issues surrounding childbirth, including the defense of midwives.

Chandler Marrs, MS, MA, PhD, is the founder and CEO of Lucine Health Sciences, a health research company focused on understanding

medication and vaccine adverse reactions; *Hormones Matter*, an online community health journal and direct-to-patient research platform; and the recently launched Heal with Friends, a social health site, using social communities to find solutions for complex illness and medication reactions. As a graduate student, prior to venturing into the private sector, she founded and directed the UNLV Maternal Health Lab to conduct clinical and Internet-based research on maternal health and mental health.

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.

Marion Toepke McLean, CNM, attended her first birth as primary midwife in August 1971. She received her nursing degree from Pacific Lutheran University in 1966 and her midwifery and family nurse practitioner degree from Frontier Nursing Service in 1974. From 1976 through 2001 she did home, clinic and hospital births, while also working as a family nurse practitioner. In 1980 she taught a year-long program for local midwives, returning to Frontier Nursing Service to teach during the summer.

Fernando Molina is a family physician, male midwife and prenatal educator from Venezuela. He now lives in Eugene, Oregon, where he works as a Traditional Midwife with Eugene's renowned Midwife Anita Rojas, doing exclusively homebirths. He also teaches "Magical Beginnings," a comprehensive prenatal course designed to embrace the soul, mind and body for a happy pregnancy and birth, where mom, dad and baby are the protagonists. Fernando dedicates much time for research on the latest information in epigenetics and the microbiome.

Sister MorningStar has dedicated a lifetime to the preservation of instinctual birth among native people. She was raised in the Ozark Mountains within the influence of Cherokee traditions. She has helped thousands of wimyn find empowerment through instinctual birth. She is the founder of a spiritual retreat center and author of several books related to instinctual and spiritual living.

Ann Olsen, LM, CPM, practices at a birth center, "The Birthing Inn," in Tacoma, Washington, and at home. She has used homeopathy in her practice since 2003. She graduated from Seattle Midwifery School in 2003.

Penny Simkin, PT, is a physical therapist who has specialized in childbirth education since 1968. She estimates she has prepared over 9000 women, couples, and siblings for childbirth. She has developed a counseling approach for pregnant survivors of sexual abuse, described in the book which she co-authored with Phyllis Klaus.

Maryl Smith, CPM, LDM, has an active homebirth practice and has been catching babies since 1984. Over the years she has cared for women from over 18 different nations, worked in two free-standing birth centers and taught as adjunct staff at Birthingway College of Midwifery. Her passion is supporting trauma survivors during the perinatal experience.

Eneyda Spradlin-Ramos, BA in Human Resources, Licensed Massage Therapist, 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 homebirth, breastfeeding and homeschooling issues since 1990.

Suzanne Thomson has been a licensed midwife since 1996, serving the VBAC, twins and breech community, as well as the community of families at large, in the state of Washington. She loves training and mentoring the next generation of midwives, teaching and training abroad as well as at home, and volunteering her time in underserved countries in the area of maternity care. She is passionate about protecting and preserving the sacredness of birth on Earth.

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



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The Heart and Science of Birth

Eugene, Oregon • April 5–9, 2017

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- Jill Cohen
- Elizabeth Davis
- Robbie Davis-Floyd
- Anne Frye
- Carol Gautschi
- Carol Gray
- Gail Hart
- Hermine Hayes-Klein
- Chandler Marrs
- Angelina Martinez Miranda
- Marion Toepke McLean
- Fernando Molina
- Sister MorningStar
- Ann Olsen
- Penny Simkin
- Maryl Smith
- Eneyda Spradlin-Ramos
- Suzanne Thomson
- Jan Tritten

**See page 11 inside for speaker biographies.*



And... Great Classes!

- Midwifery Skills—Two full days
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- Hemorrhage and Estimating Blood Loss
- Shoulder Dystocia
- Healing Trauma through Physiological Birth
- And many more!

See pages 2–7 inside for a complete listing of classes and descriptions.

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