

MIDWIFERY TODAY CONFERENCE

Harrisburg, Pennsylvania • April 23–27, 2014

“Out of Many, One: Unity in Midwifery”



Inspiring Speakers!

- Mary Cooper
- Betty-Anne Daviss
- Robbie Davis-Floyd
 - Carol Gautschi
 - Diane Goslin
 - Gail Hart
- Sister MorningStar
 - Jeanne Ohm
- Debra Pascali-Bonaro
- Eneyda Spradlin-Ramos
- Angelina Martinez Miranda
 - Elaine Stillerman
 - Jan Tritten
 - Gail Tully
- Karen Webster
- Heidi Yanello

Informative Classes!

- Spinning Babies
- Midwifery Skills
 - Breech Skills
 - Uncommon Complications
- Optimal Fetal Positioning
 - And many, many more!

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Mail: P.O. Box 2672, Eugene, OR 97402 USA
Tel: +1-541-344-7438 or 800-743-0974 (U.S./Canada)
Fax: +1-541-344-1422
E-mail: conference@midwiferytoday.com

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Photo by Sophia Williams—www.sophiabirth.com

Welcome to the Harrisburg, Pennsylvania, Conference!

We are delighted to invite you to our 2014 Harrisburg conference. This year's theme is "Out of Many, One: Unity in Midwifery." One of the main driving forces in our conferences, as all attendees know, is the desire for connection with other birthworkers. It is the sharing of our passion, our skills and our joy that inspires us to come together. Regardless of the long, exhausting hours we sometimes work, what legislation may be passed or what rules may sometimes affect our practice, we still have the strength and love of our sisters and brothers to hold on to and keep us motivated to overcome any challenges.

This theme reminds me of a wonderful flier Jan passed out at the Eugene Summit, The Persecution of Midwives as a Human Rights Issue, prior to the Eugene 2013 conference. On it was an illustration of geese flying in a group. Geese have to fly in groups in order to travel for long

distances, as their closeness to each other reduces wind resistance. If one falls, two others will stay with it until it is again ready to fly. These birds know instinctively what to do, and we know as well. When we fly together, we fly better, and we are able to stay aloft. Regardless of where we practice, who we are and the myriad of experiences we've had, we are all unified by our calling: to improve the lives of motherbaby and families everywhere.

In the spirit of this calling, we've put together an impressive collection of classes taught by dynamic teachers, as well as some after-hours social time to connect with other attendees. Please stretch out your wings and consider joining us at this exciting conference!

Andrea Goldman

Midwifery Today Conference Coordinator

Wednesday • Pre-Conference • April 23, 2014

8:30 am – 4:30 pm

Full-day class

A1 • Midwifery Issues and Skills—*Diane Goslin, Mary Cooper and Carol Gautschi*

These classes are designed to improve and enhance your midwifery skills and knowledge. This is a great class for beginning and advanced midwives.

VBAC (8:30 am – 10:00 am)—*Diane Goslin and Mary Cooper*
Help create beautiful experiences for families.

Prenatal Care for Well-being (10:10 am – 11:10 am)—*Carol Gautschi*
Learn how to evaluate and nurture the emotional, physical and psychological well-being of pregnant and birthing women. Learn about nutrition and the heart of care and how that affects the birth.

Freedom from Fear (11:15 am – 12:15 pm)—*Mary Cooper and Diane Goslin*
This is for all birth attendants, especially those helping with twins, breech and VBAC.

Care for Mothers with Miscarriage (1:15 pm – 2:30 pm)—*Diane Goslin*
Diane will cover how to help mothers deal with miscarriage without the need for going into hospital.

The Initial Interview (2:40 pm – 3:30 pm)—*Carol Gautschi*
Learn important elements of the first visit.

Twin Birth (3:30 pm – 4:30 pm)—*Mary Cooper and Diane Goslin*
Our teachers have extensive experience with twin birth. They will discuss strategies for safe twin birth, including positioning, time of delivery, premature delivery and avoiding postpartum hemorrhage, as well as special aspects of prenatal care.

9:00 am – 5:00 pm

Full-day class

A2 • Spinning Babies Workshop—*Gail Tully*—**Sorry; this class is full.**
Learn to spot a long labor before labor begins and turn it around to a shorter labor. This course goes beyond Optimal Fetal Positioning with the 3 Principles of Spinning Babies: Balance, Gravity and Movement in pregnancy and labor. We will compare anterior and posterior fetal position, practice labor progress techniques appropriate to the level of descent, and learn to tell whether a cesarean is needed or just more time. Fewer cesareans/fewer transports may be possible now. Dress comfortably because we practice on the floor. "When I took Gail's class

I knew we had to have this amazing teacher join us in Midwifery Today conferences."—Jan Tritten. Please bring massage tables if you have any available. **Due to popularity, this class is also being offered post-conference, Monday, April 28.*

9:00 am – 5:00 pm

Full-day class

A3 • Beginning Midwifery—*Carol Gautschi, Sister MorningStar, Heidi Yanello and Eneyda Spradlin-Ramos*

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

Prenatal Care for Well-being (9:00 am – 10:00 am)—*Carol Gautschi*
Learn how to evaluate and nurture the emotional, physical and psychological well-being of pregnant and birthing women. Learn about nutrition and the heart of care during the prenatal period and how that affects the birth.

The Art of Midwifery (10:10 am – 11:10 am)—*Sister MorningStar*
Help create beautiful experiences for families.

Normal Labor Care (11:15 am – 12:30 pm)—*Sister MorningStar*
Learn the essence of midwifery care in labor and what to look for as labor progresses. At this time of birth care we can truly facilitate normalcy.

Emotional Issues in Pregnancy, Labor and Birth (1:30 pm – 2:30 pm)—*Sister MorningStar*

This session will help the caregiver understand the effect that emotions have in the outcome of labor. We will learn about predictable stress points in labor and offer concrete suggestions for psychological and physiological methods to improve the birthing woman's ability to handle labor.

Anatomy of a Home Birth Bag (2:30 pm – 3:30 pm)—*Heidi Yanello*
Learn what to carry in your homebirth birthkit and why. Tricks and techniques for normal birth will be discussed.

With Woman (3:40 pm – 4:30 pm)—*Sister MorningStar*
Learn how we can really be "with women."

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

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

8:30 am – 4:30 pm

Full-day class

A4 • Clinical Issues in Birth Care—*Gail Hart and Angelina Martinez Miranda*
Come improve your practice with wisdom on these important care issues.

Shoulder Dystocia (8:30 am – 12:00 pm)

Gail and Angelina will discuss the mechanical, physical and emotional causes of shoulder dystocia. They will analyze methods, demonstrate effective treatments, and look in-depth at maneuvers to predict and correct it. They will discuss how to quickly deal with this type of dystocia when it occurs and how to enlist the help of the mother to deliver her child in an atmosphere of calmness and strength. This class goes far beyond traditional teaching of shoulder dystocia.

Malpresentations: How to Diagnose and Correct (1:30 pm – 4:30 pm)

Learn about the myths and realities of this issue. Identify different types of malpresentations, the factors associated with them, and discover techniques for assessing and dealing with them. You will learn many tips for helping with malpresentations and malrotations so labor can progress and birth be achieved. Bring your techniques to add to this body of midwifery knowledge.

5:30 pm – 7:00 pm

Open to all registrants

Christian Midwives Meeting—*Eneyda Spradlin-Ramos*

All are welcome.

Thursday • Pre-Conference • April 24, 2014

9:00 am – 5:00 pm

Full-day class

B1 • Midwifery Skills—*Robbie Davis-Floyd, Carol Gautschi, Gail Hart, Sister MorningStar and Eneyda Spradlin-Ramos*

These classes are designed to improve and enhance your midwifery skills and knowledge. This is a great class for beginning and advanced midwives.

Income Issues in Midwifery (9:00 am – 10:00 am)—*Carol Gautschi*

Learn skills to survive as a midwife.

Clinical and Emotional Issues in Labor (10:10 am – 11:10 am)—*Gail Hart*

We will learn ways to stem the tide of emotional issues in labor while paying close attention to what may be clinical rather than emotional.

Homebirth Emergencies—The Trouble with Transport

(11:15 am – 12:15 pm)—*Robbie Davis-Floyd*

What Davis-Floyd has called “fractured articulations” often result during home-to-hospital transport, in which the worlds and worldviews of homebirth midwives and their clients collide with the hospital world and its dominant, technocratic world view.



Photo by Wanda Walker

Counseling for Positive Outcomes (1:30 pm – 3:10 pm)—

Sister MorningStar

The way we express our knowledge and power in words is as important to the well-being of the childbearing family as how we use our hands. A woman during pregnancy, birth and early motherhood is especially vulnerable to both the negative and healing effect of our words. Dialogue can assist us to make the most of our words as we nurture women and families and honor the sacredness of birth.

Intuition and Protocol: Where Do the Two Meet? (3:25 pm – 4:25 pm)—

Sister MorningStar

Midwives have used intuition to make decisions for years. In this workshop, we will discuss techniques for developing your intuition and guidelines for knowing when to consult, refer or transport.

Trusting Yourself to Trust Birth (4:30 pm – 5:00 pm)—

Eneyda Spradlin-Ramos

Learn how we can develop the trust necessary to allow the patient unfolding of the birth process, while remaining alert and prepared for any problems or complications.

9:00 am – 5:00 pm

Full-day class

B2 • Breech Skills—*Angelina Martinez Miranda, Jeanne Ohm, Diane Goslin, Betty-Anne Daviss, Carol Gautschi, Gail Tully and Mary Cooper*

We will begin this workshop with a discussion of how to prevent and turn breech babies. This class will also address the skills needed when attempts at turning don't work, and the parents and midwife decide to do a vaginal or home breech birth. Although breech birth is not for beginners, everyone is welcome in this class because you never know when one will surprise you. You will be exposed to ideas on using waterbirth for breech.

Preventing Breech Birth (9:00 am – 10:00 am)—*Jeanne Ohm*

Jeanne will help us with some insights from chiropractic practice.

Introduction to Breech (10:10 am – 11:10 am)—*Gail Tully*

We will discuss how to identify the signs of a safe breech vs. signs of dystocia, and how to determine when it is too late for transport. The benefits of upright breech, resolving breech shoulder dystocia and head entrapment will be presented. Does “hands-off-the-breech” really mean us? Videos and photos will help illustrate techniques.

The Absolute Necessity of Knowing Breech as a Midwife

(11:15 am – 11:45 am)—*Carol Gautschi*

Although breech birth is not for beginners, everyone is welcome in this class because you never know when one will surprise you.

Difficulties and How-to's of Safely Handling Breech (1:00 pm – 2:15 pm)—

Mary Cooper, Diane Goslin and Angelina Martinez Miranda

We will cover palpation skills, estimating fetal weight, amniotic fluid, and how to communicate with the baby through touch and words. We will cover basic skills including the hands-off approach and how to handle problems while staying calm. Frank, footling and complete breech will be discussed, as well as cord prolapse, fetal heart tones and recognizing intrauterine growth restriction (IUGR) and other complications of breech presentation.

Breech Roundtables (2:20 pm – 4:00 pm)—*Mary Cooper, Diane Goslin,*

Betty-Anne Daviss and Angelina Martinez Miranda

These intimate roundtables give the participant a chance to dialog with each teacher individually. Learn what factors may lead to breech presentation and when external version is contraindicated. 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.

Wrap Up, Questions and Breech Birth Stories (4:10 pm – 5:00 pm)—

All teachers



9:00 am – 5:00 pm

Full-day class

B3 • Comfort Techniques for Midwives and Doulas—*Debra Pascali-Bonaro*

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

9:00 am – 5:00 pm

Full-day class

B4 • Releasing the Pelvis—Elaine Stillerman

This hands-on class will use myofascial release, muscle energy technique, trigger point release, strain/counterstrain, Swedish massage and other appropriate modalities to free the pelvis of musculoskeletal restrictions which may prevent fetal engagement, slow labor, and cause discomfort. These modalities will be explained, demonstrated and practiced in class. Particular attention will address the lower lumbar muscles (erectae spinae and quadratus lumborum) and their relationship to the cervical spine, the iliopsoas, piriformis and other hip rotators, and other pelvic structures. Midwives and doulas will be amazed at the ease with which these hand-saving techniques work and how easily they can be adapted to a variety of birth positions. Please bring a pillow, lubrication, one flat sheet and one towel.

7:30 pm – 9:30 pm

Open to all registrants

Karaoke—Elaine Stillerman

All are welcome.

9:30 pm – 11:00 pm

General session

Talkstory—Gail Hart and Sister MorningStar

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.

Friday • Conference Day One • April 25, 2014

9:00 am – 10:20 am

Opening general session

Out of Many, One: Unity in Midwifery—Jan Tritten, Eneyda Spradlin-Ramos, Angelina Martinez Miranda, Mary Cooper and Debra Pascali-Bonaro

If we have a spirit of unity and working together, we can get further into the ideal of a normal, powerful birth for all mothers and babies. We all have important roles to play whether we are a Certified Nurse-midwife, a Certified Professional Midwife, an unlicensed midwife or doula or supporter of motherbaby. Unity among midwives of all types is the only way to secure our future. We must tackle the issues together. We need to acknowledge the excellent attributes different midwives bring to our calling. Let's strategize about how to work together with respect to further midwifery and family-centered care.

10:30 am – 11:30 am

General session

Thousands of Babies, Thousands of Ways—Diane Goslin,*Mary Cooper, Sister MorningStar and Angelina Martinez Miranda*

These midwives share their calling, their vision and their wisdom from over a century of combined experience. Hear their stories and learn from their practical advice.

1:00 pm – 3:00 pm

Concurrent sessions C1 through C4

C1 • Physiological Transition: A New Form of Resuscitation—*Betty-Anne Daviss and Gail Hart*

Analyzing the various techniques used around the world brings the "surprising" conclusion that neonatal resuscitation methods are a cultural, not a scientific norm. The experiences of what works in one hospital unit is often different from a unit in the same city and practitioners who work in both home and hospital know they often do things differently depending on the setting. The Neonatal Resuscitation program endorsed by the American Academy of Pediatrics and the Canadian Paediatric Society has tried to bring the best evidence together, only recently admitting that their instruction has not been based on evidence, that "better" may be doing less rather than more, and that some methods have done almost as much harm as good. These teachers will discuss some differences they see in both the literature and varied settings where they have worked. They will present the concept of safe and effective physiological resuscitation methods which don't require high technology for implementation.

C2 • Massage in Pregnancy and Birth—Elaine Stillerman and*Eneyda Spradlin-Ramos*

When labor slows, specific acupressure points may help stimulate progress. Participants will learn where they are on the body and how to work with them to encourage a more natural labor rhythm. Reflexes on the head and feet to "open" the lower back will also be explained. Elaine and Eneyda will also explain why massage is essential for pregnant and birthing women and show practical application. They will discuss the importance of healing touch as a preventive tool and safe remedy for the pregnant, laboring and postpartum woman. This class is hands on. Please bring a pillow, one sheet and one towel.

C3 • Resolving Shoulder Dystocia—*Gail Tully*

From Gaskin to FlipFLOP, McRoberts and PAC Pull, find how to pick the right technique for each type of shoulder dystocia. Gail shows you a possible prevention technique and a new technique for bilateral inlet dystocia. Learn about how to free the posterior shoulder from the sacral promontory in the bilateral inlet dystocia with a technique that may also prevent shoulder dystocia entirely. Dress comfortably because we practice on the floor.

C4 • JourneyDance for Birth—*Debra Pascali-Bonaro*

Moving our bodies, opening our hearts, awakening the wisdom within for a safe, satisfying birth? Debra will take you through the elements of earth, air, fire, water with dance and share simple techniques to encourage pregnant women and their partners to release their fears and open to the miracle of birth. Debra states, “I am really enjoying adding movement and helping to address our fears.” Everyone loved this class in Germany!

3:15 pm – 4:45 pm

Concurrent sessions D1 through D4

D1 • The First Hour after Birth—*Gail Hart*

Gail will share her brilliant insights and findings on the hormonal states of mother and baby and the interaction which occurs in the hour after birth. Gail’s teaching on this subject makes it a fascinating class. She will cover how we can facilitate the process without disturbing motherbaby. Her insights can help you improve maternal-infant bonding with simple techniques which can be incorporated into any practice in any birth location.

D2 • Uncommon Complications—*Carol Gautschi and Mary Cooper*

Learn how to be prepared for “anything and everything!” Birth stories will be used to illustrate assessment techniques, problem solving and ways in which practitioners can build their self-confidence in dealing with various emergency and unusual situations. You will learn to be more prepared for uncommon complications that you may encounter: unusual bleeding, thrombocytopenia, meconium, neonatal jaundice, hematoma formation, signs of embolism and more. Learn how to manage these while keeping the family and yourself calm. Bring questions and cases to study.

D3 • Intuition as Authoritative Knowledge in Midwifery and Homebirth—*Robbie Davis-Floyd*

What role does intuition play in midwifery and birth? How do midwives feel about intuition and what use do they make of it? What about birthing mothers? In this technocratic age where the information that comes from machines matters so much, can intuition still play an important role in decision-making during birth? How do midwives and mothers access their intuition, and how can you tell the difference between intuition and fear? Robbie will present her research on the subject to generate an exciting discussion among participants.

D4 • Growing Healthy Midwife Communities—*Karen Webster and Diane Goslin*

Our vision and purpose is to sow unity, where we can find it, to learn to “agree to disagree” peacefully and respectfully, to respect that there are many different kinds of midwives and as many philosophies and practice styles, and to never live in fear that there won’t be enough births to go around. Instead of engaging in territorialism, let’s figure out ways to increase the use of midwives—of all kinds in all settings.

5:00 pm – 6:00 pm


General session

Mexican Midwifery: Traditions and Techniques—

Angelina Martinez Miranda

Angelina will give us an overview of positioning, remedies, techniques and customs from Mexico. These techniques go back thousands of years. Learn about using a *rebozo*, a very useful tool in all parts of the childbearing cycle.

6:30 pm – 8:00 pm

Dinner option 

Friday Night Dinner Social

Join your fellow conference attendees for a buffet dinner in the Sheraton Hotel. Network, hob nob, and relax from a day of classes. Price includes dinner, dessert and beverage station, with vegetarian options provided. Cash bar will also be available. \$10 for conference registrants, \$35 for non-registrants, payable with registration or at the door.

8:00 pm – 10:00 pm

General session

Tricks of the Trade—*Jan Tritten, Eneyda Spradlin-Ramos and Gail Tully*

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.

Saturday • Conference Day Two • April 26, 2014

9:00 am – 10:00 am

General session

Tradition and Profession: A Blend That Works—*Diane Goslin,*

Betty-Anne Daviss, Sister MorningStar and Angelina Martinez Miranda
This session will focus on bringing our traditions into the modern world. Our panel draws on a rich tapestry of birth in traditional cultures, blending it with what has been learned from midwives. The panel strives to come up with the best possible blend, always considering each woman unique. Their great love of that process is sure to kindle our passion for birth.

10:30 am – 12:00 pm

Concurrent sessions E1 through E4

E1 • Changing Birth Worldwide—*Debra Pascali-Bonaro and Robbie Davis-Floyd*

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

E2 • Think, Observe and Challenge What We Were Taught—*Mary Cooper*

“Why is this procedure necessary?” The two most dangerous answers are, “That’s the way I was taught,” and “That’s the way I’ve always done it.” Come learn to look at your midwifery practice with an open mind, learning from the women. It’s time to rewrite the textbooks.

E3 • Prolonged Pregnancy: Waiting, Watching, Worrying—*Gail Hart*

What to do when the due date comes and goes? What are the real risks of prolonged pregnancy? How do we assess for signs of Postmaturity Syndrome? How do we know when it is time to intervene, and how do we intervene when it’s needed? Let’s look at what the evidence says about risks and how to mitigate them, discuss how to monitor the prolonged pregnancy with both low-tech and high-tech methods, and learn how to balance protocols with common sense.

E4 • Promoting Optimal Fetal Positioning—Gail Tully

What can be done at pregnancy visits by midwives and doulas to help women and couples to be proactive in childbirth preparation with fetal positioning? Let Gail Tully, The Spinning Babies Lady, introduce you to the First Principle of Spinning Babies: Balance. Try out three techniques that you can then teach pregnant women and couples over three prenatal visits. Please bring massage tables if you have any available.

1:30 pm – 3:00 pm

Concurrent sessions F1 through F4

F1 • New and Old: Techniques for Controlling and Preventing Hemorrhage—Gail Hart

We will study the problems that may arise in third stage and how to prevent them or treat them. Postpartum bleeding has many causes, from incomplete separation, to placental retention to uterine atony. Learn to deal with these situations with available medications, but also with non-pharmacological and manual methods which are frequently faster and more effective than medications. Gail will also talk about the use of the placenta, cord and membranes for hemorrhage control: this is a revival of a midwife technique which could save many maternal lives worldwide.

F2 • Informed Choice: The Seat of All Controversy among Health Care Practitioners—Betty-Anne Daviss

Informed consent, used by the medical profession, and informed choice, used by midwives, are terms as tossed about, misunderstood and open to interpretation as the term “justice.” This presentation will present an analytical framework laying out eight different types of logic used in decision-making by a) parents coming from different cultures and b) practitioners, coming from different teaching and philosophical backgrounds. Examples will be used from the courts and from midwifery disciplinary bodies, demonstrating how clashes can be worked out in a more rational way by understanding these basic principles.

F3 • Birthing Women: Sacred Ground—Mary Cooper

We will share stories and ideas that express why birth is such a profound, intimate and deeply remembered experience for women. We will discuss the emotional and spiritual factors important to all birthing women and babies. We will explain how birth practitioners can learn to understand and respect the holy ground upon which they walk whenever they are caring for a mother, baby or family. Birth is not only a physiological process and a rite of passage, birth is also sacred. If it were respected as sacred by everyone, we would not be suffering the current crisis in birth care. We would see birth as the gift it is.

F4 • The Tipping Point: Making Room for Asynclitism—Gail Tully

“What’s that you want me to do?” Baby’s head is tipped as if listening

for advice. “I’m a bit stuck.” Understand the role of the pelvic floor in asynclitism and learn a technique to make room for the head to come down. Wear comfortable stretch or yoga pants to try the technique with a friend. Bring a massage table if you are local and have one, please!

3:30 pm – 5:30 pm

Concurrent sessions G1 through G4

G1 • Respectful Care—Debra Pascali-Bonaro and Robbie Davis-Floyd

What does respectful care entail? How have women been conditioned to give over their right to respect, dignity and informed decision making in maternity care? Debra will present from her role as part of the Advisory Committee for the White Ribbon Alliance’s Respectful Care Initiative, and Debra and Robbie will update us on the International MotherBaby Childbirth Initiative (IMBCI) and share stories about the IMBCI’s global progress in bringing respectful care to birth that will touch your heart and inspire you to action.

G2 • 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, 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.

G3 • Alternative Remedies for the Childbearing Year—Diane Goslin

This class contains power-packed information from a great midwife whose knowledge comes from attending over 6000 births. You will learn about the use of herbs, homeopathics and other natural remedies in pregnancy, birth and postpartum. Learn practical uses of these remedies for your clients’ ailments and complications, such as using alternatives to halt a hemorrhage and how to keep your women well. This class is not just for novices, but for everyone!

G4 • Belly Mapping, Palpating, and Belly Painting—Gail Tully

Increase prenatal bonding (binding-in) with Belly Mapping™ when you help pregnant women and couples discover their baby’s position using the kicks and wiggles they feel as they prepare for sleep. If mothers are willing, a few midwifery students may have the chance to gently palpate before Gail paints the baby’s actual position on the woman’s abdomen. Women from 28 to 42 weeks are invited with their partner or other loved one. Please bring massage tables if you have any available.

5:45 pm – 7:00 pm

Open to all registrants

International Issues and Global Midwifery Council Update—

Jan Tritten, Eneyda Spradlin-Ramos, Carol Gautschi, Gail Hart, Diane Goslin and Sister MorningStar

The Global Midwifery Council is an international humanitarian organization of midwives investigating birth and midwifery around the world. The council’s goal is to ensure that every woman receives safe and respectful midwifery care during childbirth. Come learn about these activities and how you can become involved. We can make changes for the better with effort and understand more about the world of birth. We will discuss current issues facing the birth world.

8:00 pm – 10:00 pm

Open to all registrants

Cabaret—Elaine Stillerman and Robbie Davis-Floyd, Mistresses of Ceremonies

The cabaret is for everyone to show their many talents, in song, dance or whatever art form you do that you would like to share.



Photo by Diane Goslin

Sunday ♦ Conference Day Three ♦ April 27, 2014

9:00 am – 10:00 am

General session

The Paradigm Shift of Holistic Obstetricians: Why Some Doctors Choose to Change and How Midwives Can Facilitate the Change—*Robbie Davis-Floyd*

Why do some obstetricians choose to radically change? This question is most poignant in Brazil, a country with one of the highest cesarean rates in the world. This presentation is based on 32 interviews with Brazil's holistic obstetricians, who call themselves "the good guys and girls." Come and learn what motivates them to change, how they do it over time, how they practice now, and what that means for midwives! Robbie offers concrete information about how midwives and doulas can encourage and facilitate this paradigm shift in obstetricians in any country.

10:00 am – 11:00 am

General session

Organic Midwifery—*Carol Gautschi*

It is time for a redefining of terms in regard to midwifery. As present-day "midwifery" is incorporating more and more of an impersonal, medicalized mentality, midwives must rise up and reclaim the organic, life-infused roots of motherbaby care, returning to the old ways without discounting the new, and preserving the distinction between the art of midwifery and the field of medicine.

11:15 am – 12:45 pm

Concurrent sessions H1 through H4

H1 ♦ Third Stage Difficulties—*Diane Goslin*

While the placenta usually comes out easily and in a timely fashion, there are problems that can occur which demand immediate action. 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. Diane applies her experience of over 6000 births.

H2 ♦ Cultural Fear of Birth—*Sister MorningStar*

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 several ways of helping women turn fear into trust. Learn how fear leads to intervention and loss of the miraculous.

H3 ♦ Nutrition for Safe Birth—*Carol Gautschi*

Carol is well known in her region for her nutritional guidance for pregnant women. She starts with a basic plan of a well-balanced intake, observes the individual woman and creates a designer nutritional plan just for her. She believes a healthy birth outcome starts with good nutrition so baby can surmount any difficulty which might arise. Healthy babies can handle more stress in labor; healthy mothers can handle longer labors and higher blood loss (though will probably bleed less!) Carol emphasizes the intake of essential fatty acids, bioflavonoids and vitamins through protein, raw veggies and fresh whole grains, with lots of clean water between meals. Many physiological "complaints of pregnancy" will disappear with the achievement of good nutritional balance.

H4 ♦ Prolonged Labor—*Gail Hart*

Long labors may be associated with complications ranging from emotional issues to physical problems or malpositions. We will learn different reasons for prolonged labor, and how to monitor the interaction between the baby, mother, uterus and pelvis. We will discuss myth and reality of long labors: Is it just the clock, or is there a real problem? Learn the essential skills of how to rule out cephalopelvic disproportion, different methods to judge

engagement and how to use "fifths" to assess progress. We will present lots of midwifery tricks to help move a long labor to birth!

2:30 pm – 4:30 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:

Building Healthy Midwife Communities—*Karen Webster*

Motherwit or Mother Wisdom—*Carol Gautschi*

Twins—*Diane Goslin*

How to Really Care for Mothers—*Mary Cooper*

Balancing Home with Birth Practice—*Eneyda Spradlin-Ramos*

Midwifery Around the World—*Robbie Davis-Floyd*

Helping Laboring Women Have a Pleasurable Birth—

Debra Pascali-Bonaro

Breech in Hands-and-knees Position—*Betty-Anne Daviss*

Prematurity Is Often Preventable—*Gail Hart*

How Is This Baby Lying?—*Gail Tully*

Self Help Techniques for Mom—*Elaine Stillerman*

Mexican Techniques: Rebozo Practice—*Angelina Martinez Miranda*

4:30 pm – 5:30 pm

Closing general session

Out of Many, One: Unity in Midwifery—*Sister MorningStar, Robbie Davis-Floyd, Jan Tritten and Angelina Martinez Miranda*

We have spent the last few days pondering how we can truly unify our midwifery with the purpose of furthering the goal, "a midwife for every mother." Our speakers will add their ideas, visions and dreams to this goal. This is a time when we will ask you for your ideas and ideals! Together we can make optimal birth a reality for families.

Monday ♦ Post-Conference ♦ April 28, 2014

9:00 am – 5:00 pm

Full-day class

I1 ♦ Spinning Babies—*Gail Tully*

Learn to spot a long labor before labor begins and turn it around to a shorter labor. This course goes beyond Optimal Fetal Positioning with the 3 Principles of Spinning Babies: Balance, Gravity and Movement in pregnancy and labor. We will compare anterior and posterior fetal position, practice labor progress techniques appropriate to the level of descent, and learn to tell whether a cesarean is needed or just more time. Fewer cesareans/fewer transports may be possible now. Dress comfortably because we practice on the floor. "When I took Gail's class I knew we had to have this amazing teacher join us in Midwifery Today conferences."—Jan Tritten. Please bring massage tables if you have any available.

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- Include your brochure in our registration packets.
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- Advertise in the program.
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Conference Location and Accommodations

Venue Information

Sheraton Harrisburg Hershey Hotel

4650 Lindle Road, Harrisburg, PA 17111

Tel: +1-717-564-5511 • Fax: +1-717-564-6173

www.sheraton.com/harrisburg

The conference will be held at the Sheraton Harrisburg Hershey Hotel in the heart of Lancaster Amish Country. You'll be within walking distance of nearby casual restaurants and shopping and a short drive from downtown Harrisburg, Harrisburg International Airport and Hershey's Chocolate World. Hotel guests will appreciate the complimentary airport shuttle, free parking, complimentary high speed Internet and wi-fi in your room and all public areas, 24-hour business center with five computers and free Internet access, year-round heated indoor swimming pool and whirlpool, and 24-hour access to the hotel's fully equipped fitness center.

Hotel Price: Attendees who book by 5:00 pm EST on March 31, 2014, are eligible for discounted guest room rates of \$118 for a standard single/double room and \$123 for a standard triple/quad room. All rooms are subject to state and local taxes (currently 11%). Discounted rooms may be limited so book early for best results. Reservations made after this time and date are subject to space and rate availability. Group rates will be extended three (3) days prior to and after the meeting dates indicated on this registration form.

Booking: Reservations may be made by calling the Sheraton Harrisburg Hershey Hotel at 1-866-837-5181. You must mention that you are participating in the Midwifery Today conference to receive the discounted rate. A credit card will be required to guarantee all reservations.

Hotel cancellation: Guests cancelling 72 hours or less before their arrival date will be charged a cancellation fee equal to one night's stay. An early

departure fee of one night's stay will be charged in the event a guest checks out prior to the scheduled checkout date. Guests wishing to avoid this fee must advise hotel at or before check-in of any change in the scheduled length of stay.

How to reach Harrisburg

By Car:

From East: Take the Airport Access Road to 283 West towards Harrisburg. Proceed on 283 North to Swatara Exit (#2). Turn right off ramp, then turn left onto High Point Dr. The hotel is on the left-hand side.

From South (Baltimore and York): From Interstate 83 North to I-283 South. Take the Swatara Exit (#2). Turn left onto Lindle Rd. At the second light turn left onto High Point Dr. The hotel is on the left-hand side.

From North: From Interstate 78 West or 81 South, proceed to I-83 South. Continue to 283 South to the Swatara Exit (#2). Turn left onto Lindle Rd. At the second light turn left onto High Point Dr. The hotel is on the left-hand side.

From West: Take the Pennsylvania Turnpike (Interstate 76) to Exit #247. Follow 283 North to the Swatara Exit (#2). At top of the ramp, turn right. Then, turn left at the first light. The hotel is on the left-hand side.

By Air

Harrisburg International Airport—www.flyhia.com

Airport Code: MDT

Airlines include Air Canada, AirTran Airways, Continental Airlines, Delta Air Lines, United Airlines and US Airways

Amtrak—www.amtrak.com

Station Code: HAR

4th and Chestnut Streets, Harrisburg, PA 17101

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US \$55	US \$105
Canada \$68	Canada \$131
Other International \$75	Other International \$145





Midwifery Today Conference Registration Form

“Out of Many, One: Unity in Midwifery”

Sheraton Harrisburg Hershey Hotel • Harrisburg, PA • April 23–27, 2014

Please Print

Name			Certification number (if applying for CEUs)		
Street Address			Telephone Number		Fax 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
 Aspiring midwife
 CPM
 Naturopath
 Childbirth educator
 Student midwife
 Doula/LA
 Other _____

2. How many births have you attended? _____ 3. How did you first learn 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
 Monday Post-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 23, 2014

8:30 am–4:30 pm or A1 A2 A3 A4
9:00 am–5:00 pm

Thursday Pre-Conference—April 24, 2014

9:00 am–5:00 pm B1 B2 B3 B4

Friday Conference—April 25, 2014

1:00 pm–3:00 pm C1 C2 C3 C4
3:15 pm–4:45 pm D1 D2 D3 D4

Saturday Conference—April 26, 2014

10:30 am–12:00 pm E1 E2 E3 E4
1:30 pm–3:00 pm F1 F2 F3 F4
3:30 pm–5:30 pm G1 G2 G3 G4

Sunday Conference—April 27, 2014

11:15 am–12:45 pm H1 H2 H3 H4

Monday Post-Conference—April 28, 2014

9:00 am–5:00 pm I1

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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/Mexico (\$68)
 One year, all other international (\$75)
 Two years, US (\$105)
 Two years, Canada/Mexico (\$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 18, 2013, and February 10, 2014. Prices are shown in the table below. Registrations must be received **in office** at Midwifery Today no later than April 10, 2014. If you cannot mail your registration early enough for it to be received on or before April 10, 2014, please register at the conference.

Register by mail, phone, fax or e-mail: 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, or e-mail, the date Midwifery Today receives your communication will be deemed to be the postmark date.

How to Determine Conference Prices and CEU Fees

1. Prices do not include transportation, meals or overnight accommodations. Look up the price in the table at the bottom of this page.
2. 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, dinner or subscriptions.] Enter the prices that apply to you on the lines provided at the bottom of this page.
3. Please pay your CEU fees at this time: \$10 per day for ACNM and MEAC. Enter the total amount on the line provided at the bottom of this page.
4. 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.

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 March 10, 2014. 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 at <http://www.midwiferytoday.com/conferences/Harrisburg2014/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 dinner.	Walk-in registrants are always welcome. Just pay when you arrive.					
	Postmark on or before November 18, 2013		Postmark on or before February 10, 2014		April 10, 2014 (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"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> Cash <i>Please do not mail cash.</i>
Monday Class (Use 1-day price if attending Monday only or all 6 days.)	\$ _____	Card number	_____ Exp. date _____
*Student discount (30%)	\$(_____)	Name on card	_____
Subscription price	\$ _____	Billing address	_____
CEU fees <input type="checkbox"/> ACNM <input type="checkbox"/> MEAC	\$ _____	(as it appears on credit card bill)	
Friday Night Dinner Social Registrants \$10/Non-reg. \$35	\$ _____	Signature	_____
TOTAL	\$ _____		

Harrisburg 2014 Speaker Biographies

Mary Cooper has been a direct entry midwife since 1979 with 2200+ babies. Mary believes in all aspects of the birthing process, birthing women and the full circle of birth (which at times includes death). At workshops, Mary shares this “Sacred Ground” which includes: VBACs, twins, breeches, uterine death, birth anomalies and healing births.

Betty-Anne Daviss, RM, MA, has been a practising midwife since 1982 and social science writer since 1998, working both clinically and politically on five continents. She is a clinical preceptor for students at the Midwifery Education Program of Ontario, and is an adjunct professor at Women’s and Gender Studies at Carleton University in Ottawa. She turns breeches and has attended approximately 70 breech deliveries. She was recently one of the principle organizers of the 2nd International Breech Birth Conference in Ottawa, Canada.

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 is the author of *Birth Models That Work* (2009) and *Birth as an American Rite of Passage* (2004) among many others, and has written nearly 100 articles.

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.

Diane Goslin, CPM, has been practicing since 1978. To date she has been the midwife for the births of over 6000 babies. She has primarily served in rural communities with a large portion of her practice among the Amish. In her diverse experience she has attended VBACs, twins and breech babies and also seen many anomalies and complications. Diane has trained over 40 student midwives. She resides in Lancaster County, Pennsylvania, where she currently practices.

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 was a Certified Midwife through the Oregon Midwifery Council, and an LDEM in the state of Oregon. She is now semi-retired, and no longer maintains her license, but still keeps active with a small community practice. Gail is passionately interested in ways to holistically incorporate evidence-based medical knowledge with traditional midwifery understanding.

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.

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 birthed her own daughters at home and has helped thousands of other women find empowerment through instinctual birth. She has served on state, national and international boards helping to oversee the development of midwifery certification programs. She is the founder of a spiritual retreat center and author of books related to instinctual and spiritual living.

Jeanne Ohm, DC, is an international lecturer, post-graduate 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.

Debra Pascali-Bonaro is co-chair of the International MotherBaby Childbirth Organization (IMBCO), where she works with international organizations, ministers of health and grassroots community organizations to create optimal models of maternity care. She is a Lamaze International certified childbirth educator and teacher trainer with a passion for birth. She served on the first Board of Directors for DONA International and is a DONA-approved doula trainer.

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.

Elaine Stillerman, LMT, has been a New York State licensed massage therapist since 1978. She began her pioneering work in prenatal massage, labor support and postpartum recovery massage in 1980. She is the developer and instructor of the professional certification workshop “MotherMassage: Massage during Pregnancy.”

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.

Gail Tully is a homebirth midwife (CPM) and a birth doula trainer in Minneapolis, Minnesota. She presents her Spinning Babies Workshops nationally, which include Belly Mapping and Resolving Shoulder Dystocia. She is a doula trainer (DONA approved) and the founder of The Childbirth Collective doula group.

Karen Webster has been a CPM since 1995, and on the midwifery path since 1979, when she had her fourth baby at home with a midwife. She has been a birth activist since 1982 and served as MANA Region 2 representative for six years.

Heidi Yanello is the mother of nine and has been involved in midwifery since her first child 19 years ago. Though taking “babymoons” over the years, she has attended over 750 births. As a CPM, she has also assisted in training student midwives.

For more information about our speakers, please visit: midwiferytoday.com/conferences/Harrisburg2014

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- Jeanne Ohm
- Debra Pascali-Bonaro
- Eneyda Spradlin-Ramos
- Elaine Stillerman
- Jan Tritten
- Gail Tully
- Karen Webster
- Heidi Yanello

See page 11 inside for speaker biographies.

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 - Midwifery Skills
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 - Optimal Fetal Positioning
 - Cultural Aspects of Resuscitation
- And many more!**

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

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