

# MIDWIFERY TODAY CONFERENCE

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## Harrisburg, Pennsylvania • April 6–10, 2016 “Honoring Our Past, Embracing Our Future”

### Great Teachers!

- Mary Cooper
- Carol Gautschi
- Diane Goslin
- Tine Greve
- Barbara Harper
- Gail Hart
- Mitchell J. Kresch
- Janice Marsh-Prelesnik
- Maria Milton
- Fernando Molina
- Sister MorningStar
- Michel Odent
- Debra Pascali-Bonaro
- Eneyda Spradlin-Ramos
- Elaine Stillerman
- Jan Tritten

### Great Classes!

- Midwifery Issues and Skills
- Physiological Transition: Neonatal Resuscitation Program
- Birth and the Future of Humanity
- Newborn Babies Need Love, Microbes and Stress
- Resolving Shoulder Dystocia
- Breech Day
- And many more!



**Conference Discounts!** Early registration • *Midwifery Today* subscribers • Students save 30% (See registration form)



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# Honoring Our Past, Embracing Our Future!

Welcome to our conference in Harrisburg, Pennsylvania. Our theme, “Honoring Our Past, Embracing Our Future,” is one that is important to us all. We have an amazing legacy of midwives that spans all the way back to Biblical times, and even further back in time. As midwives, we have always been “with woman.” Our recent past includes granny midwives like Gladys Milton, who worked so hard in the South bringing forth babies and reigniting the midwifery flame in the 1970s. We have a beautiful and rich past from our indigenous sisters and brothers to the present. It is always Midwifery Today’s intent to remember these people with gratitude and respect.

The world will always need midwives, but we may have to fight for our right to practice. The good news is that new research on the importance of the microbiome bears witness to what midwives have always known: How we are born matters! Our doula sisters have expanded women’s care in recent decades, and so we welcome you, too! We plan to touch on all of these issues and more in our conference, and we welcome you to be part of this historic event.

*Jan Tritton*

## Wednesday • April 6, 2016 • Pre-Conference

9:00 am – 5:00 pm

Choose one full-day class: A1 – A4

**A1 • Midwifery Issues and Skills**—*Carol Gautschi, Gail Hart, Fernando Molina, Sister MorningStar and Eneyda Spradlin-Ramos*

**Fact and Fiction in Midwifery and Obstetrics (9:00 am – 10:00 am)**—*Gail Hart*

Many busy birth practitioners find it difficult to keep up with new research and even more difficult to separate fact from fiction. 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 (third stage), probiotics, vitamin supplementation, anti-hemorrhage medications and more.

**The Lost Art of Pelvimetry (10:10 am – 11:10 am)**—*Carol Gautschi*

Pelvimetry needs a renaissance. Understanding the terrain of the internal pelvis gives us more data regarding the baby’s passage through its hidden corridor. Breech and asynclitism, why baby didn’t rotate, why baby is not descending in a textbook way, for example, may be better understood. Though a caregiver should never allow the structure of the woman’s pelvis alone to determine clinical decisions, the more information the better while mamababy makes their together-journey. Come learn, hear stories and regain insights.

**Village Prenatals (11:15 am – 12:15 pm)**—*Sister MorningStar*

Village prenatals have a sole purpose: We 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 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.

**Miraculous Beginnings (1:30 pm – 3:30 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.

**Complications of Birth (3:30 pm – 4:30 pm)**—*Carol Gautschi*

This experienced midwife will discuss how to look, listen, know and act to prevent problems. She will present effective ways to inform and

educate your clients about potential complications and methods of handling specific complications as they arise.

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

*Eneyda Spradlin-Ramos*

Learn about 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.

**A2 • Acupressure and Cupping for Birth Practitioners**—*Tine Greve*

Acupuncture can be very useful during pregnancy, birth and the postpartum period. Only a certified acupuncturist can perform this treatment. Learn about different conditions that can be helped and when to refer to acupuncturists for treatment. Acupressure and cupping are other treatment aspects of Traditional Chinese Medicine (TCM) closely related to acupuncture. In this class you can learn about their use during birth. Demonstration and basics of cupping will be covered in this powerful and informative class. Bring a small towel and your favorite massage oil. This is a hands on class, you will get an opportunity to practice.

**A3 • Pain to Power**—*Debra Pascali-Bonaro*

Discover tips and tricks to help your clients find comfort and pleasure in birth and beyond. Learn about Power, Passion, Pleasure: the 3 P’s to giving birth with our new or renewed understanding of Mother Nature’s hormonal orchestration of childbirth for motherbaby. Join Debra for an intimate look at the hormones of birth and sex, and learn about ways that you can support those hormones to flow with ease and enhance their flow with your love and care. Through dance, art and the 4 R’s—relaxation, rhythm, ritual and rebozo—come prepared for a fun, informative day filled with pleasure, learn about ways to birth it forward!

**A4 • Alternative Remedies**—*Diane Goslin and*

*Janice Marsh-Prelesnik*

This class contains powerful information from teachers whose knowledge comes from attending over a combined 8,000 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 mothers well. This class is not just for novices but for everyone!

5:30 pm – 7:00 pm

Open to all registrants

**Christian Midwives Meeting**—*Carol Gautschi, Barbara Harper and*

*Eneyda Spradlin-Ramos*

All are welcome.

**B1 • Guardians of Birth: Holding the Space for Motherbaby and Yourself**—*Barbara Harper*

Does anyone really know “what to do” at a birth, other than wait on the motherbaby? What does holding the space mean, and how does one become a guardian of that space? Explore the concepts and experience energy and belief system shifts through exercises, sharing and process work.

**B2 • Breech Day**—*Mary Cooper, Diane Goslin and Michel Odent*

**The Latest in Breech Research (9:00 am – 10:00 am)**—*Michel Odent*

**Introduction to Breech (10:10 am – 11:10 am)**—*Diane Goslin*

A clear step-by-step introduction to breech, including the signs of a safe breech vs. signs of dystocia, and how to determine when it is too late for transport. We will discuss upright breech benefits, resolving breech shoulder dystocia and head entrapment. Does “hands-off-the-breech” really mean us?

**The Importance of Knowing Breech (11:15 am – 11:45 am)**—*Diane Goslin*

**Difficulties and How-to’s of Safely Handling Breech (1:00 pm – 2:15 pm)**—*Mary Cooper and Diane Goslin*

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 how to recognize intrauterine growth restriction (IUGR) and other complications of breech presentation.

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

Learn the art and science of breech birth. 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 intimate roundtables will give participants a chance to dialog with each teacher in a small group.

**Freedom from Fear in Breech (4:10 pm – 4:30 pm)**—*Mary Cooper and Diane Goslin*

**Wrap-up, questions and breech birth stories (4:30 pm – 5:00 pm)**—*All teachers*

**B3 • Clinical Issues in Birth Care**—*Tine Greve and Gail Hart*

**Prolonged Labor (9:00 am – 12:00 pm)**

Long labors may be associated with complications ranging from social or emotional issues to physical problems. The teachers will discuss different reasons for prolonged labor, how to detect the pathological labor from the simple prolonged labor, and how to overcome difficulties and correct problems when possible or facilitate transfer when needed.

**Normal and Complicated Second Stage Issues (1:30 pm – 5:00 pm)**

Explore women’s ability to birth in a sacred way. When women find their own way of birthing, it is up to us, their practitioners, to facilitate the process, not change it. We will familiarize ourselves with the sounds and movements of second stage when women are in environments conducive to the primal birth dance. We will also review second stage research from a midwifery point of view, focusing on how maternal positions and associated birth environments affect childbirth outcomes. Our teachers will share the protocols and techniques they use to help the mother move through the pushing stage of labor. Listen

to these experienced midwives discuss constructive and effective ways to handle both normal and difficult situations. Bring your questions and experiences to what promises to be an exciting afternoon.

**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 that 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.

**B5 • Physiological Transition: Neonatal Resuscitation Program\***

(9:00 am – 1:00 pm)—*Mitchell J. Kresch, M.D., F.A.A.P.*

**(This is a half-day class. You may attend B3 in the afternoon. Limit 10 people.)** Homebirths and birthing center births provide a more comfortable environment for mothers compared with hospital delivery rooms. But there are risks for any delivery that may not be anticipated and may require intervention to help newborn babies in their transition

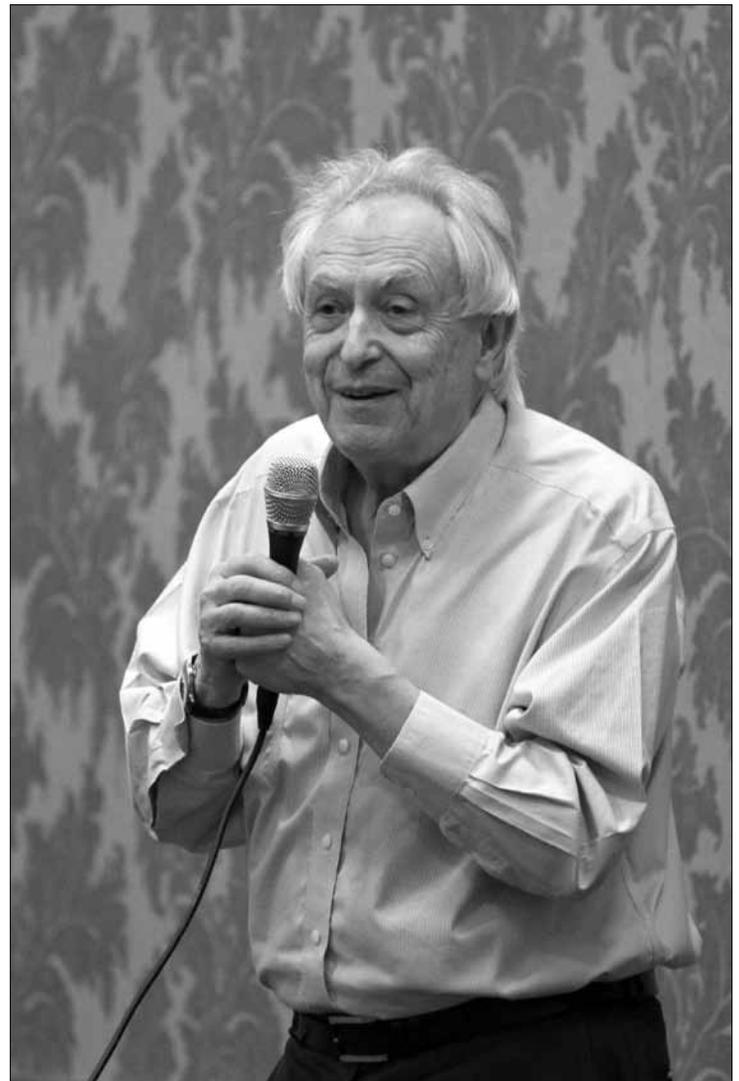


Photo by Patti Ramos

to extra-uterine life. Let's examine the concept of safe and effective physiological resuscitation methods that don't require high technology for implementation.

**\*Please note:** There is a prerequisite for this class. All participants are expected to read the text book and have completed the online written exam associated with this course, which is designed for acquiring or renewal of Neonatal Resuscitation Program (NRP) certification. Contact Dr. Kresch by e-mail (mkresch@hmc.psu.edu) for details about the course, then sign up here for the final phase of the program. Dr. Kresch is Professor of Pediatrics, Director of Neonatal Quality Improvement, Neonatal Transport Services and Outreach, Division of Newborn Medicine; Penn State Hershey Children's Hospital.

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7:30 pm – 9:30 pm General session

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**Karaoke**—*Elaine Stillerman, emcee*  
All are welcome.

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9:30 pm – 11:00 pm General session

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**Talkstory**—*Gail Hart, facilitator*  
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 • April 8, 2016 • Conference Day One

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7:30 am – 8:30 am Open to registrants who are overnight guests

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**Aerobics in the Pool**—*Janice Marsh-Prelesnik*  
Exercise with fun!

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9:00 am – 10:30 am Opening general session

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**Honoring Our Past, Embracing Our Future**—*Gail Hart, Maria Milton, Fernando Molina and Jan Tritten*  
Join us in this heartfelt opening. After a welcome and opening words we will talk about the need to honor both our past midwife sisters and brothers as well as the future generations of birth practitioners.



Photo by Patti Ramos

Maria will do a presentation honoring her mother, Gladys Milton, who went before us paving the way to midwifery now. Gail will take us on a journey via a slide show honoring past and present childbirth helpers. Fernando will take us into the future with an introduction to the microbiome and how we can use this new information to change the trajectory of birth practice to a humane and loving one.

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10:30 am – 12:00 pm General session

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**Birth and the Future of Humanity**—*Fernando Molina and Michel Odent*

The way we are born affects our lives and the lives of future generations. Factors include hormones, microbes and the way human traits pass down through generations. Research of recent years and decades will be reviewed during this session.

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1:30 pm – 3:00 pm Choose one: C1 – C4

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**C1 • Amish and Mennonite Midwifery**—*Mary Cooper and Diane Goslin*

Plain peoples emanate mystery, intrigue, challenges and folklore. Have you ever wondered what it might be like to work in an Amish or Mennonite community with little in the way of amenities, and challenges that go beyond the typical? These teachers represent over 11,000 births attended with years of combined practice in the Mennonite and horse-and-buggy Amish communities. Hear of their experiences in assisting plain and “English” (non-plain) birthing women. Come hear their wisdom and what has given them the strength to endure assisting all these babies!

**C2 • The First Two Hours after Birth**—*Carol Gautschi*

Carol will share her insights and findings on mother and baby and the interaction that occurs in the hours after birth. She will show how to facilitate the process without disturbing mother/baby. We can help to improve maternal-infant bonding with simple techniques that can be incorporated into any practice in any birth location.

**C3 • Can Humanity Survive Medicine?**—*Michel Odent*

For four billion years, it is through the laws of natural selection that life has proliferated on planet Earth. Suddenly, the efficacy of modern medicine—particularly reproductive medicine including obstetrics—has neutralized these basic laws. Is Homo sapiens an endangered species? How can we slow down the effects of such an unprecedented phenomenon in the history of life?

**C4 • Resolving 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. Come learn Gail's new methods.

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3:15 pm – 5:15 pm Choose one: D1 – D4

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**D1 • Embracing the Miracle: The Physiological, Neurological and Microbiological Imperatives of New Humans**—*Barbara Harper*

Not many midwives or doctors know how the brain wires itself to create the most vibrant, healthy and well-adjusted human beings. There are distinct sequences and patterns during gestation and throughout the birth event and early postpartum period that impact the capacity for long-term health, resiliency and healing. This workshop will explore the most current microbiology, neurological pathways and the physiologic imperatives that enhance human capabilities and the consequences when they are violated.

**D2 • Uncommon Complications**—*Mary Cooper and Fernando Molina*  
Every caregiver wants to be prepared for “anything and everything”! Our teachers will share their experiences to illustrate assessment techniques, problem solving and ways in which practitioners can build their self-confidence in dealing with various emergency and unusual situations. These teachers will present ways 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 your questions and cases to study.

**D3 • Massage for Birth**—*Eneyda Spradlin-Ramos and Elaine Stillerman*  
Elaine and Eneyda will 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 is a hands-on class where you will have opportunity to practice massage.

**D4 • Malpresentations**—*Diane Goslin and Sister MorningStar*  
This is an in-depth look at malpresentations and mal-rotations; their likelihood and causes; palpation methods to identify them and the techniques for assessing and dealing with them. You will learn many tips for helping remedy these errant babes to move into better position for vaginal birth. Bring your techniques to add to this body of midwifery knowledge.

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5:30 pm – 6:30 pm General session

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**Newborn Babies Need Love, Microbes and Stress**—*Michel Odent*  
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.

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8:30 pm – 10:30 pm General session

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**Tricks of the Trade**—*Eneyda Spradlin-Ramos, Fernando Molina, Carol Gautschi, Gail Hart, Jan Tritten and you*  
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. We’ll start off this session with the facilitators each sharing a story of facing a complication and finding their way to a successful outcome, with a midwife’s inner resources and knowledge. Bring your best story to share! This is always a much-appreciated session, for its sense of sisterhood as well as its information.

## Saturday • April 9, 2016 • Conference Day Two

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7:30 am – 8:30 am Open to registrants who are overnight guests

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**Aerobics in the Pool**—*Janice Marsh-Prelesnik*  
Exercise with fun!

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9:00 am – 10:30 am General session

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**Waterbirth around the World: A Quick Tour of Countries and Research**—*Barbara Harper*  
Barbara has focused her career as midwife and teacher on the use of water immersion for labor and birth. During the past 30 years she has taught or researched in over 50 countries. That is one quarter of

the countries of the world. This session is a travelogue of hospitals, birth centers and homes in places like China, India, Mexico, Malaysia, Turkey, Russia, England and a few more, coupled with the most current research, physiology and protocols on waterbirth. Her presentation is visually stunning and packed with information.

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10:45 am – 12:15 pm Choose one: E1 – E4

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**E1 • 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. Carol’s approach calls for returning to the old ways without discounting the new, preserving the distinction between the art of midwifery and the field of medicine.

**E2 • 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.

**E3 • Prolonged Pregnancy: Waiting, Watching, Worrying**—*Mary Cooper and Gail Hart*  
What to do when the due date comes and goes? What are the real risks of prolonged pregnancy? How do we correctly identify the postdate baby, and 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, and learn how to balance protocols with common sense.

**E4 • Birth Centers**—*Diane Goslin and Maria Milton*  
Both of these experienced midwives have started and run birth centers. Though this process has become more difficult in current times, birth centers have many advantages. Many women are more comfortable in a center than at home. We need to have many choices for the many mothers we serve and this is a great option. Bring your questions and experiences for a great talk on birth centers.

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12:15 pm – 2:15 pm Lunch ☺

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**Saturday Lunch Social**—*Provided by Midwifery Today*  
Come network with your friends and colleagues.

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2:15 pm – 3:45 pm Choose one: F1 – F4

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**F1 • New and Old: Techniques for Controlling and Preventing Hemorrhage**—*Gail Hart*  
Excessive blood loss is often preventable or is controllable without medication. It is important to understand the full process of third stage and to facilitate the delivery of the placenta correctly. Can active third stage management still be supported as the wider body of evidence accumulates? Let’s look at the evidence and learn techniques to reduce hemorrhage when routine oxytocics are not accessible. Gail will discuss how to handle third stage problems with non-pharmacological and manual methods that are frequently faster and more effective than medications. Gail will also discuss uterine compression and the use of the placenta, cord and membranes for hemorrhage control; a revival of these midwife techniques could save many maternal lives worldwide.

**F2 • VBAC: Fear Not—Mary Cooper and Fernando Molina**

What are the actual risks of VBAC, and what are the benefits? We will concentrate on all the things you can do to help your clients have the safest VBAC possible. These teachers wish to restore the faith that a VBAC is a natural and safe way to give birth for most women. We will explore ways to help women complete the circle—from cesarean through vaginal birth. The VBAC pregnancy, labor, birth and healing process will be discussed. This workshop will provide you with a lot of facts and beautiful stories of women who have succeeded.

**F3 • Herbal Remedies in the Childbearing Year—**

*Janice Marsh-Prelesnik*

Janice will teach some basic skills for preparing and formulating herbal medicines to treat common conditions of pregnancy, birth and postpartum. You may learn some new tips and uses for your favorite remedies from this very experienced and fun herbalist-midwife.

**F4 • Instinctual Birth—Sister MorningStar**

Instinctual birth is just that: a birthing woman following her instincts. Learn how to help a mother (and yourself) cultivate instinctual life prenatally so that birthing instinctually can unfold with ease and inner confidence. Instinct is a natural act of wisdom that helps navigate the wisest course for the maximum good in birth for mother and baby. Trusting and respecting the instinctual life of birthing mothers may save the future of humans. We will address the challenges of medical protocol, interventions and cultural fear of birth and how this continues to erode instinctual life. Bring your questions and stories.

4:00 pm – 5:45 pm

Choose one: G1 – G4

**G1 • Birth Your Dreams: The Path to Creating and Marketing Your Practice—Debra Pascali-Bonaro**

Dreaming of creating a thriving practice as a birth practitioner or activist? Join Debra to move your dreams to an action plan from websites, social media, mailing lists, blogs and creative ideas to harness your passion to market your practice.

**G2 • Motherbaby Communication in the Womb—Fernando Molina**

This is a two-way street. Studies have shown that every unborn child has profound personal and significant experiences in the womb, establishing patterns of interactions, listening to conversation and music, and actually memorizing them. The womb is a stimulating place and functions as a school, where babies form strong relationships with their parents and vice versa. To communicate effectively with the unborn child, parents must also be aware of how their babies are communicating with them.

**G3 • Alternative Remedies for the Childbearing Year—Diane Goslin and Janice Marsh-Prelesnik**

**(This class is a great choice if you cannot attend their full-day pre-conference session.)** This class contains powerful information from teachers whose knowledge comes from attending over a combined 8,000 births. You will learn about the use of herbs, homeopaths 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 mothers well. This class is not just for novices but for everyone!

**G4 • Scientific Basis for Traditional Techniques—Gail Hart**

Many of our traditional "folk cures" are more than superstition: There actually is science to support them. Come find out why our ancestors believed that certain herbs or particular techniques were effective.

6:00 pm – 7:00 pm

Open to all registrants

**International Issues and Global Midwifery Council Update—**

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

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 GMC's 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.

8:30 pm – 10:30 pm

Open to all registrants

**Cabaret—Tine Greve, Debra Pascali-Bonaro, Michel Odent and Elaine Stillerman**

The cabaret is for everyone to show their many talents whether in song, dance or whatever you do that you would like to share. This is so much fun. Michel Odent will perform a play!

**Included in the cabaret:****JourneyDance for Birth—Debra Pascali-Bonaro**

Moving our bodies, opening our hearts, awakening the wisdom within for a safe, satisfying birth—this is JourneyDance! 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.

**Sunday • April 10, 2016 • Conference Day Three**

7:30 am – 8:30 am

Open to registrants who are overnight guests

**Aerobics in the Pool—Janice Marsh-Prelesnik**

Exercise with fun!

9:00 am – 10:00 am

General session

**Birth Is a Human Rights Issue—Maria Milton, Debra Pascali-Bonaro and Jan Tritten**

Women's and babies' human rights have been violated in today's birth environment. We need to take a long hard look at our practices and protocols and make sure we are protecting motherbaby and have not violated the guiding principle of "First, do no harm." We will review the many different ways we can be with women, giving them respect, dignity and informed choice. Join us to discuss how we can establish good birth practices that respect human rights. It is way past time.

10:00 am – 11:00 am

General session

**Respect in Midwifery—Mary Cooper and Diane Goslin**

Fostering respect in the birthing community is of paramount importance! Respect between mentor and students; respect between the midwife and birthing couple; respect between midwives and doulas present at same birth or in the community as a whole; respect between professionals (e.g., CNMs and CPMs); respect during transports from home to hospital; respect of the natural birth process (e.g., a couple desiring no vaginal exams); respect of other's values and culture; respect for clients' choices though different from ours.

11:15 am – 12:45 am

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 how women's bodies function differently when

trust exists and how “the heart of care” during the prenatal period affects the birth. Carol will explain how her philosophy and elements of care can help to avoid complicated births and help women achieve physical, emotional and spiritual well-being during their pregnancies.

**H2 • Acupressure and Cupping for Birth Practitioners—*Tine Greve***  
(This class is a great choice if you cannot attend the full-day pre-conference session.) Acupressure can be very useful during pregnancy, birth and the postpartum period. Learn about different conditions that can be helped and hear about the use of acupressure as pain relief during birth. Demonstration and basics of cupping will also be covered in this powerful and informative class.

**H3 • Twin Birth—*Diane Goslin***

Diane 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.

**H4 • Fear in Midwifery and Birth—*Mary Cooper, Maria Milton and 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 ways of helping pregnant women, as well as midwives and doulas, free themselves from the cycle of fear and pain in order to experience the miracle of birth.

2:15 pm – 4:15 pm

General session

**Roundtables**

Learn from the combined experience of these teachers and the other participants. Always informative, sometimes heart wrenching, it's a unique opportunity to share. Registrants rotate through *three* different classes, choosing from the following topics:

**Birthing Women, Sacred Ground—*Mary Cooper***

**Prenatal Care—*Carol Gautschi***

**Caring for Mothers with Miscarriage—*Diane Goslin***

**Helping Women Achieve Success in Breastfeeding—*Tine Greve***

**Sharing Waterbirth Nuggets—*Barbara Harper***

**Prematurity Is Often Preventable—*Gail Hart***

**Expressive Arts/Music Therapy for the Childbearing Year—**

*Janice Marsh-Prelesnik*

**The Cherokee Way of Storytelling about Birth—*Sister MorningStar***

**Cultural Sensitivity in Midwifery Care—*Maria Milton***

**Emotional Dystocia—Can We Prevent It?—*Fernando Molina***

**Helping Laboring Women Have a Pleasurable Birth—*Debra Pascali-Bonaro***

**Self-help Techniques for Mom—*Elaine Stillerman***

4:30 pm – 5:30 pm

Closing general session

**Embracing the Future of Birth—*Maria Milton, Fernando Molina, Eneyda Spradlin-Ramos and Jan Tritten***

Our future is one filled with hope, love and passion. As new scientific advances are helping us show that the midwifery model of care is best, we will discuss ways each of us can take this beautiful work forward.



Photo by Patti Ramos

## ADVERTISING OPPORTUNITIES

- Include your brochure in our registration packets.
- Project your ad before general sessions.
- Advertise in the program.
- Rent a display table.
- Sponsor the conference.

**+1-541-344-7438**

**ads@midwiferytoday.com**

**midwiferytoday.com/ads/conferences.asp**

# Conference Location and Accommodations

## Venue Information

### Crowne Plaza Harrisburg-Hershey

23 South Second Street, Harrisburg, Pennsylvania 17101  
Tel: +1-717-234-5021 or 877-270-1393 • Fax: +1-717-234-6797  
cp-harrisburg.com

The conference will be held at the Crowne Plaza in Harrisburg, Pennsylvania. The hotel is located in the city's center along the banks of the Susquehanna River, within a convergence of historic architecture and modern buildings. Harrisburg is the capital city and the place where business, culture, art and science combine to create a bustling urban oasis. Hotel guests receive free high-speed WiFi, access to the business center, indoor pool, fitness center and access to a variety of downtown activities.

## Overnight Accommodations at the Crowne Plaza

**Hotel Price:** Attendees who book their room by **March 23, 2016**, are eligible for discounted guest room rates of \$99 per night for singles and \$119 for doubles. 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 the cutoff date are subject to space and rate availability.

**Booking:** Reservations may be made by calling the Crowne Plaza Harrisburg-Hershey Hotel at +1-877-270-1393 or call the front desk directly. Be sure to tell them you would like the Midwifery Today conference discount for your dates.

**Cancellations:** Any room cancelled within 24 hours of arrival will be charged one night's room and tax. Failing to call or show before check-out time after the first night of a reservation will result in cancellation of the remainder of your reservation.

**Check-in/out Time:** Check-in time is 4:00 pm or later. Anyone arriving prior to 4:00 pm will be given a room as it becomes available. Checkout time is 11:00 am.

## Travel to Harrisburg

For transportation information, please visit:  
[midwiferytoday.com/conferences/Harrisburg2016/#travel](http://midwiferytoday.com/conferences/Harrisburg2016/#travel)

## Parking

- Valet parking at the Crowne Plaza hotel for Midwifery Today conference attendees is \$9 per day for overnight guests and \$18 per day for those not staying at the hotel.
- The Chestnut Street Garage located at 322-326 Chestnut Street, Harrisburg, just three blocks (.2 miles) from the Crowne Plaza hotel. The garage is open 5 am – 11 pm seven days a week, and charges \$3 per hour or \$20 for up to 10 hours. Other rates are available on their website: [parkharrisburg.com/garage-lots/chestnut-st-garage](http://parkharrisburg.com/garage-lots/chestnut-st-garage)
- Metered on-street parking is also available and an app to pay the meter is now online: [parkharrisburg.com](http://parkharrisburg.com)

## 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. With registration, you must submit **proof of full-time student status**.  
(See pages 9 and 10 for complete details on conference pricing.)

**Continuing Education Units:** ACNM and MEAC 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 childcare.

**Questions?** If you have any questions regarding the conference, please contact Misha Hogan, Conference Coordinator:  
Phone: +1-541-344-7438  
E-mail: [conference@midwiferytoday.com](mailto:conference@midwiferytoday.com).

## SUBSCRIBE TO MIDWIFERY TODAY—and SAVE on conference fees!



Mothers Deliver Their Babies • Midwives Deliver Care • *Midwifery Today* Delivers Insight and Information

Subscribe on the registration form or online:  
[midwiferytoday.com/magazine](http://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

## “Honoring Our Past, Embracing Our Future”

Crowne Plaza Harrisburg-Hershey Hotel • Harrisburg, Pennsylvania • April 6–10, 2016

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 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

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 6, 2016**

9:00 am–5:00 pm     A1     A2     A3     A4

**Thursday Pre-Conference—April 7, 2016**

9:00 am–5:00 pm     B1     B2     B3     B4

9:00 am–1:00 pm     B5 (Note prerequisites; note optional afternoon class; see program)

**Friday Conference—April 8, 2016**

1:30 pm–3:00 pm     C1     C2     C3     C4

3:15 pm–5:15 pm     D1     D2     D3     D4

**Saturday Conference—April 9, 2016**

10:45 am–12:15 pm     E1     E2     E3     E4

2:15 pm–3:45 pm     F1     F2     F3     F4

4:00 pm–5:45 pm     G1     G2     G3     G4

**Sunday Conference—April 10, 2016**

11:15 am–12:45 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 20, 2015**, and **February 1, 2016**. Prices are shown in the table below. Registrations must be received **in office** at Midwifery Today no later than **March 25, 2016**. If you cannot mail your registration early enough for it to be received on or before March 25, 2016, 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.

e-mail (do not send credit card details by e-mail). Use the contact information at the bottom of this page. To register online: <https://fs7.formsite.com/MidwiferyToday/form27/index.html>

## 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 24, 2016. 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.

## How to Determine Conference Prices and CEU Fees

- Prices do not include transportation, overnight accommodations or meals (except Saturday lunch). 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* magazine. 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 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 and MEAC. 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

## 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/Harrisburg2016/updates.asp](http://midwiferytoday.com/conferences/Harrisburg2016/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 or CEUs.	Walk-in registrants are always welcome. Just pay when you arrive.					
	Postmark on or before November 20, 2015		Postmark on or before February 1, 2016		March 25, 2016 (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
Student discount (30%)*	\$( _____ )					<i>Please do not mail cash.</i>
Subscription price*	\$ _____	Card number	_____ Exp. date _____			
CEU fees*		Name on card	_____			
Please select:		Billing address	_____			
<input type="checkbox"/> ACNM <input type="checkbox"/> MEAC	\$ _____	(as it appears on credit card bill)	_____			
<b>TOTAL</b>	<b>\$ _____</b>	Signature	_____			

# Harrisburg 2016 Speaker Biographies

**Mary Cooper** has been a direct entry midwife since 1978 with 3000+ 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. Mary shares what God, Birthing Women, Babies and life have shared with her. She has been and is now a “caretaker” for the elderly as their lives come to an end. Mary is thankful to all the wisdom shared with her from the women and babies whom she has helped.

**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 8000 babies. She is the mother of 5 and grandmother of 12. 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.

**Tine Greve** received her midwifery education in Copenhagen, Denmark, in 1991 and has been an International Board Certified Lactation Consultant (IBCLC) since 2000. In 2014 she obtained a bachelor’s degree in acupuncture including basic skills in Traditional Chinese Medicine. She has gained most of her clinical experience as a midwife from alternative birth care (ABC) units in Denmark and Norway. Tine also started the first breastfeeding-counseling clinic in Norway in 2000. She is currently working part-time as a breastfeeding counselor and teacher at the National Advisory Unit for Breastfeeding in addition to her work as midwife and acupuncturist in a mother-and-baby health care clinic.

**Barbara Harper** loves babies and has been a childbirth reform activist since her first day at nursing school. She founded Waterbirth International in 1988, with one goal in mind—to insure that waterbirth is an available option for all women. She is an internationally recognized expert on waterbirth. During the past four decades Barbara has worked as a pediatric nurse, a childbirth educator, homebirth midwife, midwifery instructor and doula trainer. Her websites: [waterbirth.org](http://waterbirth.org) and [barbaraharper.org](http://barbaraharper.org)

**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. Gail is a contributing editor to *Midwifery Today*.

**Mitchell J. Kresch**, M.D., F.A.A.P., is Professor of Pediatrics, Director of Neonatal Quality Improvement, Neonatal Transport Services and Outreach, Division of Newborn Medicine; Penn State Hershey Children’s Hospital, Hershey, Pennsylvania.

**Janice Marsh-Prelesnik** has practiced and taught traditional midwifery, massage therapy and herbalism since 1981. She has four homebirthed, homeschooled children and lives in rural southwest Michigan near Kalamazoo. Janice loves to watch her students grow, develop their intuition and integrate midwifery and the natural healing arts into their lifestyles. During the summertime Janice can be found in her organic gardens preparing herbal remedies for her business, Granny Janny Herbs.

**Maria Milton** is a Licensed Midwife from Flowersview, Florida, and a strong advocate of midwives and natural childbirth. She holds a Bachelor’s Degree in Biology/Pre-Med from Florida A & M University in Tallahassee, Florida. Maria is the daughter and past colleague of (the late) midwife, Gladys Milton. She currently owns/operates Milton Memorial Birthing Center in Flowersview, a facility founded by her mother in 1976.

**Fernando Molina**, MD, is a family physician, male midwife and prenatal educator from Venezuela. He now lives in Eugene, Oregon, where he has worked with Anita Rojas as a midwife at Sacred Waters Birthing Center since May 2013. He also teaches a comprehensive prenatal course designed to embrace the mind, body and spirit for a happy pregnancy and birth, now available online at [NaturalBirthingClass.com](http://NaturalBirthingClass.com). He is a homebirth/waterbirth/natural birth activist who loves working with other midwives and doulas.

**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 women 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. Sister is a contributing editor to *Midwifery Today*.

**Michel Odent**, MD, has been in charge of the surgical unit and the maternity unit at the Pithiviers (France) state hospital (1962–1985) and is the founder of the Primal Health Research Centre (London). He is the author of the first articles in the medical literature about the initiation of lactation during the hour following birth and of the first article about use of birthing pools (*The Lancet* 1983). He created the Primal Health Research database. He is the author of 15 books published in 22 languages. His 2015 book, titled *Do we need midwives?*, is followed by an addendum titled *Can Humanity survive medicine?*. Co-author of five academic books. He is also a contributing editor to *Midwifery Today* magazine.

**Debra Pascali-Bonaro** is the Founder and President of Pain to Power Online Childbirth Classes, chair of the International MotherBaby Childbirth Initiative, and advisor to Human Rights in Childbirth, Healthy Mother Birth Center India and International Childbirth Education Association (ICEA). She is an inspirational international speaker. Debra’s passion comes from her years as a Lamaze International childbirth educator, and birth and postpartum doula trainer with DONA International. She has worked with women and men, midwives, doulas and physicians in over 30 countries bringing respect, love and pleasure to birth and life!

**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” which she began teaching in 1990 and which is currently taught at massage schools, spas and resorts across the country. In 2013, she was inducted into the World Massage Festival’s Massage Hall of Fame.

**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.

Change Service Requested

## Honoring Our Past, Embracing Our Future

Harrisburg, Pennsylvania • April 6–10, 2016

# Come to the Conference and Learn from Great Teachers!

- Mary Cooper
- Carol Gautschi
- Diane Goslin
- Tine Greve
- Barbara Harper
- Gail Hart
- Mitchell J. Kresch
- Janice Marsh-Prelesnik
- Maria Milton
- Fernando Molina
- Sister MorningStar
- Michel Odent
- Debra Pascali-Bonaro
- Eneyda Spradlin-Ramos
- Elaine Stillerman
- Jan Tritten

*\*See page 11 inside for speaker biographies.*

## And... Great Classes!

- Midwifery Issues and Skills
- Birth and the Future of Humanity
- Newborn Babies Need Love, Microbes and Stress
- Resolving Shoulder Dystocia
- Breech Day
- And many more!

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

### **SAVE WITH** conference discounts

- Early Registration
  - *Midwifery Today* Subscribers
  - Students Save 30%
- \*See registration form*