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## Calendar

Spring Registration Enrolled Students	3/09 – 3/20
Spring Registration Community Students	3/16 – 3/20
Doula Learning Circles	3/22 & 4/26
Spring Break	3/28 – 4/12
Student Council Meeting	4/20/15
Enrollment Confirmation Deadline	4/20/15
Plant Sale	4/25 & 4/26
Birth Without Fear Meetup	5/30/15
Last day of term	7/03/15

## Holiday Bazaar!

Thank you to our wonderful community for participating in the 2014 Student Council hosted Holiday Bazaar! With your support our Student Council raised enough funds to purchase Birthingway necklaces for the third year cohort and also to make a contribution to the Birthingway Scholarship Fund!



The Bazaar, located at the Tabor Space dining room, was full of local vendors selling their goods. Entertainment was provided by our talented

students and staff: belly dancing, acoustic guitar and song. And a surprise visit from a faun on stilts really made the night! All of the snacks and raffle items were donated by members of our community and were thoroughly enjoyed!

Would you like to be involved in the planning of future events at Birthingway? Want to help shape the next generation of student government and leadership? If so, please join us at an upcoming student council meeting!

**Monday, April 20<sup>th</sup> at 12pm in the Foster Classroom**

Student involvement from all programs and cohorts is encouraged and desired. For more information please connect with Mel at [mel@birthingway.edu](mailto:mel@birthingway.edu).

<b>Birthingway Non-credit Workshop:</b>	<b>Description:</b>
<h1>Postpartum Doula Workshop</h1> <h2>Supporting Transitions After Birth</h2> <p>Please note: This is also offered as a credit course (more work is required). If you would like to take the credit course, please use the Spring 2015 Registration Form included in this newsletter.</p>	<p>Gain knowledge and skills for assisting women after birth, including hormones in the postpartum, maternal changes, infant care, mood disorders, physical care and breastfeeding support. This course constitutes one step towards Birthingway's Postpartum Doula Certification. Instructor: Tiffany Decker, BA, CD</p>

**Date / Time / Location:**

**Wednesdays: 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27/15 ~ 5:00pm - 8:30pm**  
**Birthingway College of Midwifery - Carlton House 12108 SE Carlton St., Portland, OR 97266**

**Cost:**

**Workshop fee: \$450**  
 Registration start date for Community Students: 3/16/15 at 8:30am. Registration start date for Enrolled Students - 3/9/15 at 8:30am.  
 Registration Deadline: 3/20/15 at 3:00pm. After this date and time, an additional \$75 late registration fee (non-refundable) is required. Sorry, no walk-in registrations during the workshop will be accepted.

**Required Course-pack / Equipment**

Course-pack fee (non-refundable): \$12 Course-pack will be available for pick-up at Birthingway College during office hours after the registration deadline. Please call ahead to confirm availability.

The following books should be read prior to the workshop (but are not required to be owned):

- Webber S. *The Gentle Art of Newborn Family Care*. 2012.
- Placksin S. *Mothering the New Mother: Women's Feelings and Needs After Childbirth a Support and Resource Guide*. 2<sup>nd</sup> ed. 2000.
- Jana L, Shu J. *Heading Home with Your Newborn: From Birth to Reality*. 2<sup>nd</sup> ed. 2011.
- Huggins K. *The Nursing Mother's Companion*. 6<sup>th</sup> ed. 2010.

**Refund Policy:**

Written notice is required to receive a refund. If written notice is received up to seven calendar days prior to the first day of class, you will receive a 95% refund of the workshop fee. After that point, 80% of the course fee will be refunded up to the first class day. No refund will be given on or after the first class day. Late registration and course-pack fees are non-refundable. If the minimum enrollment of 5 is not achieved, the course will be canceled and you will receive a 100% refund. Please allow four to six weeks for receipt of refund.  
 Please detach registration form here.

**Spring 2015 Postpartum Doula Workshop Registration Form – Registration Deadline 3/20/15 at 3:00pm**

Postpartum Doula Workshop fee: \$450 + \$12 course-pack fee (non-refundable) = \$462	\$
Please send the course-pack to me. I've included \$6 postage and handling. (This service not available after 3/13/15)	\$
\$75 Late Registration fee (non-refundable) in addition to the workshop fee if registration is received after 3:00pm on 3/20/15	\$
<b>TOTAL</b>	<b>\$</b>

**Payment method: (please circle)    Check/Money Order                      Cash                      PayPal (see below)**

Legal First Name	Legal Middle Initial	Legal Last Name
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Address	City	State	Zip
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Phone	Email required for the workshop (Please add me to the Birthingway Newsletter <input type="checkbox"/> )
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- We must receive this completed registration form AND full payment to register you for this workshop.
- Please make check/money order payable to Birthingway College and mail to the address below.
- Credit card payments are accepted through PayPal by visiting <http://birthingway.edu/for-students/make-a-payment/>. By paying through PayPal, you agree to the terms and conditions on our payment page. You must include a copy of your PayPal confirmation with your registration form.
- If you fax your registration, please call to confirm we have received it. If your fax doesn't go through, your registration will not be complete, and could also result in late fees or missing the opportunity to register.
- Please see our Student Handbook and College Catalog for college policies available at <http://birthingway.edu/for-students/student-handbook-and-catalog/>

**OFFICE USE ONLY**

Date/time/payment/initial \_\_\_\_\_

Please route in this order: \_\_\_\_\_ FIN \_\_\_\_\_ REG \_\_\_\_\_ FIN \_\_\_\_\_ TECH \_\_\_\_\_ LRC \_\_\_\_\_ OC \_\_\_\_\_ SPC \_\_\_\_\_ MPC \_\_\_\_\_ File

## SQUAT SPOTLIGHT ON EDUCATION

SQUAT Birth Journal is pleased to bring back its popular column Spotlight on Education! This column explores all types of educational options available in the United States for those interested in birth work. This column is intended to support the educational opportunities and awareness of every person who dreams of becoming a midwife, and all the various types of education that might include. This column serves as a platform for introducing varied educational options to our readers in each issue. We'll be featuring a wide variety of paths, programs, schooling, and unschooling. We aim to provide factual information about programs and trainings, as well as direct student reviews about their experiences.

The path to midwifery is an uphill one, full of family, financial, physical, and spiritual challenges (to name a few), and also deep meaning, joy, and profound learning. A balance between institutionalized training and intuitive undisturbed birth must be found for our work to reach its highest potential.

We encourage you to share your experiences with us so we can feature your program/path and words from students in the coming issues. We look forward to hearing from our readers how they went about their midwifery education and what they thought of it! Please email us at [submissionstosquat@gmail.com](mailto:submissionstosquat@gmail.com)

### *Student Reviews*

**First Name:** Susannah

**Program:** Bachelor of Science in Midwifery

Birthingway College of Midwifery

**Length of time enrolled in program:** 3 Years and 1 term (plus the time needed to do general education requirements for the BS, which I had already done during the completion of my BA previously).

**Why you chose the program over others:**

I wanted a program that was onsite. I knew that sitting in a classroom with other students and face time with teachers would be how I would get the most out of my education. I spent some time in a birth center that helps students through a distance program and realized that I wanted something more thorough. I felt that Birthingway offered the most thorough academic program. I also knew that I would be the type of learner that would need to be in clinical training at the same time as my classroom learning. I loved that Birthingway offered the flexibility to do clinical training at whatever point and at whatever speed was right for me. I was also drawn to Birthingway's core curriculum/community. Each incoming class is 16 women, and these women will move through the core curriculum together as a cohort. As part of the core curriculum there is built in community building time (called Cohort). Every week your cohort has set aside time to eat together and cook for each other, and to "check in," an opportunity to share what is going on for you that week in a safe space. I was drawn to the idea of community, support, and growth that would come from that intimacy.

**What you love about the program:** I love how well thought-out and intentional the curriculum (and nearly every aspect of the program) is. Almost every homework assignment is designed to result in a form/info sheet/protocol that can be used in practice once you graduate. There is little to no busy work, and that is important to me. Student feedback is asked for (and genuinely appreciated and considered) at every level, and is usually incorporated into changes in policy and curriculum. The thing that I love maybe most of all, is that I came out of the program as a midwife who knows how to critically think and evaluate, not just follow protocols. To treat each client as an individual, and provide care accordingly. Along with this, is a deep commitment to true informed choice. A midwifery foundation based on a trust in each woman to make the right choice for her and her family, given all the tools and information needed to do that.

For the complete review and more student reviews of  
Birthingway College, check out [SQUAT Birth Journal, Issue 19](#).

<b>Birthingway Non-credit Workshop:</b>		<b>Description:</b>	
<h1>The Labor Doula</h1> <h2>Assisting Women with Birth</h2>		Lecture, readings and practical skills for providing emotional and physical support for women in labor and immediate postpartum. This course constitutes one step towards Birthingway's Labor Doula Certification and also meets the prerequisite for admission to our midwifery program. Instructor: Stacey Marshall, IBCLC, CD (DONA)	
<b>Date / Time / Location:</b>			
Mondays: 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 6/1, 6/8/15 from 5:00pm - 8:30pm Birthingway College of Midwifery - Carlton House 12108 SE Carlton St., Portland, OR 97266			
<b>Cost:</b>			
<b>Workshop fee: \$500</b> Registration Deadline: 4/6/15 at 4:30pm. After this date and time, an additional \$75 late registration fee (non-refundable) is required. Sorry, no walk-in registrations during the workshop will be accepted. Maximum 18 students.			
<b>Required Course-pack / Books</b>			
Course-pack fee (non-refundable): \$25 Course-pack will be available for pick-up at Birthingway College during office hours after the registration deadline. Please call ahead to confirm availability.			
<b>Required textbooks:</b>			
<ul style="list-style-type: none"> <li>Klaus MH, Kennell JH, Klaus PH. <i>The Doula Book</i>. 3<sup>rd</sup> ed. 2012.</li> <li>Newman J, Pitman T. <i>The Ultimate Breastfeeding Book of Answers</i>. Revised &amp; updated. 2006.</li> <li>Simkin P. <i>Pregnancy, Childbirth, and the Newborn: The Complete Guide</i>. 4th ed. 2010.</li> <li>Gaskin IM. <i>Ina May's Guide to Childbirth</i>. 2003.</li> </ul>			
<b>Refund Policy:</b>			
Written notice is required to receive a refund. If written notice is received up to seven calendar days prior to the first day of class, you will receive a 95% refund of the course fee. After that point, 80% of the course fee will be refunded <u>up to the first class day</u> . <b>No refund will be given on or after the first class day.</b> Late registration and course-pack fees are non-refundable. If the minimum enrollment of five is not achieved, the course will be canceled and you will receive a 100% refund. Please allow four to six weeks for receipt of refund. Please detach registration form here.			
<b>Spring 2015 Labor Doula Workshop Registration Form – Registration Deadline 4/6/15 at 4:30pm</b>			
Labor Doula Workshop fee: \$500 + \$25 course-pack fee (non-refundable) = \$525			\$
Please send the course-pack to me. I've included \$6 postage & handling. (This service not available after 3/30/15)			\$
\$75 Late Registration fee (non-refundable) in addition to the workshop fee if registration is received after 4:30pm on 4/6/15			\$
<b>TOTAL</b>			
<b>Payment method: (please circle)    Check/Money Order                      Cash                      PayPal (please see below)</b>			
Legal First Name		Legal Middle Initial	Legal Last Name
Address		City	State      Zip
Phone		Email required for the workshop (Please add me to the Birthingway Newsletter <input type="checkbox"/> )	
<ul style="list-style-type: none"> <li>We must receive this completed registration form AND full payment to register you for this workshop.</li> <li>Please make check/money order payable to Birthingway College and mail to the address below.</li> <li>Credit card payments are accepted through PayPal by visiting <a href="http://birthingway.edu/for-students/make-a-payment/">http://birthingway.edu/for-students/make-a-payment/</a>. By paying through PayPal, you agree to the terms and conditions on our payment page. <u>You must include a copy of your PayPal confirmation with your registration form.</u></li> <li>If you fax your registration, please call to confirm we have received it. If your fax doesn't go through, your registration will not be complete, and could also result in late fees or missing the opportunity to register.</li> <li>Please see our Student Handbook and College Catalog for college policies available at <a href="http://birthingway.edu/for-students/student-handbook-and-catalog/">http://birthingway.edu/for-students/student-handbook-and-catalog/</a></li> </ul>			
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## In the news

Birthingway Lactation Program graduates (and now IBCLCs) **Erin Gillis** and **Sarah Longwell** have started a new business. Miracle of Nurture offers biodynamic in-home lactation consultations. More information online at [www.miracleofnurture.com](http://www.miracleofnurture.com).



**MIRACLE of NURTURE**

**Raeben Nolan**, Birthingway's Specialized Programs Coordinator, has been elected President of the Oregon Doula Association! To learn more about the work ODA is doing, check out their website at [www.oregondoulas.org](http://www.oregondoulas.org).

Birthingway's Academic Coordinator, **Nichole Reding**, is the President-Elect of MEAC (Midwifery Education Accreditation Council). MEAC creates standards and criteria for the education of midwives and their mission is to promote excellence in midwifery education through accreditation.

### Thriving Parents Thriving Babies A Parenting Class Series

The Birthingway Breastfeeding Center is offering a two part parenting series taught by Dr. Judy Boothby DC, Board Eligible in functional Neurology for Adults, Babies, and Children.

#### Thriving Parents

Date: March 21, 2015

Time: 11am-12pm

Location: Bway Breastfeeding Center  
5627 SE Woodstock Blvd.

Fee: Recommended \$5 donation

#### Thriving Babies

Date: April 18, 2015

Time: 11am-12pm

Location: Bway Breastfeeding Center  
5627 SE Woodstock Blvd.

Fee: Recommended \$5 Donation

### Mothers Group on Mondays 10:30am-12pm

The Birthingway Breastfeeding Center holds a weekly facilitated mothers support group. Mothers in our community with babies and toddlers are welcome to join us each Monday to share, learn and get support around mothering, baby care, feeding, and healthy development. This is an opportunity to connect with other mothers and access information and resources.

### Open Weigh Check Hours: Mondays 10am-2pm

We are open for free weight checks every Monday! Stop by to weigh your baby with a lactation consultant. All families are welcome to utilize this service and no appointment is needed.



Birthingway Breastfeeding Center  
5627 SE Woodstock Blvd.  
Portland, OR 97206  
503-762-1632  
[birthingwaybreastfeedingcenter.org](http://birthingwaybreastfeedingcenter.org)



### From our Librarian, Kathryn Constant

This past Fall, **Nichole Reding** came into the library practically in tears because a beloved teaching video, *Channel for a New Life* by Elizabeth Noble, stopped working and had finally met its end. It was then that I found out the video was available on DVD and I ordered two for the library collection. I had the opportunity to communicate directly with Ms. Noble, a long-time educator and professional in the fields of women's health, birth, and child's health. Her work is highly considered by the Birthingway community. Her assistant wrote, "She was very uplifted to know that you use her DVD in classes. [S]he was really thrilled. It had been a long time since anyone had inquired about them---In fact, she only had two copies left, so they seemed destined for you." Just a few weeks later, I learned that Ms. Noble had passed. I am grateful that we had the chance to tell her of our appreciation of her work.



Elizabeth Noble



Congratulations to our Lactation Consultation student, **Georgina Mora-Higa**! She is the Breastfeeding Coalition of Oregon's new Board Chair! A native Spanish speaker, Georgina is deeply committed to organizing across communities to support breastfeeding and lifelong health in Oregon.

"On a local and statewide level, the BCO aims to effect all the spheres of influence that surround a breastfeeding family, so together we experience a culture which supports, promotes and protects breastfeeding as biologically normative. BCO works hand in hand with the United States Breastfeeding Coalition to improve support, promotion and protection for breastfeeding as outline in the Surgeon General's Call to Action to Support Breastfeeding."

- BCO Website

## Birthingway meets BIRTH WITHOUT FEAR

On May 30<sup>th</sup>, Birthingway College will be attending the first Birth Without Fear MeetUp in the Pacific Northwest. Our hope is to connect with women impacted by their births and to share the idea that supporting birth workers in training supports positive birth experiences!

### About the MeetUp:

"...we will speak about our journeys of life, pregnancy, birth, and motherhood as well as the story of Birth Without Fear. We will discuss why having choices and support in birth is so important. This is a time to be inspired and empowered to take back our births!"

Located at the Oregon Convention Center  
9am-5pm | Saturday, May 30th

<b>Birthingway Non-credit Workshop:</b>	<b>Description:</b> Birthingway renewal certification in Biodynamic Resuscitation of the Newborn including use of bag/valve/mask. AHA Healthcare Provider CPR certification includes use of AED, infant, child, and adult resuscitation. Instructor: Denise O'Halloran, BS, EMT-P		
<h1 style="margin: 0;">Resuscitation Workshops</h1>			
<b>Date / Time / Location:</b>			
<b>Biodynamic Resuscitation of the Newborn Renewal ~ Friday 5/29/15 from 8:00am - 1:00pm</b> <i>This is a renewal class, so you must provide a copy of your current neonatal resuscitation card when registering.</i>			
<b>AHA Healthcare Provider CPR Certification ~ Friday 5/29/15 from 1:30pm - 4:30pm</b> <b>Birthingway College of Midwifery - 12113 SE Foster St., Portland, OR 97266</b>			
<b>Cost:</b>			
<b>Biodynamic Resuscitation of the Newborn Renewal: \$80</b> <b>AHA Healthcare Provider CPR Certification: \$50</b> Registration Deadline: 5/21/15 at 4:30pm. After this date and time, an additional \$75 late registration fee (non-refundable) is required. Sorry, no walk-in registrations on the day of the workshop will be accepted. Maximum 16 students. <i>If you are a Birthingway Approved Preceptor, please see the Faculty Coordinator for registration information and materials.</i>			
<b>Required Course-pack / Equipment</b>			
None			
<b>Refund Policy:</b>			
Written notice is required to receive a refund. If written notice is received up to seven calendar days prior to the first day of class, you will receive a 95% refund of the course fee. After that point, 80% of the course fee will be refunded <i>up to the first class day</i> . <u>No refund will be given on or after the first class day.</u> Late registration and course-pack fees are non-refundable. If the minimum enrollment of 5 is not achieved, the course will be canceled and you will receive a 100% refund. Please allow four to six weeks for receipt of refund. <div style="text-align: center;"><i>Please detach registration form here.</i></div>			
<b>Spring 2015 Resuscitation Workshops Registration Form – Registration Deadline 5/21/15 at 4:30pm</b>			
<b>Biodynamic Resuscitation of the Newborn Workshop fee: \$80</b> <i>(please provide a copy of your current neonatal resuscitation card when registering)</i>	\$		
<b>AHA Healthcare Provider CPR Certification Workshop fee: \$50</b>	\$		
<b>\$75 Late Registration fee</b> (non-refundable) in addition to the workshop fee if registration is received after 4:30pm on 5/21/15	\$		
<b>TOTAL</b>	<b>\$</b>		
<b>Payment method: (please circle)    Check/Money Order                      Cash                      PayPal (see below)</b>			
Legal First Name	Legal Middle Initial	Legal Last Name	SSN (required for your transcript)
Address		City	State      Zip
Phone		Email required for workshop    (Please add me to the Birthingway Newsletter <input type="checkbox"/> )	
<ul style="list-style-type: none"> <li>We must receive this completed registration form, full payment, and a <u>copy of your current neonatal resuscitation certification card</u> to register for the Biodynamic Resuscitation of the Newborn Workshop.</li> <li>Please make check/money order payable to Birthingway College and mail to the address below.</li> <li>Credit card payments are accepted through PayPal by visiting <a href="http://birthingway.edu/for-students/make-a-payment/">http://birthingway.edu/for-students/make-a-payment/</a>. By paying through PayPal, you agree to the terms and conditions on our payment page. <u>You must include a copy of your PayPal confirmation with your registration form.</u></li> <li>If you fax your registration, please call to confirm we have received it. If your fax doesn't go through, your registration will not be complete, and could also result in late fees or missing the opportunity to register.</li> <li>Please see our Student Handbook and College Catalog for college policies available at <a href="http://birthingway.edu/for-students/student-handbook-and-catalog/">http://birthingway.edu/for-students/student-handbook-and-catalog/</a></li> </ul>			
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## Birth Announcements

From first year Lactation Consultation student, **Karissa Clark:**

"I went into labor the first time at 35 weeks along. I dilated to 4 cm and 80% effaced, and then after 8 hours, my labor suddenly stopped on its own, and I was sent home. For the next 2 weeks I was in Prodromal labor, which simply put, sucked immensely. Fast forwards to November 27th, when I was 37 weeks pregnant. I guess I started "real" labor again at 2am that morning, and woke my partner up at 5am when I realized the contractions were getting worse. My midwife said if my contractions changed in intensity to head straight to the birth center because my water not breaking was the only thing holding my daughter in. So, we woke up our three year old (I somehow made it down three flights of concrete stairs) and started the 20min drive to the hospital. My partner's sister arrived at the hospital at 7am, and our daughter was born at 7:51am. I understand when women say they weren't happy with a short labor. It was fast and furious. There were no breaks & no time to catch a breath. It was so much more intense than the 25 1/2 hour labor I had with my son. While draped over the bed, before my midwife could break my water (she didn't want it to explode everywhere) it burst by itself. Looked. Like. A. Crime. Scene. And unlike my first, I tore pushing, well, shooting, her out. My midwife had just put her hand under me with the intent to check how dilated I was after my water breaking, but instead caught a baby. Amelia Roselynn Gordon was born on Thanksgiving. She was perfectly healthy, with just my partner, midwife, and, of course, myself."



Conner and Amelia

**Jessi Wells St. Claire**, a first year Lactation Consultation student, and her husband Colin welcomed their first baby earthside on January 9th after 41 weeks and two days of waiting! They were attended by their midwives, Angela Beach-Hart (Birthingway grad) and Adeline Kell of Birth Babies and Beyond, their student midwife, Kai Morrison, doula (and LC First-Year!) Kaitlin Schofield, and Jessi's mama, Angela Wells. Baby took her time and Mama labored gloriously Wednesday night through Friday morning when at 10:13 Cora Fae made her debut into the warm waters of the birth tub set up in her room. She weighed 8 pounds even and was 20 inches long. The family is joyous and loving this new part of their journey! Cora and Jessi returned to Birthingway after a couple weeks and are enjoying the supportive village they have surrounding them.



Cora Fae, Jessi, and Colin

# Birthingway College of Midwifery's 13th Annual Plant Sale

We'll have herb plants of all kinds, including culinary and medicinal types. Even basil if the weather is kind! We will have vegetable starts from artichokes to zucchini. All plants



Art by Caitlin McGauley

have been grown in an unheated greenhouse and are ready to go into your garden. A selection of perennial and annual flower starts will also be available.

Plants are provided by Pumpkin Ridge Gardens and will be sold mostly in 4" pots and 6-pack containers. A portion of each sale is donated to Birthingway College.

Saturday, April 25th  
& Sunday, April 26th  
10am-3pm

Ben and Jerry's Parking Lot  
SE 36th and Hawthorne

## In the news

### Welcome, new faculty!

Maternal Complex Breastfeeding Situations:  
**Bryna Sampey**

Breastfeeding Politics and Policy:  
Co-teaching, **Carrie Cohen**



### Birthingway is sponsoring the OMC Portland Spring Conference!

Location: (the former) Marshall High School  
3905 SE 91st Ave, Portland, OR, 97266

Date: March 6<sup>th</sup>, 2015      Time: 8:00am – 4:00pm

### New Staff

**Courtney Krake**, Birthingway's new Operations Coordinator, is no stranger to progressive learning environments: she has a BA in Sustainability and Community Development from the Evergreen State College. She is a Pacific Northwest native and deeply passionate about all things sustainable and green. When she's not radiating welcoming vibes in the Birthingway front office, you can find Courtney wherever you might find a great Northwest craft beer, geeking out with her friends.

### How to get involved:

To increase the amount we make at the plant sale, we would love your plant donations to sell! 100% of the sales from donated plants go to Birthingway.

Hot sellers in previous years have been raspberries, strawberries, lilies, perennial herbs and perennial ornamentals in gallon pots (hostas, bushes, trees). If anything in your yard is getting unruly and needs to be divided or moved, this would be a great time to pot it up and make some money for Birthingway.

### A helpful tip:

Pot your plants in February and March, so that they will look beautiful in April. If you need gallon pots, let Mel or Polly know as we can provide them. Also, if you don't have space or time to care for potted plants, please get in touch.

**Birthingway's Annual Plant Sale!**  
April 25th & 26th, 2015 from 10am-3pm  
Ben and Jerry's on Hawthorne & 36th Ave.

Contact **Mel** at  
[mel@birthingway.edu](mailto:mel@birthingway.edu) if  
you'd like to be involved  
and help make our 13<sup>th</sup>  
Annual Plant Sale a  
great success!

### Other ways to help:

Volunteer for a shift on the days of the sale. Let your gardening friends know about the sale; they can donate, shop, or both. Buy your veggie plants at the Plant Sale or just come by to say hello! You could hang up flyers for the plant sale in your neighborhood, put it on your Facebook page, and help get the word out!



# Doula Corner

## Did you know that Birthingway College offers a **Labor Doula Scholarship**?

The scholarship is open to students from communities where access to that population is difficult for someone outside that community. Examples of such populations include:

Bilingual (native language and English) students, women of color, students who work with or are a part of the incarcerated-women's community, or students who work with or are a part of the homeless women's population.

Fall Term doula leads: 47  
Winter Term leads so far: 32

### Reminders for enrolled doulas:

- Don't forget to register for the term!
- Have you visited the library lately? Utilize your library card! We'd love to see you.

Fifteen Birthingway doulas attended our last Doula Learning Circle! Our guest speaker was Dr. Arah McLaughlin from Core Elements Chiropractic and Wellness Center. Upcoming topics to look forward to are: SEO design and development, website & social media networking, emergency childbirth for doulas, appropriate use of essential oils for doulas, guest speakers, case study discussions, and more! Doula Learning Circles are exclusive to **Birthingway trained doulas** to promote continued education, community support, a safe sharing environment, doula cross-pollination and networking. Doula Learning Circles take place on the fourth Sunday of each month from 2pm-4pm.

Join us at our next Doula Learning Circle: Sunday, March 22<sup>nd</sup> from 2-4pm at the Birthingway Breastfeeding Center.

## The Birthingway website has a new look!

The Birthingway College website revamp was a large project that each staff member here at Birthingway put time, effort, and love into. We hope the new format and updated content will benefit all who visit the website!





# Birthingway College of Midwifery

## TEXTBOOK ORDER FORM – Spring textbook order/cancel deadline: March 20<sup>th</sup>, 2015

Legal First Name	Legal Middle Initial	Legal Last Name
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Textbook cancellations or additions will not be accepted after March 20<sup>th</sup>, 2015 at 3:00pm. After this date you are responsible to pay for and pick up your books, even if you drop the course.

The cost for the textbooks below will not necessarily reflect the lowest price. Online prices change often. You are not required to order textbooks through Birthingway, but the books listed below are required. You may choose to order texts on your own.

Textbooks should be available the week of April 6<sup>th</sup>, 2015 but times may vary. Please contact the Learning Resources Coordinator with any questions, concerns, or to check on the status of your order. You can contact her via phone or at [natalie@birthingway.edu](mailto:natalie@birthingway.edu).

**You must provide payment with this form unless**  
you are eligible for a financial aid disbursement in the term AND have signed at the bottom of this form.

**Be sure to double check your order. Birthingway does not check for repeat orders and cannot be held responsible for any mistakes made by the student.**

Course	Title of Required Textbook	ISBN #	Price	Order \$
Advanced Lactation Skills II (ADS222q)	Altman D. <i>Clinics in Human Lactation: History and Assessment: It's All in the Details</i> . 2008.	0981525768	\$15	
	Cadwell K. <i>Maternal and Infant Assessment for Breastfeeding and Human Lactation...</i> 2 <sup>nd</sup> ed. 2006.	0763720976	\$85	
	Genna CW. <i>Selecting and Using Breastfeeding Tools: Improving Care and Outcomes</i> . 2009.	0982337914	\$20	
	Genna CW. <i>Supporting Sucking Skills in Breastfeeding Infants</i> . 2 <sup>nd</sup> ed. 2013.	1449647367	\$85	
	Lauwers J, Swisher A. <i>Counseling the Nursing Mother: A Lactation Consultant's Guide</i> . 5 <sup>th</sup> ed. 2011.	0763780529	\$134	
	Wilson-Clay B, Hoover K. <i>The Breastfeeding Atlas</i> . 5 <sup>th</sup> ed. 2013.	967275873	\$73	
Anatomy and Physiology for Birth and Lactation Professionals (ANT151q)	Cohen BJ, Taylor JJ. <i>Memmler's The Human Body in Health and Disease</i> . 13 <sup>th</sup> ed. 2014.	9781451192803	\$62	
	Cohen BJ, Hull KL. <i>Study Guide to Accompany Memmler's The Human Body in Health and Disease</i> . 13 <sup>th</sup> ed. 2014.	1451193483	\$35	
Antepartum (ANT251q)	Davis E. <i>Heart and Hands: A Midwife's Guide to Pregnancy and Birth</i> . 5 <sup>th</sup> ed. 2012.	1607742438	\$35	
	Frye A. <i>Understanding Diagnostic Tests in the Childbearing Year</i> . 7 <sup>th</sup> ed. 2007.	1891145568	\$68	
	King TL, Brucker MC, Kriebs JM, Fahey JO, Geger CL, Varney H. <i>Varney's Midwifery</i> . 5 <sup>th</sup> ed. 2015.	1284025411	\$201	
Applied Microbiology for Midwives (AMM351q)	Engelkirk P, Engelkirk J. <i>Burton's Microbiology for the Health Sciences</i> . 9 <sup>th</sup> ed. 2010.	1605476730	\$98	
	Frye A. <i>Understanding Diagnostic Tests in the Childbearing Year</i> . 7 <sup>th</sup> ed. 2007.	1891145568	\$68	
Botanicals I (BOT323q)	Gladstar R. <i>Herbal Healing for Women: Simple Home Remedies for Women of All Ages</i> . 1993.	0671767674	\$18	
	Romm A. <i>Botanical Medicine for Women's Health</i> . 2010.	0443072779	\$73	
	Romm A. <i>Naturally Healthy Babies and Children</i> . 2003.	1587611929	\$18	
Breastfeeding I (BRF111q)	Lauwers J, Swisher A. <i>Counseling the Nursing Mother: A Lactation Consultant's Guide</i> . 5 <sup>th</sup> ed. 2011.	0763780529	\$134	
Breastfeeding II (BRF222q)	Lauwers J, Swisher A. <i>Counseling the Nursing Mother: A Lactation Consultant's Guide</i> . 5 <sup>th</sup> ed. 2011.	0763780529	\$134	
Breastfeeding Skills (BFS211q)	Cadwell K. <i>Maternal and Infant Assessment for Breastfeeding and Human Lactation...</i> 2 <sup>nd</sup> ed. 2006.	0763735779	\$85	
	Lauwers J, Swisher A. <i>Counseling the Nursing Mother: A Lactation Consultant's Guide</i> . 5 <sup>th</sup> ed. 2011.	0763780529	\$134	
Communications I (COM111q)	Lasater AH, Lasater IK. <i>What We Say Matters: Practicing Nonviolent Communication</i> . 2009.	1930485247	\$15	
Communications III (COM113q)	Siegel DJ. <i>Mindsight: The New Science of Personal Transformation</i> . 2010.	0553386395	\$16	
Complex Situations II (CPX442q)	Frye A. <i>Holistic Midwifery Volume I: Care During Pregnancy</i> . Reprint ed. 1998.	189114555X	\$83	
	Frye A. <i>Holistic Midwifery: A Comprehensive Textbook for Midwives in Homebirth Practice, Vol. II</i> . 2004.	1891145606	\$130	
	Frye A. <i>Understanding Diagnostic Tests in the Childbearing Year</i> . 7 <sup>th</sup> ed. 2007.	9781891145568	\$68	
	Goer H, Romana A. <i>Optimal Care in Childbirth: The Care for a Physiological Approach</i> . 2012.	1598491326	\$43	
	Varney H, Kriebs JM, Geger CL. <i>Varney's Midwifery</i> . 4 <sup>th</sup> ed. 2004.	0763718564	\$216	
Critical Care Skills I (CCS421q)	Frye A. <i>Holistic Midwifery: A Comprehensive Textbook for Midwives in Homebirth Practice, Vol. II</i> . 2004.	1891145606	\$133	
	Varney H, Kriebs JM, Geger CL. <i>Varney's Midwifery</i> . 4 <sup>th</sup> ed. 2004.	0763718564	\$216	
Cultivating and Wildcrafting Medicinal Plants (CWM221q) *also note required equipment kit below*	Capon B. <i>Botany for Gardeners</i> . 3 <sup>rd</sup> ed. 2010.	160469095X	\$20	
	Hemenway T. <i>Gaia's Garden: A Guide to Home-Scale Permaculture</i> . 2 <sup>nd</sup> ed. 2009.	1603580298	\$30	
Ethics (ETH321q)	Foster I, Lasser J. <i>Professional Ethics in Midwifery Practice</i> . 2011.	0763768804	\$91	

Infant Complex Breastfeeding Situations (ICS221q)	Genna CW. <i>Selecting and Using Breastfeeding Tools: Improving Care and Outcomes</i> . 2009.	0982337914	\$20	
	Genna CW. <i>Supporting Sucking Skills in Breastfeeding Infants</i> . 2 <sup>nd</sup> ed. 2013.	1449647367	\$85	
Introduction to Healing Systems (STM121q)	Goldblatt E, et al. <i>The ACCAHC Clinician's and Educators' Desk Reference on the Licensed Complementary and Alternative Healthcare Professions</i> . 2 <sup>nd</sup> ed. 2013.	9781304082947	\$25	
Labor Doula Workshop	Gaskin IM. <i>Ina May's Guide to Childbirth</i> . 2003.	0553381156	\$18	
	Klaus MH, et al. <i>The Doula Book</i> . 3 <sup>rd</sup> ed. 2012.	0738215066	\$19	
	Newman J, Pitman T. <i>The Ultimate Breastfeeding Book of Answers</i> . Revised and updated ed. 2006.	0307345580	\$20	
	Simkin P. <i>Pregnancy, Childbirth, and the Newborn: The Complete Guide</i> . 4 <sup>th</sup> ed. 2010.	143917511X	\$16	
Medical Terminology (MED121q)	Ehrlich A, Schroeder C. <i>Medical Terminology for Health Professions</i> . 7 <sup>th</sup> ed. 2013.	1111543275	\$41	
Microbiology Skills (MIC311q)	Frye A. <i>Understanding Diagnostic Tests in the Childbearing Year</i> . 7 <sup>th</sup> ed. 2007.	1891145568	\$68	
Midwifery History and Politics (MHP431q)	Diamant A. <i>The Red Tent</i> . 2007.	0312427298	\$16	
	Ehrenreich B, English D. <i>Witches, Midwives, and Nurses: A History of Women Healers</i> . 2 <sup>nd</sup> ed. 2010.	0912670134	\$10	
	Simkins G. <i>Into These Hands: Wisdom from Midwives</i> . 2011.	0981870856	\$30	
Physical Assessment I (PHY221q)	Bickley LS, Szilagyi BG, et al. <i>Bates' Guide to Physical Examination &amp; History Taking</i> . 11 <sup>th</sup> ed. 2013.	1609137620	\$124	
Plant Medicine I (PLM221q)	Green J. <i>The Herbal Medicine-Maker's Handbook: A Home Manual</i> . 2000.	0895949903	\$23	
	Soule D. <i>A Woman's Handbook of Healing Herbs: A Guide to Natural Remedies</i> . 2011.	1616082763	\$15	
Postpartum Doula (PPD121q)	Huggins K. <i>The Nursing Mother's Companion</i> . 6 <sup>th</sup> ed. 2010.	1558327207	\$17	
	Jana L, Shu J. <i>Heading Home with Your Newborn: From Birth to Reality</i> . 2 <sup>nd</sup> ed. 2011.	1581104448	\$16	
	Placksin S. <i>Mothering the New Mother: Women's Feelings and Needs After Childbirth...</i> 2 <sup>nd</sup> ed. 2000.	1557043175	\$20	
	Webber S. <i>The Gentle Art of Newborn Family Care</i> . 2012.	0985418001	\$26	
Pregnancy and Birth Impacts (IMP231q)	Lauwers J, Swisher A. <i>Counseling the Nursing Mother: A Lactation Consultant's Guide</i> . 5 <sup>th</sup> ed. 2011.	0763780529	\$134	
	Smith L. <i>Impact of Birthing Practices on Breastfeeding</i> . 2 <sup>nd</sup> ed. 2013.	0763763748	\$77	
Using Medical Literature (UML111q)	Best J. <i>Stat-Spotting: A Field Guide to Identifying Dubious Data</i> . 2 <sup>nd</sup> ed. 2013.	9780520279988	\$28	
	Woloshin S, et al. <i>Know Your Chances: Understanding Health Statistics</i> . 2008.	9780520252226	\$27	

**▼ Equipment Kits ----- ▼ ----- Equipment Kits ----- ▼ ----- Equipment Kits ▼**

<b>First Year Equipment Kits</b> (Total of 10 items. Please check each item carefully).  In addition, you will need an easy to read watch with a sweep second hand and clear numbers.	- Legacy aneroid latex-free adult blood pressure unit - Class II SE double-headed stethoscope - Fetal model: shoulders must fit through pelvis and head circumference must be 33cm or 12.75". We would prefer the baby's head to have suture lines, or the ability to draw in suture lines. - Vinyl model pelvis (full size)	- Safety goggles - Economy fetoscope - Taylor reflex hammer - Digital thermometer - Notoco pocket otoscope - Retractable tape measure (inches and centimeters)	\$375	
<u>Cultivating and Wildcrafting Medicinal Plants</u>	- Pruning sheers		\$10	

**TOTAL for textbooks/kits----- \$**

**Courses with no required textbooks: Information Literacy (INL111q), Midwifery Integration (MIN411q)**

Credit card payments are accepted through PayPal by visiting <http://birthingway.edu/for-students/registration/make-a-payment/>. By paying through PayPal, you agree to PayPal and Birthingway's terms and conditions.

***You must include a copy of your PayPal payment confirmation if paying by PayPal, or your order will be incomplete and delayed until confirmation is received.***

Legal First Name	Legal Middle Initial	Legal Last Name
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By signing below, I am agreeing to pay for the above textbook order either by providing payment with this complete form or by authorizing use of my student aid funds for the charges listed on this form. I understand any charges not covered by aid will be due upon receipt of a statement.

**Signature (required):** \_\_\_\_\_ **Date:** \_\_\_\_\_

Office Use Only:

Date/Time/Payment/Initial \_\_\_\_\_

Please route in the following order: \_\_\_\_ FIN \_\_\_\_ LRC FILE

**Birthringway College of Midwifery ~ Spring 2015 Registration**  
**Registration for Enrolled Students begins March 9, 2015 at 8:30am**  
**Registration for Community Students begins March 16, 2015 at 8:30am**  
**REGISTRATION DEADLINE: March 20, 2015 at 3:00pm. After that date, an additional \$75 late fee is required.**

Midwifery Program Students Only:		
<b>Antepartum (ANT251q)</b> 5 credits X \$464 per credit + \$61 course pack =	\$2381	\$
<b>Applied Microbiology for Midwives (AMM351q)</b> 5 credits X \$464 per credit + \$57 course pack =	\$2377	\$
<b>Complex Situations II (CPX442q)</b> 4 credits X \$464 per credit + \$111 course pack =	\$1967	\$
<b>Critical Care Skills I (CCS421q)</b> 2 credits X \$464 per credit + \$27 course pack + \$265 lab fee =	\$1220	\$
<b>Microbiology Skills (MIC311q)</b> 1 credit X \$464 per credit + \$13 course pack + \$80 lab fee =	\$ 557	\$
<b>Midwifery Integration (MIN411q)</b> 1 credit X \$464 per credit + \$150 lab fee =	\$ 614	\$
<b>Physical Assessment I (PHY221q)</b> 2 credits X \$464 per credit + \$54 lab fee =	\$ 982	\$
<b>Research Project (RSP411q)</b> 1 credit To register, you must turn in a <i>Registration Form for Research Project</i> and payment by the first day of the term. This form is available here: <a href="http://www.birthingway.edu/for-students/registration.htm">www.birthingway.edu/for-students/registration.htm</a> .	Different form required	

☐ I am working with this preceptor: \_\_\_\_\_  
( Preceptor Name )

**Do you intend to graduate in this term or the next? (please circle one) No / Yes, \_\_\_\_\_ term.**  
If "Yes", please schedule a meeting with your Program Coordinator to discuss the graduation process.

Registrations are accepted by mail or fax; walk-ins are accepted in the front office during office hours only (please see [www.birthingway.edu](http://www.birthingway.edu) for listed hours). Registrations will be date/time stamped in order of receipt. Registrations received BEFORE registration begins will be processed after 4:30pm on registration day, in order of receipt. Registrations received AFTER 3:00pm on the registration deadline will incur a \$75 late registration fee. If you fax your registration (503-760-3332) it is *your responsibility* to call and confirm that we have actually received your fax. If your fax doesn't go through, your registration will not be complete and could also result in late fees or not getting a course you need. **Several courses have readings due the first day of class. Please check with the front office for the availability of the syllabus and/or course-pack ten days before the start of each course.**

**>> PLEASE COMPLETE THE REVERSE SIDE OF THIS FORM <<**

Please check the box for the program(s) you are enrolled in:

<input type="checkbox"/> Enrolled Midwifery Program Student	<input type="checkbox"/> Enrolled Lactation Consultation Program Student	<input type="checkbox"/> Enrolled Childbirth Educator Program Student
<input type="checkbox"/> Enrolled Labor Doula Program Student	<input type="checkbox"/> Enrolled Postpartum Doula Program Student	<input type="checkbox"/> I have not enrolled in a program. I am a Community Student.

**THIS SECTION FOR NEW COMMUNITY STUDENTS ONLY** (all fields required unless noted)

Legal First Name	Legal Middle Initial	Legal Last Name	SS# (Required for 1098T)
Address, City, State, Zip			
Phone	Email	Emergency Contact (Name and Number – optional):	

**ALL STUDENTS PLEASE NOTE:** If your address changes, you must fill out a Change of Contact Information Form available here: <http://birthingway.edu/for-students/documents-and-forms/> or in the front office.

**PRIVACY PREFERENCE:**

☐ **PRIVACY PROTECTED.**  
**Do not share my information with anyone.** If you wish to change this in the future, please fill out a Privacy Protection Designation form.

**Enrolled Students Only:** *Student Directory Information* includes name, address, phone number, Birthingway email address, matriculation year, certificates/degrees received, and program(s) of study. Birthingway does not distribute private information to the general public. Only certain elements of student, graduate and alumni *Directory Information* will be provided upon request. This is limited to just your name, program of study, matriculation year, and certificates/degrees received. Full *Directory Information* is made available to all current program students in the published *Student Roster*. Students who choose to be Privacy Protected will not be listed on the *Student Roster*, and for security reasons, will not be acknowledged as a student of Birthingway to ANY outside inquiry.

**CANCELLATION CLAUSE:**

Should you decide to cancel this agreement you must do so in writing within three business days to receive a full refund of all fees and tuition. **After the three-day cancellation period, should you decide to cancel your registration and not attend, refunds will be made per the refund policy below.**

**REFUND POLICY** - You are expected to attend all classes for which you register. **If you do not attend or stop attending and fail to drop within the refund period, you remain responsible for all tuition and fees.** If you wish to drop a course, please fill out a Withdrawal/Drop Form (available on our website or in the front office) and either mail, fax, or hand it in to the front office. You will receive a refund of tuition per the refund schedule below. **Registration Fee, Late Registration Fee, and Technology Fee are non-refundable. Equipment Kit Fees, Course-pack Fees, and Lab Fees are non-refundable after the Registration Deadline.** Please allow four to six weeks for receipt of refund. **The dates below are based on calendar days.**

WITHDRAWAL DATE	TUITION REFUND	WITHDRAWAL DATE	TUITION REFUND
On or before 1st day of term	100%	22 <sup>nd</sup> day through 28 <sup>th</sup> day of term	44%
2 <sup>nd</sup> day through 7 <sup>th</sup> day of term	86%	29 <sup>th</sup> day through 35 <sup>th</sup> day of term	30%
8 <sup>th</sup> day through 14 <sup>th</sup> day of term	72%	36 <sup>th</sup> day through 42 <sup>nd</sup> day of term	16%
15 <sup>th</sup> day through 21 <sup>st</sup> day of term	58%	Day 43 through end of term	No Refund

**Payment of tuition and fees is due at the time of registration for each term unless you are eligible for a financial aid disbursement in the term (have a complete FAFSA on file and a signed award letter with an anticipated disbursement in this term). Financial aid is only available for eligible Midwifery and ALC Degree Students. Equipment kit charges are due when ordered, unless you are on financial aid AND you have authorized payment from your financial aid disbursement. All overdue amounts are subject to finance charges of 15% APR with a \$5 minimum per month. A student must be in good financial standing to register for a new term. Any costs incurred to collect these amounts are the responsibility of the student.**

Credit card payments are accepted through PayPal by visiting <http://birthingway.edu/for-students/make-a-payment/>. By paying through PayPal, you agree to PayPal and Birthingway's terms and conditions. You ***must*** include a copy of your PayPal payment confirmation if paying by PayPal, or your registration will be incomplete and delayed until confirmation is received.

By signing below, I agree that I have read and understand all policies stated above.

**STUDENT SIGNATURE** (Required to process your registration)

**DATE**

**An unsigned or incomplete registration form will delay your registration.**

**OFFICE USE ONLY**

Date/time/payment/initial
Please route: _____ FIN _____ REG _____ FIN _____ LRC _____ TECH _____ FAC (see checkbox) _____ MPC _____ LPC _____ SPC _____ AC
____ Has Financial Aid (cleared). Amount needed to clear registration: \$ _____ Amount Paid: \$ _____ Date/Time: _____
Method: _____ Reference #: _____



## Birthingway College of Midwifery Course Offering – Spring 2015

~ All courses have a maximum size of 16 students unless noted ~

<b>Advanced Lactation Skills - Infant (ADS222q)</b>	2 Cr	7 sessions	Tuesdays: 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26/15	1:30pm-5:30pm	Carlton
<b>Prerequisite: Breastfeeding Skills (BFS211q)</b> This course will prepare students to: perform a thorough lactation-related assessment of the infant, utilize simple to complex lactation devices, and use critical thinking for differential diagnosis and proper implementation of tools and care plan formation. This course will utilize a variety of learning methods including: reading, lectures, role play, case studies, writing, student presentations, multi-media, demonstration with models, and clinical practice. Taught by Melissa Cole, BS, IBCLC					
<b>Anatomy and Physiology for Birth and Lactation Professionals (ANP151q)</b>	5 Cr	12 sessions	Wednesdays: 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17, 6/24, 7/1/15	5:00pm-9:00pm	Foster Conference
Covers all the major body systems with an emphasis on knowledge relevant to perinatal practices. This course includes lecture and weekly exams. Taught by Bonnie McAnnis, MA, LMT					
<b>Antepartum (ANT251q)</b>	5 Cr	12 sessions	Tuesdays: 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16, 6/23, 6/30/15	9:00am-1:15pm	Foster
<b>Co-requisite: Physical Assessment I (PHY221q).</b> Course limit 18. Using lecture, discussion, and audiovisual aids, this course covers pregnancy signs and symptoms, fetal environment, evaluating health, biodynamic counseling techniques, the impact of nutrition on pregnancy physiology, date-size discrepancy, eclampsia including toxemia, UTI, and bleeding in early pregnancy. Taught by Holly Scholles, MA, CPM, LDM. <b>Maximum 18 students.</b>					
<b>Applied Microbiology for Midwives (AMM351q)</b>	5 Cr	12 sessions	Thursdays: 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/17, 6/25, 7/2/15	9:00am-1:15am	Foster
<b>Corequisite: Microbiology Skills (MIC311q).</b> Using lecture, discussion and student presentations, this course covers immunology, diagnosis, and treatment of infectious disease in the perinatal period. Students will learn about common and rare infectious diseases (including sexually transmitted infections) and their causative microorganisms, risk factors, signs and symptoms, diagnosis, and treatment, as well as impact on mother, fetus, and newborn. Diseases covered include but are not limited to: rubella, giardia, cytomegalovirus, syphilis, gonorrhea, chlamydia, herpes simplex, HPV, HIV, and hepatitis. This course is part of a restructuring of the second year Midwifery Program core content. Individual course titles and credit hours have changed, however, total credit hours and course content have not. See Academic Coordinator for more information. Taught by Lucina Armstrong, BA, CPM, LDM					
<b>Botanicals I (BOT231q)</b>	3 Cr	10 sessions	Wednesdays: 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17/15	6:00pm-9:00pm	Carlton
This course covers materia medica and herbal therapeutics of well-woman herbs, herbs for infants and children, and lactation. Students will be able to identify key actions and constituents for a wide array of plants, as well as contraindications for the childbearing year. We highly recommend that you complete our Introduction to Healing Systems course before taking Botanicals I. Taught by Mindy Cash, ND					
<b>Breastfeeding I (BRF111q)</b>	1 Cr	4 sessions	Thursdays: 4/16, 4/23, 4/30 from 9:30am-12:30pm and 5/7/15 from 9:30am-1:00pm		Carlton
Using lecture, discussion, visual aids, and small group activities, this course provides students with basic information about topics including the normal breastfeeding physiology of mother and baby, properties of human milk, risks of formula feeding, recommendations regarding breastfeeding initiation, duration and normal parameters of nursing in the first two weeks, politics of breastfeeding, and influences of culture and birth practices on breastfeeding. Taught by Adrienne Fuson, BA, IBCLC					
<b>Breastfeeding II (BRF222q)</b>	2 Cr	5 sessions	Thursdays: 5/21, 5/28, 6/4, 6/11, 6/18/15	9:30am-1:30pm	Carlton
<b>Prerequisite: Breastfeeding I (BRF111q).</b> Students expand on their knowledge from BRF211 to assess and treat breastfeeding problems. Students utilize case studies and research projects to develop skills such as how to take a breastfeeding history of mother and baby, identification of presenting problems, and integrating counseling and education strategies into their breastfeeding support. Taught by Adrienne Fuson, BA, IBCLC					
<b>Breastfeeding Skills (BFS211q)</b>	1 Cr	6 sessions	Fridays: 5/29, 6/5, 6/12, 6/19 from 9:00am-12:30pm; 6/26 and 7/3/15 from 10:00am – TBA		Carlton
<b>Prerequisite: Breastfeeding I (BRF111q). Pre or co-requisite: Breastfeeding II (BRF222q).</b> Maximum 18 students. Students have an opportunity to develop their hands-on skills by working with nursing women and their babies to demonstrate breast exams, practice supporting a successful latch, and how to use a variety of equipment. Taught by Stacey Marshall, AS, IBCLC, CD					
<b>Communications I (COM121q)</b>	2 Cr	5 sessions	Wednesdays: 4/15, 4/29, 5/13, 5/27, 6/10/15	9:00am-1:00pm	Carlton
The first course in the Communications series introduces the student to the workings of the brain through the study of Interpersonal Neurobiology and its effect on our communication patterns. We will use the work of Non-Violent Communication to support the brain and the body through empathy and resonance. The emphasis in this first of three Communications classes is in creating compassion and self awareness while focusing on how we speak and listen to ourselves. This course is highly experiential to facilitate depth of learning and awareness of our own brains. Role plays are used in class with real life experiences chosen by the students with varying degrees of intensity. Taught by Celeste Kersey, BA, CPM, LDM. <b>Maximum 18</b>					

## Birthingway College of Midwifery Course Offering – Spring 2015

~ All courses have a maximum size of 16 students unless noted ~

<b>Communications III (COM113q)</b>	1 Cr	4 sessions	Thursdays: 4/23, 5/7, 5/21, 6/4/15	1:30pm-4:30pm	Carlton
<b>Prerequisite: Communications II (COM112q).</b> The final course in the Communication series will synthesize the skills from I and II and integrate the students' previous learning with emphasis on how to communicate effectively with peers and other health care providers. Tools from previous courses will be used to prepare for and practice dialogues to resolve conflicts. Taught by Celeste Kersey, BA, CPM, LDM					
<b>Complex Situations II (CPX442q)</b>	4 Cr	12 sessions	Wednesdays: 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17, 6/24, 7/1/15	9:00am-12:30pm	Foster
<b>Prerequisites: Intrapartum (INT251q), Fetal Assessment (FET211q).</b> Using lecture, discussion, and case studies, this course covers a variety of complex situations that might arise in midwifery scope of practice, including thyroid issues, premature rupture of membranes (PROM), postdates and postmaturity, vaginal birth after cesarean (VBAC), multiple gestation, and unusual presentations (breech, face, brow, compound). Taught by Holly Scholles, MA, CPM, LDM					
<b>Critical Care Skills I (CCS421q)</b>	2 Cr	12 sessions	Wednesdays: 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17, 6/24, 7/1/15	3:00pm-5:00pm	Foster
<b>Prerequisite: Hematology Skills (HEM311q)</b> Skills covered in this course include basic and intermediate treatment of shock, IV, and neonatal resuscitation. This course meets Legend Drugs and Devices initial education requirements for treatment of shock and for neonatal resuscitation for Oregon midwifery licensing. Taught by Denise O'Halloran, BS, EMT-P					
<b>Cultivating and Wildcrafting Medicinal Plants (CWM221q)</b>	2 Cr	6 sessions	Mondays: 4/27, 5/11, 5/18, 6/1, 6/15 at 9:00am-12:00pm and 6/22 from 9:00am-3:00pm		Carlton
After laying the foundations of Botany and Ecology we will apply these skills to the gathering of our own medicine. Part of our time will be spent in a working medicinal garden and nursery to explore the art of cultivating plants and the basics of garden design. In other classes we will apply this skillset to wildcrafting plants, stand locating, and the ethics behind gathering wild medicinal plants. We will also explore various methods of harvesting and storing parts of the plant. This is primarily a hands-on course with a significant portion of class time spent outdoors. Taught by Grady Proctor.					
<b>Ethics (ETH321q)</b>	2 Cr	7 sessions	Thursdays: 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28/15	5:30pm-8:30pm	Foster
This course includes a survey of philosophical foundations and contemporary ethical models. We explore problem solving of ethical dilemmas that may occur in a midwifery practice. Some topics include autonomy and informed choice, relationships, and justice. Taught by Bonnie McAnnis, MA, LMT					
<b>Infant Complex Breastfeeding Situations (ICS221q)</b>	2 Cr	7 sessions	Tuesdays: 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26/15	9:30am-12:30pm	Carlton
<b>Prerequisite: Breastfeeding III (BRF213q)</b> Midwifery students only: <b>Enrolled midwifery students may waive the Breastfeeding III prerequisite if they have completed Breastfeeding II (BRF222q) and Postpartum (PTM251q).</b> Biodynamic interactions with baby; cleft-lip and palate; genetic syndromes such as Down Syndrome; other screened disorders such as phenylketonuria; hypoglycemia; failure to thrive; hospitalization/surgery; infection; prematurity; multiples; pathological jaundice; birth injuries; gastro-intestinal disorders such as true reflux; allergies; attachment disorders; and adoption. Taught by Adrienne Fuson, BA, IBCLC					
<b>Information Literacy (INL111q)</b>	1 Cr	5 sessions	Tuesdays: 4/14, 4/21, 4/28, 5/5, 5/19/15	6:00pm-8:30pm	Carlton
This course explores how to obtain, evaluate, use, and cite information, and how one can best base decisions on validated information. Taught by Kathryn Constant, MLS					
<b>Independent Study</b>					
Student led independent research with an approved faculty member. Students interested in pursuing an Independent Study must initially complete an <i>Intent Form</i> designating the proposed topic, advisor and credit value. Please meet with your program coordinator or the Faculty Coordinator for more information. Allow seven weeks prior to the term in which you will pursue the Independent Study to complete all preparatory steps. Course number will be determined by the Academic Coordinator based on rigor and amount of work.					
<b>Introduction to Healing Systems (STM121q)</b>	2 Cr	7 sessions	Thursdays: 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18/15	5:30pm-8:30pm	Carlton
How do people understand health and disease? This course is an introduction to seven systems of health and healing used in the world today, and the strengths and weaknesses of each system. Taught by Cari Nyland, ND. <b>Maximum 18 students.</b>					

## Birthingway College of Midwifery Course Offering – Spring 2015

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<b>Medical Terminology (MED121q)</b>	2 Cr	7 sessions	Fridays: 4/17, 4/24, 5/1, 5/8, 5/15, 5/29, 6/5/15	9:00am-12:00pm	Foster
Dissecting medical terms into recognizable word parts, we decipher what can be an intimidating language, in order to chart appropriately and communicate with other medical professionals. As we go through body systems, this class is an overview of anatomy, physiology and pathology. Lectures weaving in related stories of pregnant women and babies, individual presentations, and a few games spice up the memorization. This course meets new Midwifery Program prerequisite requirements for the 2015 matriculating class. Taught by Sara Ohgushi, ND, MA					
<b>Microbiology Skills (MIC311q)</b>	1 Cr	11 sessions	Thursdays: 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/17, 6/25/15	3:00pm-5:00pm	Foster Skills
<b>Co-requisite: Applied Microbiology for Midwives (AMM351q).</b> This course introduces students to the use of microscopes (both monocular and binocular). Students will have opportunities to view prepared slides as well as to prepare their own wet mounts, practice staining, and use a variety of different culture media. Students will also be introduced to and perform sterilization techniques. This course is part of a restructuring of the second year Midwifery Program core content. Individual course titles and credit hours have changed, however, total credit hours and course content have not. See Academic Coordinator for more information. Taught by Dana Shibley, BS, CPM, LDM					
<b>Midwifery History and Politics (MHP431q)</b>	3 Cr	8 sessions	Mondays: 4/27, 5/4, 5/11, 5/18, 6/1, 6/8, 6/15, 6/22/15	1:00pm-5:00pm	Foster
This course focuses on attitudes and laws that have surrounded midwives and the practice of midwifery throughout history and contemporary times. Students examine the role of midwives from ancient to modern times emphasizing the politics of midwifery and how midwives have come together to bring about change. Taught by Bonnie McAnnis, MA, LMT					
<b>Midwifery Integration (MIN411q)</b>	1 Cr	3 sessions	Sundays: 4/19, 5/26, 5/3/15	12:30pm-4:30pm	Carlton
<b>Prerequisites: All required midwifery program courses must be completed or in progress. It is strongly suggested that students have prior clinical experience and have begun attending births as a primary under supervision before registering for this course.</b> In this capstone course, students use their practice guidelines, protocols, forms, information sheets, informed choice forms and other information to manage practice scenarios with a standardized patient. Taught by Jackie Zapp-Albin, BS, CPM					
<b>Physical Assessment I (PHY221q)</b>	2 Cr	12 sessions	Tuesdays: 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16, 6/23, 6/30/15	3:00pm-5:00pm	Foster
<b>Co-requisite: Antepartum (ANT251q).</b> Skills covered include vital signs, SOAP charting, head-to-toe physical assessment (excluding breast and reproductive exams) and universal precautions. Taught by Brandee Grider, BS, CPM, LDM, LMT. <b>Maximum 18 students.</b>					
<b>Plant Medicine I (PLM221q)</b>	2 Cr	7 sessions	Mondays: 4/20, 5/4, 5/11, 5/18, 6/1, 6/8, 6/15/15	1:30pm-4:30pm	Carlton
This course covers techniques for utilizing plants in health care including identifying and harvesting herbs; engaging in hands-on preparation of teas (infusions and decoctions) and tinctures using both scientific and folk methods; glycerites and vinegars. Includes an herb walk and field trip. We highly recommend that you complete our Introduction to Healing Systems course before taking Plant Medicine I. Taught by Cari Nyland, ND					
<b>Postpartum Doula (PPD121q)</b>	2 Cr	7 sessions	Wednesdays: 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27/15	5:00pm-8:30pm	Foster
Gain knowledge and skills for assisting women after birth, including hormones in the postpartum, maternal changes, infant care, mood disorders, physical care and breastfeeding support. Taught by Tiffany Decker, BA					
<b>Pregnancy and Birth Impacts on Breastfeeding (IMP231q)</b>	3 Cr	12 sessions	Tuesdays: 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16, 6/23, 6/30/15	5:30pm-8:00pm	Foster
This course examines in greater detail the effects of pregnancy and birth on breastfeeding, specifically looking at the anatomy and physiology of fetal development, maternal health and its effect on the fetus, the fetal environment, and the impact of all this on breastfeeding. In addition, students will examine the impact of biodynamic birth with emphasis on baby or mother led initiation of breastfeeding (as opposed to practitioner led) in the immediate postpartum, and the impact of birth related interventions on breastfeeding (including drug impacts, cesarean birth, and instrumental delivery). Taught by Emilia Smith, BA, IBCLC					

## Birthingway College of Midwifery Course Offering – Spring 2015

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Research Project (RSP411q)	1 Cr					
<b>Prerequisite: Research Methods.</b> Registration for this course is limited to Midwifery Program students. This course focuses on the design and implementation of a research project, including definition of a topic, literature review, creation of bibliography, and the production of a research paper. Please download a <b>Research Project Registration Packet</b> at <a href="http://www.birthingway.edu/registration.htm">www.birthingway.edu/registration.htm</a> or request one in the front office. <b>A completed Research Project Registration Form must be turned in (with payment) by the first day of the term to register.</b>						
Using Medical Literature (UML111q)	1 Cr	4 sessions	Mondays: 6/1, 6/8, 6/15, 6/22/15	1:00pm-4:00pm	Foster	
Basic statistical concepts, types of medical literature, critical analysis, "evidence-based" practice. Taught by Carrie McCormick, MPH						
FIRST YEAR MIDWIFERY PROGRAM LUNCH		Tuesdays: 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16, 6/23, 6/30/15			1:15pm–2:15pm	Foster House
FIRST YEAR MIDWIFERY PROGRAM COHORT		Tuesdays: 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16, 6/23, 6/30/15			2:15pm–3:00pm	Foster House
SECOND YEAR MIDWIFERY PROGRAM LUNCH		Thursdays: 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/17, 7/25, 7/2/15			12:30pm–1:30pm	Foster House
SECOND YEAR MIDWIFERY PROGRAM COHORT		Thursdays: 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/17, 7/25, 7/2/15			1:30pm–2:30pm	Foster House
THIRD YEAR MIDWIFERY PROGRAM LUNCH		Wednesdays: 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17, 6/24, 7/1/15			12:30pm-1:30pm	Foster House
THIRD YEAR MIDWIFERY PROGRAM COHORT		Wednesdays: 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17, 6/24, 7/1/15			1:30pm-3:00pm	Foster House
LACTATION PROGRAM COHORT		TBA			TBA	TBA