

Birthingways

The Newsletter of Birthingway College of Midwifery

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Calendar

Spring Break	3/22 - 3/30
Orientation & Start of Spring Term	3/31
Spring Term Ends	7/3
Summer Break	7/4 - 9/1
Fall Term Begins	9/2

Matriculating Class of 2008

After long hours of reading applications, doing interviews and a very difficult final decision meeting, we have a spectacular new class of 16 incredible midwifery students. We're still getting enrollment forms back, so we're not ready to announce everyone's name yet, but please join us in sending all the new first year students our congratulations and a welcome to the Birthingway community. We hope your experience here is all you hope for and we are so looking forward to knowing you all.

We were fortunate to have such an abundance of well qualified applicants this year, which made the task of choosing the class all the more grueling. Many, many thanks to the very dedicated admissions committee this process depends entirely upon. You all rock!

Graduation

We haven't pinned down the date, but Birthingway will hold a graduation ceremony this spring for 12 women who have graduated from our program. We are very excited to honor each one of them! If you would like to help plan the event, or have a great location to suggest, call Rhonda at the school.

Thank You's

Our sincere thanks to **Andaluz Birth Center**, **Alma Midwifery**, and **Adele Rose** for their donations of medical supplies for our students to practice with during skills class.

Thanks also to the downtown **Borders** bookstore for the opportunity to have a holiday giftwrap table in their store, and to our fabulous giftwrapping student volunteers for their time and effort: **Dionne Frey**, **Kellie Gnain**, **Brandee Grider**, **Jacqueline Lynch**, and **Debbie Wong**.



In Loving Memory

Natalie Jacobs, an extension student in our midwifery program, passed away unexpectedly this January. All of us at Birthingway are deeply saddened at the loss of this wonderful student, midwife, and friend. If you would like to share your condolences or memories of Natalie with her family, they have set up an online guestbook at <http://obits.mlive.com/Link.asp?l=LS00010129222X>



We have just learned that **Sarah Venning**, who took the spring 2007 labor doula workshop at Birthingway, was killed in a car accident on July 4, 2007. Sarah was an incredibly passionate and compassionate person who was excited about pursuing healing arts and all things sustainable and ecologically sound.



Please join us in keeping the family and friends of these two amazing women in our thoughts at this sad time.



Childbirth Educator Training

Birthingway's distinctive approach to childbirth

Two weekends - Six Sessions

4/11, 4/12, 4/13, 4/25, 4/26, 4/27/08

Fridays 6:00pm-9:00pm, Saturdays 9:00am-6:00pm, Sundays 10:00am-6:00pm

At Birthingway College of Midwifery, 12113 SE Foster Rd, Portland, OR 97266
P) 503.760.3131 ~ F) 503.760.3332 ~ info@birthingway.edu ~ www.birthingway.edu

INSTRUCTOR: Nichole Reding, MA, CD

Cost: Workshop - \$535, Readings Binder (Required) - \$50

Or take it as a 2-credit course for \$920 (you will be expected to do more work)

This course constitutes one step towards Childbirth Educator Certification from
Birthingway College of Midwifery

There is a \$50 non-refundable late registration fee after March 14, 2008

The Readings Binder will be available for pick up after the registration deadline at Birthingway College of Midwifery (M-F 8:30am-4:30pm). Binder articles must be read before the first class session. Please Note: If you register late, you may not have enough time to read everything before the workshop starts. Please allow enough time to complete the readings.

REFUND POLICY: Written notice of refund request must be received no later than seven days prior to first day of class to receive a 95% refund, then 80% of the course or audit fee will be refunded up to the first class day. Readings Binder fee will not be refunded if you drop after the registration deadline. No refund will be made on or after the first class day. Late registration fee is nonrefundable. Minimum class is 5 students. If the minimum class enrollment is not achieved, the class will be canceled and all fees will be refunded.

(Please detach lower portion and include with payment)

Please register me for the Childbirth Educator Training — Deadline is March 28, 2008

- ☐ I am paying the \$535 workshop fee\$ _____
- ☐ I would like to take the 2-credit course for \$920\$ _____
- ☐ Readings Binder (required) add \$50. Add \$6.00 postage/handling if you want it sent to you\$ _____
- ☐ Oops, it's after March 14, 2008. I have included the \$50 late registration fee\$ _____
- Total \$ _____
- ☐ I am enclosing a check or money order ☐ I am paying with a credit card through PayPal (see below)

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

PHONE _____

E-mail or additional contact number _____

Make check/money order payable and mail to: Birthingway College of Midwifery, 12113 SE Foster Rd, Portland, OR 97266

Credit card payments are accepted through PayPal – please go to <http://birthingway.org/payment.html> for details. You need not have a PayPal account to pay with your credit card. The name on the credit card/PayPal account must be the same as the person taking this workshop. Sorry, no exceptions.

Natalie Jane Jacobs



Speechless, overwhelmed with sadness, shocked and confused, unable to make sense of it... phrases and feelings uttered after hearing the tragic news of the sudden, unexpected death of Natalie Jane Jacobs on January 3rd, 2008. Losing such an artistic and talented person is hard enough, but when people die at such a young age it is just that much harder to process.

Natalie Jane was known to her friends as a *punk rock midwife*. Natalie was a Birthingway student, matriculating class of 2003, who had just moved back to Portland after an apprenticeship in Austin, Texas — another city known for its music scene. And it was music that brought us together as friends. She called me the *punk rock librarian* and often mentioned that she was *born an era too late*. I doubt her friends would agree.

For friends she has many. They span the globe with interests

and artistic endeavors as expansive as Natalie's. I attended a memorial service with over 40 of her friends where I glimpsed Natalie's world outside Birthingway. A running slideshow contained smiling pictures of Natalie playing and attending many music performances; eating and drinking tasty treats; loving her friends, her life in Portland, her pets, and babies. Lining the coffee table were handmade books filled with more pictures and collections of posts from the many internet communities to which Natalie belonged. Eulogies were read from lifetime friends, rock stars, family, and friends from around the globe that were unable to attend. All agreed that Natalie Jane was an exceptional person, talented artist, and that she touched our lives in ways everlasting. And all mentioned her aluminum foil sculptures.

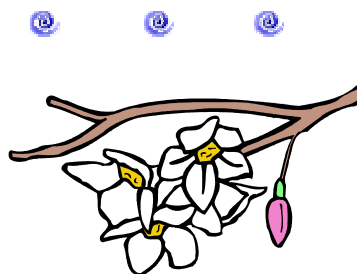
Natalie's matriculating class held a private memorial service for her the night before. Their gathering lasted six hours and was a bittersweet first reunion. They shared thoughts, feelings, and their experiences of Natalie. They are grateful to her for bringing them together after so long apart. At one point, someone needed some foil. Soon, 5 tin foil sculptures were fashioned. These, among others, will be the center of a memorial shrine for Natalie at Birthingway.

I will be selling her midwifery books. Proceeds will go toward compiling her writings and stories into a book. At some point, a book by Natalie Jane Jacobs will live forever in the Birthingway Library. Natalie Jane lives forever in the heart of the Birthingway librarian and hearts around the world. Her spirit lives forever, lighting up the universe like her smile lit up our lives.

Natalie died at her home of yet-to-be-determined natural causes after a brief illness. She was cremated and

her ashes were spread around Portland. If you are interested in making a donation for Natalie's memorial at Birthingway, please contact Rhonda Ray, rhonda@birthingway.edu. If you are interested in purchasing her midwifery texts, please contact me at library@birthingway.edu or stop in and ask for Kathryn.

- Kathryn Constant



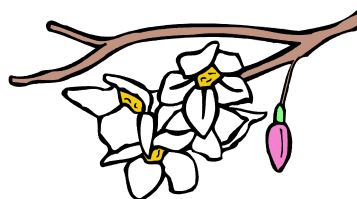
The Green Grass Under the Snow

The work of the sun is slow,
But as sure as heaven, we know;
So we'll not forget,
When the skies are wet,
There's green grass under the snow.

When the winds of winter blow,
Wailing like voices of woe,
There are April showers,
And buds and flowers,
And green grass under the snow.

We find that it's ever so
In this life's uneven flow;
We've only to wait,
In the face of fate,
For the green grass under the snow.

Annie A. Preston



The Postpartum Doula

Supporting Transitions After Birth

★ Three Day Workshop

Friday, April 18, 2008 - 4:00pm to 8:00pm

Saturday & Sunday April 19 & 20, 2008 - 9:00am - 6:00pm

At Birthingway College of Midwifery ~ 12113 SE Foster Rd, Portland, OR 97266
P) 503.760.3131 ~ F) 503.760.3332 ~ info@birthingway.edu ~ www.birthingway.edu

INSTRUCTOR: Kimberly Bepler

Cost: Workshop - \$345, Readings Binder (Required) - \$30
(Or take it as a 1-credit course for \$460—you will be expected to do more work)

**THIS COURSE CONSTITUTES ONE STEP TOWARDS POSTPARTUM DOULA CERTIFICATION
FROM BIRTHINGWAY**

There is a \$50 non-refundable late registration fee after March 21, 2008

The Readings Binder will be available for pick up after the registration deadline at Birthingway College of Midwifery (M-F 8:30am-4:30pm). Binder articles must be read before the first class session. Please Note: If you register late, you may not have enough time to read everything before the workshop starts. Please allow enough time to complete the readings.

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

- ♦ Sally Placksin. **Mothering the New Mother: Women's Feelings and Needs After Childbirth a Support and Resource Guide**, 2nd ed. Newmarket Press. 2000.
- ♦ La Leche League International. **The Womanly Art of Breastfeeding**, 7th ed. Plume. 2004.
- ♦ Laura A. Jana, Jennifer Shu. **Heading Home with Your Newborn: From Birth to Reality** American Academy of Pediatrics. 2005

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(Please detach lower portion and include with payment)

Please register me The Postpartum Doula — Deadline is March 21, 2008

- ☐ I am paying the \$385 workshop fee\$ _____
- ☐ I would like to take the 1-credit course for \$460\$ _____
- ☐ Readings Binder (required) add \$40. Add \$6.00 postage/handling if you want it sent to you\$ _____
- ☐ Oops, it's after March 21, 2008. I have included the \$50 late registration fee\$ _____
- Total \$ _____
- ☐ I am enclosing a check or money order ☐ I am paying with a credit card through PayPal (see below)

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

PHONE _____

E-mail or additional contact number _____

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Credit card payments are accepted through PayPal – please go to <http://birthingway.org/payment.html> for details. You need not have a PayPal account to pay with your credit card. The name on the credit card/PayPal account must be the same as the person taking this workshop. Sorry, no exceptions.

Library News



Library Hours:

Monday: 12pm – 6pm
Tues – Thurs: 10am – 6pm

Please call the school to ensure the library will be staffed when you'd like to visit.

Community Library Cards

Everyone is welcome to come browse the library, read a book, or watch a video. Community members who'd like to borrow materials may purchase a community library card:

\$15 for three months
\$25 for six months
\$40 for the entire year

New books Include:

Knock Yourself Up: No Man? No Problem! 2007.

Wind In The Blood: Mayan Healing and Chinese Medicine. 1999.

Medicinal Mushrooms: An Exploration of Tradition, Healing, and Culture. 2003.

Teratology Primer: Environmental Birth Defects. 2005.

Laboring On: Birth In Transition In the United States. 2007.

She Births: A Modern Woman's Guidebook For an Ancient Rite of Passage. 2006.

Pregnancy and Birth: Your Complete Guide from Conception to Birth. 2007.

Unlearning Adoption: A Guide to Family Preservation and Protection. 2002.

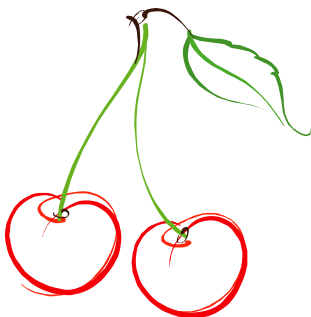
Understanding Diagnostic Tests In the Childbearing Year: A Holistic Approach. 2007. (New Edition)

Birth and Rebirth on an Alaskan Island: The Life of an Alutiq Healer. 2001.

Varney's Midwifery Study Question Book. 2002.



Community News



Faculty members Ann Holland and Mindy Cash are happy to announce the births of their sons Reed and Finn, who arrived on Halloween night. Finn was 8 lbs 7 oz, 20 1/2" long and Reed was 7lbs 12.5oz, 21" long. They are healthy and happy and beautiful!

Congratulations to first year student Lora Munn-Foster who is sporting a darling little belly and is due in June.

Student Affairs Coordinator Rhonda

Ray also brought home a new family member this winter – her adorable golden retriever puppy Maisy! Maisy visited us all here at the school one day, and charmed everyone with her good-looks and puppy-love.

In apprenticeship news there are lots of new student/preceptor pairings this term! First year student Micaela Evans has just begun an apprenticeship with Madrona Bourdeau here in Portland. Her classmate Lora Munn-Foster is Birthingway grad Lynette Tilley's new apprentice in Hood River. Extension student Bronwen Halsey is in New Zealand doing an apprenticeship with Daphne McKay, while Carli Miller Head has gone to South Carolina to work with Cynthia Glenn.

Congratulations are also in order for extension students Eiris Baldwin, Joy Jech, Kim Kincade & Laurie Perron-Mednick, who have all graduated

since the last newsletter. Good luck on your midwifery path all!

Please welcome Shelly Clevidence, ND, LMT our new Hematology instructor this winter term. She was first introduced to midwifery when she helped deliver a baby alpaca in her mother's backyard. She has been a huge fan of homebirths ever since. She has two sons (Emmett, 6, and Reuben, 2,) whose births were attended by midwives. Shelly teaches to varying learning styles and brings the material to life through creative visualization, metaphor and anecdote. When she's not teaching at Birthingway, Shelly enjoys working in her primary care naturopathic and homeopathic medicine practice, playing with her family, canoeing, skiing, hiking and visiting family and friends in far places.





3 Part CEU Series ON Postpartum TOPICS

Workshop 1 – Saturday March 1, 08 explores the aftereffects of interventions, including cesarean birth, on mom and baby postpartum, emphasizing the impact on nursing and how to support/counsel postpartum families.

Workshop 2 – Saturday, June 7, 2008 delves into how to apply Birthingway's biodynamic model of birth to breastfeeding, with special emphasis on self-attachment theory, but also including information on long-term nursing and weaning.

Workshop 3 – Saturday, October 11, 2008 will be a "Tricks of the Trade" seminar, in which all birth and post-partum professionals or students are encouraged to share stories and knowledge of working with families postpartum. Facilitated case study round table will be an amazing practical application learning opportunity.

These workshops have been designed to coincide with the initiation of Birthingway's Lactation Consultant Training Program, but will benefit anyone working with families throughout birth and the postpartum period. The series will count as 18 hours toward the 105 hours of additional education required by "Pathway G" under IBLCE rules for Breastfeeding Counseling Hours. If you have any questions about this program, please contact Nichole at Birthingway.

All Workshops run from 10:00am - 5:00pm (30 minute brown bag lunch)

At Birthingway College of Midwifery, 12113 SE Foster Rd, Portland, OR 97266

P) 503.760.3131 F) 503.760.3332 info@birthingway.edu www.birthingway.org

\$80.00 each or \$190.00 if you register for all three - a \$50.00 savings!!!

Written notice of refund request must be received no later than seven days prior to first day of class to receive a 95% refund, then 80% of the fee will be refunded up to the first class day. If you register for the series and are unable to attend one session, you will be refunded based upon the individual cost of the workshops. Minimum class is 5 students. Maximum class size is 16 students. If the minimum class enrollment is not achieved, the class will be cancelled and all fees will be refunded in full.

(Please detach lower portion and include with payment)

Please sign me up!

- ☐ Workshop 1, Saturday, March 1, 2008 - Interventions' Effects on the Postpartum - \$80.00
- ☐ Workshop 2, Saturday, June 7, 2008 - Biodynamic Breastfeeding - \$80.00
- ☐ Workshop 3, Saturday, October 11, 2008 - Case Study Roundtable - \$80.00
- ☐ Sign me up for all three at a \$50.00 savings! - \$190.00
- ☐ I am enclosing a check or money order ☐ I am paying with a credit card through PayPal (see below)

NAME

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Auxilliary Program News



While I am sitting here at my cozy desk watching the snow fall, I have little pings of being a kid again. Like how when it snowed everything looked new, looked different and exciting! What an exciting beginning 2008 has been so far. We have

new students from our workshops that are excited to be in our practicum and to start their journey into serving women's health. We proudly welcome:

Cassandra Hodge
Shannon Claymon
Melissa Maureen
Carissa Wolfe
Sarah Silverman
 Student Labor Doulas

Sara Kiperman
Abigail Barella
 Student Childbirth Educators

In addition, we are happy to announce our 3-class CEU workshop series that is starting in March 2008.

The first in the series is

"Interventions and Their Effects in the Postpartum Period". Adrienne Fuson and I will be co-teaching this 7 hour workshop focusing on the biodynamic model of care, breastfeeding and maternal and infant care during the postpartum period.

Please contact the college for more information and to enroll for one or all three classes (discounts for those who enroll in the 3 part series!). Details and the registration form are in this issue and also online at: www.birthingway.edu.

Happy 2008!

Stacey Beaupre
 APCC

Student Council News



The annual Birthingway Meet and Greet was held at the Pleasant Valley Grange on November 16, 2007. This is a community event in which the entire student body, staff, faculty, preceptors, and the applicants are invited for the purpose of getting to know the applicants a bit and for them to get to see who we are. We gather and do what we love to do most: be a little silly and eat fantastic food! The lovely energy of over 80 women and our 1 Birthingway man made for a great day.

At the event, Student Council did a raffle drawing for the second half of our Fall Fundraiser. We drew

winners for 5 items that were donated by local artists and businesses. There were shrieks of joy as several people present had their names called. Grateful thanks to all of you who donated, sold tickets, bought tickets, and helped make this such a success. Student Council now has the happy responsibility of deciding what wonderful things we can do with our proceeds.



Raffle Donors

Guy Boster
 Close Knit
 Stephanie Sherman
 Kristen Francis
 Wildwood Restaurant
 Cathy Werk, LMT
 Blue Turtle Acupuncture
 Kim Cumbo

Thank you all so much!



Models Needed for Our New Breastfeeding III Class!

We are looking for pregnant women at any stage of pregnancy, and breastfeeding mothers at any stage of breastfeeding (please bring babies if they are not crawling yet).

Models are needed on Monday, April 21st, 2008 from 2:00-4:00pm at Birthingway and will be paid \$20.

Models should be willing to let a few students do breast exams on them. Breastfeeding mothers should be willing to allow teacher and students to practice different latch and positioning techniques with them. If you know how to do hand expression we may ask you to demonstrate and teach students how to do that. If you express milk with a breast pump, please bring in your pumps. You are welcome to ask the teacher and students any breastfeeding questions you have, and can get basic breastfeeding assistance.

Please call Birthingway at 503-760-3131 if you would like to come to class.

Spanish for Doulas

CEU Workshop

Saturday, May 3, 2008, 9:00am - 6:00pm (Brown Bag Lunch)

At Birthingway College of Midwifery, 12113 SE Foster Rd, Portland, OR 97266
P) 503.760.3131 ~ F) 503.760.3332 ~ info@birthingway.edu ~ www.birthingway.edu

Workshop Cost: \$50

This seminar will satisfy 6 Continuing Education Units

INSTRUCTOR: Julie Shipwrack, CPM - Birthingway's "Spanish for Midwives" Instructor

Want to communicate better with clients and support persons who are Spanish speakers? Come to this workshop and learn key Spanish phrases to help women in labor. If you've been to one or one hundred births, this workshop will help you gain the knowledge and insight of birth and the postpartum period within the Spanish community.

Hurry! Space is limited for this highly-anticipated workshop!

Registration deadline is April 18, 2008

(Additional \$10 late registration fee required after this date)

Written notice of refund request must be received no later than seven days prior to first day of class to receive a 95% refund, then 80% of the course or audit fee will be refunded up to the first class day. No refund will be made on or after the first class day. Minimum class is 5 students, maximum class is 16 students. If the minimum class enrollment is not achieved, the class will be canceled and all fees will be refunded in full.

Please register me for The Spanish for Doulas workshop — Deadline is April 18, 2008

Workshop Cost: \$50

- ☐ I am paying the \$50 workshop fee.
☐ Oops! It's after April 18, 2008! I have enclosed the additional \$10 late registration fee.
☐ I am enclosing a check or money order ☐ I am paying with a credit card through PayPal (see below).

NAME

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The Biodynamic Approach to Midwifery

Many things make Birthingway a remarkable place to learn midwifery: An emphasis on informed choice, on truly individualized care, on evidence-based care, on differential diagnosis, and on creating a toolbox of different therapeutic approaches such as biomedicine, herbalism, homeopathy, and Traditional Chinese Medicine. Most importantly, at the heart of the midwifery curriculum is an approach to childbearing unique to a Birthingway midwife – the biodynamic model.

To work biodynamically is to use the biological “blueprint” as a guide. Hormones direct the natural course of birth –when we work with this physical process, rather than trying to force or direct it, births are more fulfilling for mother and baby.

Being a biodynamic midwife means practicing in the least interventive way possible. The midwife works with the physiology of pregnancy, birth, and postpartum, while protecting the well-being of mother and baby. This requires that the midwife:

- deeply understand the underlying physiology, including the hormonal pathways that can help or hinder birth;
- cultivate awareness of the ways in which birth practitioners, including many midwives, interfere with the flow of labor; and
- understand how to directly assess the well-being of mother and baby, as opposed to using proxies such as time limits, stages of labor, and due dates.

The biodynamic midwife continuously self-assesses to make sure that she is not imposing her own beliefs onto the situation. She recognizes that many biological “truths” about pregnancy, birth, infant care, and parenting are, in fact, socially and culturally specific, and that many actions taken by midwives are not essential to protect the welfare of mother and baby. Thus, the biodynamic midwife constantly asks provocative questions about her own and other midwives’ practices, and evolves her facilitation of pregnancy, birth, and postpartum as she learns more.

To achieve a biodynamic birth, the midwife first builds a relationship of trust with the woman and her family during the pregnancy. Although examining physical parameters (urinalysis, vital signs, fetal position and heart tones, etc.) is important, a crucial part of prenatal visits is getting to know each other. The biodynamic midwife recognizes the woman as powerful and competent to make good decisions for herself and her child. Her job is to educate the woman, so that she can make informed decisions, and to reinforce her confidence in her childbearing and parenting abilities. The biodynamic midwife uses time-honored techniques such as sharing food together, nurturing touch and relaxation, and unhurried visits to build a foundation of familiarity and ease upon which a healthy labor and birth can unfold. She may use a variety of experiential tools to do her work, such as lullabies, meditation, guided imagery, vocalization, nurturing non-language, storytelling, body movement, art, and repetition.

During labor, the biodynamic midwife’s role is to hold the sacred space in which a woman can labor in her own way. The midwife absorbs information during the labor, rather than “observing” the woman. Women are encouraged to allow themselves to move into their

instinctual birthing bodies, and out of their rational thinking brains, which can interfere with the instinctive birth process. The biodynamic midwife uses physical ways to create safety and enhance hormonal dynamics, such as allowing unrestricted movement, keeping the birth space warm, avoiding bright lights and loud sounds, and protecting privacy. As labor intensifies, the midwife remains fully present yet egoless as she monitors and supports invisibly and nonverbally, keeping the focus on the birthing woman.

This approach continues after the birth, with the mother leading the initial interactions with her infant, rather than the midwife imposing a set routine. Using her knowledge of birth physiology, the biodynamic midwife knows that intervention of any sort is rarely needed postpartum. Her supportive presence and low-profile support allows for optimal hormonal flow and minimal problems, with the birthing woman creating an intense experience of empowerment for herself and her family.

With deeply held faith in women and the birth process, biodynamic midwives create the space in which the power of birth to create, reshape, and empower lives can be most intensely experienced. For this reason, Birthingway College is dedicated to researching and expanding the biodynamic model of care, and to training midwives and auxiliary professions (such as labor doula, childbirth education, postpartum doula, and lactation consultant) who are well grounded in biodynamic practice.

Holly Scholles
President



The Labor Doula

Assisting Women with Birth

Readings, lecture, and practical skills for providing emotional and physical support for women in labor and immediate postpartum

Eight Session Workshop ~ Sunday Evenings 6pm - 9pm

4/13, 4/20, 4/27, 5/4, 5/18, 5/25, 6/1, 6/8/08

At Birthingway College of Midwifery, 12113 SE Foster Rd, Portland, OR 97266
P) 503.760.3131 ~ F) 503.760.3332 ~ info@birthingway.edu ~ www.birthingway.edu

INSTRUCTOR: Adrienne Fuson, LMT, CD

Cost: Workshop - \$385, Readings Binder (Required) - \$40

Cost to Audit for continuing education credits: \$220*

*To audit, you must have attended this workshop previously. Please note when you attended on the registration form below. Auditing students may be bumped by those paying the full course fee. Auditing this workshop also meets the documented continuing education requirement for re-certification of Birthingway Certified Doulas. Readings Binder not required for auditing students.

THIS COURSE CONSTITUTES ONE STEP TOWARDS LABOR DOULA CERTIFICATION FROM BIRTHINGWAY AND MEETS BIRTHINGWAY'S PREREQUISITE FOR ADMISSION TO THE MIDWIFERY PROGRAM

There is a \$50 non-refundable late registration fee after March 14, 2008

The Readings Binder will be available for pick up after the registration deadline at Birthingway College of Midwifery (Mon-Fri 8:30am-4:30pm). Binder articles must be read before the first class session. Please Note: If you register late, you may not have enough time to read everything before the workshop starts. Please allow enough time to complete all the readings.

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

- ♦ Kitzinger S. *The Complete Book of Pregnancy and Childbirth* 4th ed. Alfred A. Knopf, Inc; 2003.
- ♦ Simkin P. *The Birth Partner: Everything You Need to Know to Help a Woman Through Childbirth*. 2nd ed. Harvard Common Press; 2001.

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

- ♦ England P, Howowitz R. *Birthing from Within*. Partera Press; 1998.
- ♦ Klaus MH, Kennell JH, Klaus PH. *The Doula Book*. Perseus Publishing; 2002.
- ♦ Renfrew M, Fisher C, Arms S. *Bestfeeding - How to Breastfeed Your Baby*. Celestial Arts; 2004.

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(Please detach lower portion and include with payment)

Please register me for The Labor Doula workshop — Deadline is March 14, 2008

- ☐ I am paying the \$385 workshop fee\$ _____
- ☐ Readings Binder (required) add \$40. Add \$6.00 postage/handling if you want it sent to you\$ _____
- ☐ I am paying the \$220 fee to AUDIT this workshop, which I attended before on _____ (date)..\$ _____
- ☐ Oops, it's after March 14, 2008. I have included the \$50 late registration fee\$ _____
- Total \$ _____
- ☐ I am enclosing a check or money order ☐ I am paying with a credit card through PayPal (see below)

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

PHONE _____

E-mail or additional contact number _____

Please make check/money order payable and mail to: Birthingway College of Midwifery, 12113 SE Foster Rd, Portland, OR 97266
Credit card payments are accepted through PayPal – please go to <http://birthingway.org/payment.html> for details. You need not have a PayPal account to pay with your credit card. The name on the credit card/PayPal account must be the same as the person taking this workshop. Sorry, no exceptions.

The way we meet the world...



My oldest brother was pretty determined to meet the world butt first. And after quite a time of baby pushing the wrong way and the realization that Mom couldn't dilate past 4, an emergency c-section was ordered, and Zip! he was brought into the world. It isn't surprising to me that through his life he's continued to quietly go his own way...even though the direction may not always seem the best. And there are times – especially when some nasty driver has almost succeeded in running me off the road or something – that meeting the world butt first is very appealing to me.

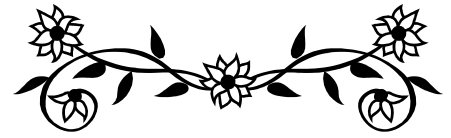
The doctors determined that Mom was unable to give birth vaginally due to an underdeveloped pelvis, so we all came in by c-section. My next brother zipped into the world right on schedule. Zip! is how my Mom described getting a c-section. I never quite understood this lighthearted use of this word whilst describing an operation which had such a long recovery time for her. This brother didn't have much say about how he came into the world. However, he certainly made up for it by being assertive, lively, mischievous and clever. I am sad to say that like many dear

ones, he left this world very unexpectedly, much too young and too soon. I love to remember the silly songs he made up to popular tunes which made us laugh – his endearing, goofy ways can really get me through some of the blah moments of life.

My Mom and her Doctor decided that I would be born on May 21. So there I was, floating around in Mom's belly, a couple days before the Scheduled Date. My Granny had just made a big pan of rhubarb cobbler. She could make nearly anything taste good, she had plenty of practice in the lean times of the Depression, and raising 7 kids mostly on her own. So of course, Mom ate some of this delicious cobbler...maybe even a bit more than some. Mom said I must not have cared for it very much, because she started going into labor not long afterward. And schedule be damned, Zip...here I am. I'd like to think it didn't have anything to do with rhubarb cobbler. I love rhubarb cobbler. I think maybe I was just stubborn about the idea that someone besides me was going to decide when I was going to be born.

Seems to me the way we meet the world has a lot to say about us. I still tend to do a lot of things 'when I'm good and ready', at least, with the things I can control, which it turns out aren't really so many. And that's ok, as long as I have a chance to represent what I have to say about myself, and take each moment as an opportunity to meet the world. ☺

Dawn Baker
Registrar



INCOMING CLASS

**Welcome to our new
incoming students for
Spring 2008!**

Gabrielle Zaffiro

Emilia Smith

Terra Senter

Erika Morley

Melissa Maureen

Serena Lynch

Carrie Kirschner

Emily Kearns

Maura Jansen

Sahara Foster

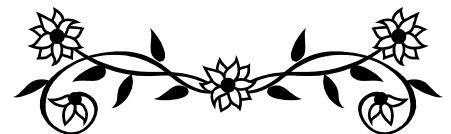
Janine Dale

Shannon Claymon

Jocelyn Brown

Cassandra Breer

*(This is incomplete because we
hadn't yet heard back from all
invited students when we went to
print. Check the board at
Birthingway for a final list!)*



BIRTHINGWAY COLLEGE OF MIDWIFERY

12113 SE Foster Rd., Portland, OR 97266 ~ Ph: 503.760.3131 ~ Fax: 503.760.3332 ~ www.birthingway.edu

Maternal and Neonatal Resuscitation

Friday, May 9, 2008 ~ 9:00am to 5:00pm (1 hour Brown bag lunch)

Denise Clark, EMT-P, Instructor

Workshop Cost: \$130

This course meets all requirements for licensing of direct-entry midwives in Oregon.

Pre-registration only. No drop-ins. Sorry, no exceptions.

Registration and payment must be received no later than April 25, 2008.

Written notice of refund request must be received no later than seven days prior to first day of class to receive a 95% refund, then 80% of the course or audit fee will be refunded up to the first class day.

No refund will be made on or after the first class day. Minimum class requirement is 6 students. Maximum class size is 12. If the minimum class requirement is not achieved, the class will be cancelled and all fees will be refunded in full.

(Please detach lower portion and send with payment)

Please register me for the Maternal and Neonatal Resuscitation workshop
Deadline is April 25, 2008

☐ I am enclosing a check or money order ☐ I am paying with a credit card through PayPal (see below)

Name (including middle initial) _____

Social Security Number _____ Date of Birth _____

(The above information is required for your transcript.)

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Make check/money order payable and mail to: Birthingway College of Midwifery, 12113 SE Foster Rd, Portland, OR 97266
P) 503.760.3131 ~ F) 503.760.3332 ~ info@birthingway.edu ~ www.birthingway.edu

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BIRTHINGWAY COLLEGE OF MIDWIFERY

12113 SE Foster Rd., Portland, OR 97266 ~ Ph: 503.760.3131 ~ Fax: 503.760.3332 ~ www.birthingway.edu

LD&D Renewal

Friday, May 2, 2008 ~ 9:00am to 6:00pm (Brown bag lunch)

Holly Scholles, CPM, LDM, Instructor

Workshop Cost: \$95

Course includes 8.5 combined hours of theory, skills, and testing for Suturing, IV Skills, Meds by Injection, and Pharmacology.

Maternal and Neonatal Resuscitation is NOT covered in this workshop.

This course meets the Oregon State requirements for renewal of the Legend Drugs and Devices endorsement for licensure as a Direct Entry Midwife. LD&D must be renewed every 3 years. Maternal and Neonatal Resuscitation is taught separately. Please call for information about upcoming resuscitation workshops.

Registration deadline: April 18, 2008.

Written notice of refund request must be received no later than seven days prior to first day of class to receive a 95% refund, then 80% of the course or audit fee will be refunded up to the first class day. No refund will be made on or after the first class day. Minimum class requirement is 4 students. If the minimum class requirement is not achieved, the class will be cancelled and all fees will be refunded in full.

**PLEASE TAKE ADVANTAGE OF THIS OPPORTUNITY...
THIS COURSE WILL NOT BE OFFERED AGAIN UNTIL MAY 2009.**

(Please detach lower portion and send with payment)

=====

Please register me for the LD&D Renewal workshop - Deadline is April 18, 2008

☐ I am enclosing a check or money order ☐ I am paying with a credit card through PayPal (see below)

Name (including middle initial) _____

Social Security Number _____ Date of Birth _____

The above information is required for your transcript.

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Make check/money order payable and mail to: Birthingway College of Midwifery, 12113 SE Foster Rd, Portland, OR 97266
P) 503.760.3131 ~ F) 503.760.3332 ~ info@birthingway.edu ~ www.birthingway.edu

Credit card payments are accepted through PayPal – please go to <http://birthingway.org/payment.html> for details. You need not have a PayPal account to pay with your credit card. The name on the credit card/PayPal account must be the same as the person taking this workshop. Sorry, no exceptions.

SPRING 2008 Community Course Offering

Registration Start Date: FEBRUARY 15, 2008. Registration Deadline: FEBRUARY 29, 2008

*Please complete the attached registration form and return with your tuition and fees no later than **FEBRUARY 29, 2008**. Registration and/or payment after that date will incur a **\$75 late fee**. Classes are limited to 16 students (unless otherwise noted) and are first come, first served.*

Supplemental Courses – Open to members of the community. Prerequisites, fees, and text requirements are noted.

- ♦ **Botanicals I (BOT321) 2 credit hours. Course-pack \$25. Textbook required – see Text Order Form.** Nine sessions. Materia medica and herbal therapeutics of gynecological herbs and herbs for infants and children. Instructor: Mindy Cash, ND
Date: Fridays on 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30/08
Time: 1:00pm – 4:30pm
- ♦ **Homeopathy (HOM341) 1 credit hour. Lab fee \$25. Textbook required - see Text Order Form.** Four sessions. Theory of homeopathic practice with applications to midwifery care. Instructor: Jennifer Means, ND, LAc
Date: Wednesdays on 5/7, 5/21, 6/4, 6/11/08
Time: 5:00pm – 9:00pm
- ♦ **Midwifery Culture (MWC441) 2 credit hours. Course-pack \$65. Textbooks required - see Text Order Form.** Eight sessions. Focus on attitudes and laws that have surrounded midwives and the practice of midwifery throughout history as well as contemporary times. Examines the role of midwives from ancient to modern times emphasizing politics of midwifery and how midwives have come together to bring about change. Instructor: Nichole Reding, MA
Date: Mondays on 4/7, 4/14, 4/28, 5/5, 5/19, 6/2, 6/16, 6/23/08 (6/9 and 6/30 make-up days).
Time: 5:00pm – 9:00pm
- ♦ **Plant Medicine I (PM341) 1 credit hour. Course-pack \$10. Lab fee \$20. Textbook required - see Text Order Form.** Four sessions. First section of plant medicine as an alternate method of healing as relates to pregnancy, birth and postpartum. Instructor: Cari Nyland, ND
Date: Fridays on 6/6, 6/13, 6/20, 6/27/08
Time: 1:00pm – 5:00pm
- ♦ **Suturing (SU441) 1 credit hour. Course-pack \$5. Lab fee \$125. Textbook and equipment required - see Text Order Form. Prerequisite: Must have midwifery experience.** Six sessions. Selecting materials and equipment, perineal evaluation and repair of 1st and 2nd degree lacerations, use of local anesthetics. This course meets the suturing portion of the LD&D training required for Oregon State Licensing. Because initial LD&D training must be taken within 3 years of licensing, you may have to take the LD&D training workshop if you don't graduate and license within 3 years of taking this class. Instructor: Holly Scholles, CPM, LDM, MA.
Date: Mondays on 4/14, 4/28, 5/5, 5/12, 5/19, 6/2/08
Time: 9:30am – 12:30pm
- ♦ **Understanding Statistics in Medical Literature (ST241) 1 credit hour. Course-pack \$55. No required text.** Five sessions. Basic concepts, types of medical literature, critical analysis, and evidence based studies. Instructor: Kathryn Constant, MLS.
Date: Thursdays on 4/3, 4/10, 4/17, 4/24, 5/8/08
Time: 6:00pm – 9:00pm

Elective Courses – Open to members of the community. Prerequisites, fees, and text requirements are noted.

- ♦ **Breastfeeding III (BF243) 1 credit hour. Prerequisite: Breastfeeding I and II. Course-pack \$15. Lab Fee \$30. Textbook required – see Text Order Form.** Five sessions. Case studies and hands-on skills deepen students' knowledge of breastfeeding counseling. Continuation of lactation support skills designed to move students toward the IBCLC exam. Instructor: Dixie Whetsell, MS, IBCLC
Date: Mondays on 4/14, 4/21, 5/12, 5/19, 6/2 and make-up day on 6/16/08
Time: 1:00pm – 4:00pm
- ♦ **Introduction to Vibrational Healing (VI471) 1 credit hr. Course-pack \$25. Textbooks required - see Text Order Form.** Six sessions. Discussion of vibrational medicine and how it relates to health and healing from our center outward to the planet. Course focus is on astrological medicine and gemstone energy within midwifery. Didactic knowledge is integrated with experiential, hands-on learning as well as observation. Eiris Baldwin, CNM, guest lecturer. Instructor: Cari Nyland, ND
Date: Wednesdays on 4/2, 4/16, 4/30, 5/14, 5/28/08
Time: 5:30pm – 8:30pm
- ♦ **Massage for Midwives (MAS271) 1 credit hour. Lab fee \$10. Textbook required - see Text Order Form.** Psychology of touch. Introduction to basic massage techniques with emphasis on pregnancy and postpartum. This is a weekend format. Bring a brown bag lunch. **Maximum class size of eight.** Instructor: Bonnie McAnnis, LMT
Date: 4/4, 4/5, 4/6/08
Time: 4/4: 6:00pm – 9:00pm. 4/5 & 4/6: 9:00am – 4:00pm.
- ♦ **Spanish for Midwives (SPA371) 1 credit hour. Course-pack fee \$25.** Five sessions. Basic vocabulary and phrasing for midwives while providing culturally sensitive care. Instructor: Julie Shiprack, CPM
Date: Thursdays on 5/1, 5/15, 5/22, 5/29, 6/5/08
Time: 6:00pm – 9:00pm
- ♦ **Also Available for credit: Childbirth Educator Training, and Postpartum Doula Training. See newsletter registration for details.**

Birthingway College of Midwifery ~ 12113 SE Foster Rd., Portland, OR 97266 Ph) 503-760-3131 F) 503-760-3332
Spring 2008 Community Course Offering - Registration Start Date: FEBRUARY 15, 2008. Registration Deadline: FEBRUARY 29, 2008

SUPPLEMENTAL COURSES:			
Botanicals (BOT321) 2 credits X \$460 per credit =		\$220 to audit or \$460 per credit	\$ _____
Homeopathy (HOM431) 1 credit =		\$220 to audit or \$460 per credit	\$ _____
Homeopathy Lab Fee =		\$25	\$ _____
Midwifery Culture (MWC441) 2 credits =		\$220 to audit or \$460 per credit	\$ _____
Midwifery Culture Course-pack =		\$65	\$ _____
Plant Medicine I (PM341) 1 credit =		\$220 to audit or \$460 per credit	\$ _____
Plant Medicine I Course-pack =		\$10	\$ _____
Plant Medicine I Lab Fee =		\$20	\$ _____
Suturing (SU441) 1 credit =		\$220 to audit or \$460 per credit	\$ _____
Suturing Course-pack =		\$5	\$ _____
Suturing Lab Fee =		\$125	\$ _____
Understanding Statistics in Medical Literature (ST241) 1 credit =		\$220 to audit or \$460 per credit	\$ _____
Understanding Statistics Course-pack =		\$55	\$ _____
ELECTIVES:			
Breastfeeding III (BF243) 1 credit X \$460 per credit =		\$220 to audit or \$460 per credit	\$ _____
Breastfeeding Course-pack =		\$15	\$ _____
Breastfeeding Lab Fee =		\$30	\$ _____
Introduction to Vibrational Healing (VI471) 1 credit =		\$220 to audit or \$460 per credit	\$ _____
Introduction to Vibrational Healing Course-pack =		\$ 25	\$ _____
Massage for Midwives (MAS271) 1 credit =		\$220 to audit or \$460 per credit	\$ _____
Massage for Midwives Lab Fee =		\$10	\$ _____
Spanish for Midwives (SPA371) 1 credit =		\$220 to audit or \$460 per credit	\$ _____
Spanish for Midwives Course-pack =		\$ 25	\$ _____
TEXTBOOKS:			
Breastfeeding III (BF243)	Lauwers, Shiniskie. <i>Counseling the Nursing Mother: A Lactation Consultant's Guide.</i> 4 th ed., 2005	\$70	\$ _____
	Caldwell, Turner-Maffei. <i>Case Studies in Breastfeeding: Problem Solving Skills and Strategies.</i> Jones & Bartlett Publishers. 2003	\$40	\$ _____
Botanicals (BOT 321)	Gladstar R. <i>Herbal Healing for Women: Simple Home Remedies for Women of All Ages.</i> New York, NY: Fireside Press. 1993.	\$12	\$ _____
Homeopathy (HOM341)	Geraghty B. <i>Homeopathy for Midwives.</i> Churchill Livingstone: 1999.	\$40	\$ _____
Intro. to Vib. Healing (VI471)	Parker JD. <i>Parker's Astrology: The Essential Guide to Using Astrology in Your Daily Life.</i> "New Edition" DK Publishing. 2003.	\$27	\$ _____
	Katz M. <i>Gemstone Energy Medicine: Healing Body, Mind and Spirit</i> Natural Healing Press. 2005.	\$17	\$ _____
Massage for Midwives (MAS271)	Stillerman E. <i>Mother Massage: A Handbook for Relieving the Discomforts of Pregnancy.</i> Dell Publishing: 2006.	\$12	\$ _____
Midwifery Culture (MWC441)	Diamant A. <i>The Red Tent: A Novel.</i> New York, NY: Picador; 1997.	\$11	\$ _____
	Chester P. <i>Sisters on a Journey: Portraits of American Midwives.</i> New Brunswick, NJ: Rutgers Univ. Press; 1997.	\$22	\$ _____
	Ehrenreich B, English D. <i>Witches, Midwives, and Nurses: A History of Women Healers.</i> New York, NY: The Feminist Press at CUNY. New Ed, 1972.	\$8	\$ _____
Plant Medicine I (PM341)	Green J. <i>The Herbal Medicine Maker's Handbook: A Home Manual.</i> Crossing Press. 2000.	\$16	\$ _____
Suturing (SU441)	Frye A. <i>Healing Passage: A Suturing Manual for Midwives.</i> 5 th ed. Portland, Ore: Labrys Press. 1995. Out of Print. <u>The school is offering a photocopied version!</u>	\$35	\$ _____
Suturing Kit	Mayo Hegar 6" Needle Holder (Miltex) Russian Forceps 6" (Miltex) Spencer Stitch Scissors 3.5 (Vantage)	Rochester Pean straight forcep (Vantage) Rochester Pean curved forcep (Vantage) 6" Ruler, with centimeters	\$150 \$ _____
REGISTRATION FEE(non-refundable)			\$50.00
Late registration fee of \$75 if received after February 29, 2008			
TOTAL ENCLOSED			

>> NO TEXTBOOK ORDERS OR CANCELLATIONS WILL BE ACCEPTED AFTER THE REGISTRATION DEADLINE – FEBRUARY 29, 2008 <<
ALL TUITION, FEES, AND TEXTBOOK COSTS ARE PAYABLE AT THE TIME OF REGISTRATION

Last name	First name	MI
<hr/>		
Mailing address	City	State Zip
<hr/>		
Home phone	Work phone	E-mail if available
<hr/>		

CANCELLATION CLAUSE - Should you decide to cancel this agreement in writing within three business days, you are entitled to 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 policy.**

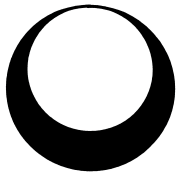
REFUND POLICY - You are expected to attend all classes for which you register. IF YOU DO NOT ATTEND OR STOP ATTENDING AND FAIL TO DROP WITHIN THE REFUND PERIOD, YOU REMAIN RESPONSIBLE FOR ALL TUITION AND FEES. For credit courses, you may cancel registration by providing signed and dated written notice to Birthingway and receive a refund of tuition per schedule below. 95% of the audit or course fee for non-credit, audit only courses, or workshops will be made upon written request, up to seven days prior to the first class day, 80% of the audit or course fee will be refunded up to the first class day. No refund for non-credit or audit only courses or workshops will be made **on or after** the first class day. **Registration fees and textbook costs are non-refundable.** Allow four to six weeks for receipt of refund.

<u>Drop Date</u>	<u>Tuition Refund</u>	<u>Drop Date</u>	<u>Tuition Refund</u>	<u>Drop Date</u>	<u>Tuition Refund</u>
On or before 1st day of term	100%	15 th day through 21 st day of term	62%	36 th day through 42 nd day of term	25%
2 nd day through 7 th day of term	87%	22 nd day through 28 th day of term	50%	43 rd day through 49 th day of term	12%
8 th day through 14 th day of term	75%	29 th day through 35 th day of term	37%	Day 50 through end of term	No Refund

I have completed this form, and have read and understand the refund policy and three-day cancellation period clause. Please make Check/Money Order payable to Birthingway College of Midwifery, or visit <http://birthingway.org/payment.html> for credit card options.

STUDENT SIGNATURE

DATE



Birthingway
College of Midwifery
12113 SE Foster Rd.
Portland, OR 97266

Phone:
503.760.3131

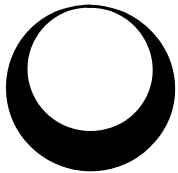
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