



# Birthingways

The Newsletter of Birthingway College of Midwifery

## Inside this Issue

Auxiliary Programs CEU- Diversity Workshop	2
Birthingway Staff News	3
Labor Doula Workshop	4
Community News	5
Pelvic Floor CEU For Midwives	6
Auxiliary Program News	7
Childbirth Educator Workshop	8
Poem	9
"Business Skills" CEU	10
Library News	11
Community Course Offerings	12
Community Registration	13

*Join us for two exciting new CEU's- "Diversity Workshop" and "Business Skills for Birth Professionals". Take a peek inside for more info and to register!*

## Application Season

The Midwifery Program admissions process is in full swing! By the time we go to press all applications will be in and interviews will be held over the next month (November).

Our annual Meet & Greet event will be held on Friday, November 21<sup>st</sup> 2008 from 11am to 2pm at the Pleasant Valley Grange. This is a time when the whole student body, staff, and faculty come together to meet the applicants and give them a taste of our awesome community. Our grueling final decision meeting will be held the first week of winter term and the new class of aspiring midwives will begin in late March 2009. We'll keep you updated!!

All students, staff, faculty, and preceptors are encouraged to take part in the Admissions Committee, and we always welcome community midwives to join us for the Meet & Greet as well - please contact the college office to be put on our guest list.



## Calendar

Meet & Greet	11/21
Community Registration date	11/21
Registration deadline	12/5
Winter Break	12/13 - 1/4
Winter Term	1/5-3/20
Faculty Meeting	1/5
Admissions meeting	1/6
Spring Break	3/23-3/27
Orientation & Start of Spring Term	3/30



# Diversity Workshop for Birth and Postpartum Professionals

Join us in 2009 as we discuss a variety of topics designed to help all birth and postpartum professionals add tools to their toolboxes. Find a registration for our "Business Tips for Birth Professionals" Workshop in this newsletter, and stay tuned for additional CEUs in future newsletters.

Saturday, March 7, 2009 from 9:30am - 12:30pm      3 CEU's      Cost: \$45.00

What does "diversity" mean for the birth and postpartum professional? In this three hour workshop, we will discuss a variety of ways in which we interact with people different from ourselves and how we can help make these interactions healthy and fruitful. We'll cover topics of sexual-identity, as well as socio-economic, age, and ethnic diversity.

Registration Deadline is Friday, February 27, 2009. Registrations received after February 27 will incur a \$10.00 late registration fee. The workshop will be held at Birthingway College of Midwifery - 12113 SE Foster Rd., in Portland.

**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. Minimum class is 6 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!

- I will attend the March 7 workshop from 9:30am-12:30pm.
- I am enclosing a check or money order for \$45.00
- Oops, it's after Feb. 27<sup>th</sup>. I have enclosed \$55.00.
- I am paying with a credit card through PayPal (see below). You still need to send in a registration form.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

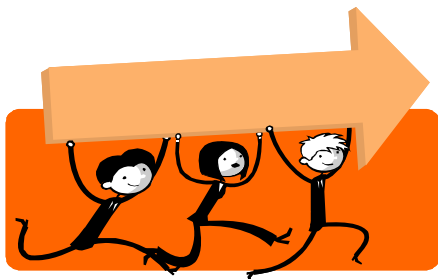
E-mail or additional contact number \_\_\_\_\_

**We must receive this completed registration form AND full payment to register you for this class. Please make check/money order payable and mail to-**

Birthingway College of Midwifery, 12113 SE Foster Rd, Portland, OR 97266. Fax: 503-760-3332

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.

## Birthingway Staff News



With the change of the seasons come a few changes in our staff here at Birthingway. Here are some updates:

This fall we said goodbye to one of our staff, Sean O'Halloran. He has moved on to work with the FBI in the conspiracy-theory department and we wish him the best of luck. In the meantime.....

Dawn Baker, employee extraordinaire, will be focusing on number\$ for Birthingway. She is currently working in the accounting office in the basement, and we are hoping she will surface sometime soon! Her great stories and peppy outfits are greatly missed upstairs! Feel free to contact Dawn or Holly with any questions or concerns regarding financial issues beginning this winter.

In addition, Brittany Schleiff, Operations Coordinator, will be handling some portions of the registration for students. Further updates will be posted soon!



### SEEKING LACTATION CONSULTANT SUPERVISORS

Birthingway is seeking experienced IBCLCs to mentor our students as they pursue various eligibility paths for the IBCLC exam. We have a long history of facilitating apprenticeships based on the midwifery model of care and we think we will be an excellent partner in navigating the preceptor/apprentice relationship for IBCLCs. If you are considering supervising a student but would like some support with paperwork and general institutional framework, please consider working with us.

If you want to learn more, please give us a call at 503-760-3131 and ask for Nichole or Stacey

### ATTENTION TEACHERS!!!

We are very excited to announce the beginning of our Lactation Consultant and Breastfeeding Counselor program starting in 2009!! We are seeking professionals who might be interested in teaching courses for students taking our one year academic program to sit for the IBCLC exam. If you are interested in joining our dynamic team of faculty, please contact Rachael or Nichole at 503-760-3131.

# 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.

INSTRUCTOR: Adrienne Fuson, LMT, CD

Nine Sessions ~ Sunday evenings 5-8pm

January 11-March 3, 2009

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

Cost: Workshop - \$425, Readings Binder (Required) - \$40\*

Cost for Refresher Course for continuing education credits: \$220\*\*

There is a \$75 non-refundable late registration fee after December 5, 2008

~ Full payment is needed at registration ~

\*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.

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

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

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.

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

- ◆ England P and Horowitz R. *Birthing from Within*. Albuquerque: Partera Press. 1998.
- ◆ Klaus MH, Kennell JH, Klaus PH. *The Doula Book*. Perseus Publishing: 2002.
- ◆ Gaskin IM. *Ina May's Guide to Childbirth*. Bantam Dell Publishing Group: 2003.
- ◆ Renfrew M, Fisher C, Arms S. *Bestfeeding - How to Breastfeed Your Baby*. Celestial Arts; 2004.

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 Labor Doula workshop — Deadline is December 5, 2008

- I am paying the \$425 workshop fee \$ \_\_\_\_\_
- Readings Binder (required) add \$40. Add \$6.00 postage/handling if you want it sent to you \$ \_\_\_\_\_
- I am paying \$220 to take the Refresher Course. I attended the Workshop before on \_\_\_\_\_ (date) \$ \_\_\_\_\_
- Oops, it's after December 5, 2008. I have included the \$75 late registration fee \$ \_\_\_\_\_
- >>Please Note: Full payment *and* this registration form must be received to complete registration. Total \$ \_\_\_\_\_

- I am enclosing a check or money order  I am paying with a credit card through PayPal (see below)  
with my registration form (You must still return this completed form in order to be registered)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY STATE ZIP PHONE E-mail or additional contact number

We must receive this completed registration form AND full payment to register you for this class. Please make check/money order payable and mail to: Birthingway College of Midwifery, 12113 SE Foster Rd, Portland, OR 97266. Fax: 503.760.3332.  
Credit card payments are accepted through PayPal – please go to <http://birthingway.org/payment.html> for details. You don't need a PayPal account to pay with your credit card. The name on the credit card/PayPal account must match the person taking this workshop. Sorry, no exceptions.

## Community News

### *Apprenticeship News:*

**Ayla Dunn**, a third year student, is just beginning her apprenticeship with **Marilyn Milestone**, LDM, CPM and **Beth Sagli**, CPM and Birthingway grad, from Creative Space Midwifery.

We wish them a bounty of beautiful birth experiences!!!

First year student **Melissa Maureen's** shop, **Nature's Apothecary & Wellness**, has moved to a new location at 5241 SE 72nd Ave. Melissa says she would welcome any inquiries from midwives, doulas or childbirth educators interested in using her space. You can contact her via email at: [meeko123@hotmail.com](mailto:meeko123@hotmail.com) or visit her website at: [www.missasherbalproducts.com](http://www.missasherbalproducts.com)



A big congrats to **Melissa Boyd**, **Briana Toland**, and **Shauna Kenealy** for passing the NARM exam!!!! Melissa and Shauna are planning to start a midwifery practice together in Southern Oregon. Best of luck to all of you in your new endeavors!!!

Speaking of new endeavors- midwife **Sonya Esme Gregg** and family welcomed their beautiful son **Atticus** into the world on September 14<sup>th</sup>, 2008. He weighed in at 9 lbs 8 oz. We wish the family happiness and health in 2009 and beyond!

After getting married over the summer to her partner Mari, **Jacqueline Zapp-Garcia** (now Meyers!) is expecting in April!! What a wonderful spring it will be!

Some new updates at Andaluz: Graduate **Dana Shibley** started working as a staff midwife at Andaluz. Happy Birthing!! And one of our Andaluz preceptors, **Jennifer Gallardo**, CPM, LDM had her 8 lb. 4 oz. baby girl on July 15<sup>th</sup> in her backyard jacuzzi.

We are always grateful and appreciative of the news people share with us- keep us updated if you have something new and exciting to share!

# Learn Trigger Point & Myofascial Release Techniques for the Female Pelvic Floor

INSTRUCTOR: Bryan Baisinger, DC, of Clearwater Chiropractic

Saturday February 28, 2009, 10am-2pm

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

Cost: \$120 Minimum of 10 people

Registration is limited to practicing midwives and midwifery students

~ Full payment is needed at registration ~

Low-tone pelvic floor and high-tone pelvic floor share these disorders:

- ◆ pelvic pain
- ◆ dyspareunia
- ◆ stress incontinence
- ◆ lack of volitional control of the vaginal muscles.

Learn to discern which tone – or combination of tone – is causing these conditions in your clients. You can then offer and administer remedial trigger point and myofascial release treatments for both the prenatal and postpartum times, as well as refer properly for conditions beyond your scope. Release skills are especially helpful for facilitating non-medicated vaginal birth. Postpartum pelvic floor rehabilitation is greatly enhanced by hands-on guidance and feedback. Teach your clients how to treat themselves. Save them pain, frustration, and money by practicing and teaching remedial trigger point and myofascial release skills.

## PART 1 – Lecture + Q&A

- Gain a fresh perspective on the anatomy & functionality of the female pelvic floor
- Understand high tone & mixed tone pelvic floor – Signs and Symptoms, causes
- Discover internal & external trigger points: where they are, what they mean, what they do, how to work them
- Learn myofascial release techniques for various tissues
- Ask your questions, share your insights

## PART 2 – Skills

We will be learning and practicing trigger point and myofascial release techniques on each other. If you would like to learn and practice internal trigger point release techniques, please be prepared for other midwives to practice on you in return. Participation in the internal portion of the workshop is not required.

- Expand your pelvic exam skills to include a thorough pelvic floor tone assessment
- Learn techniques to release muscular constriction in pregnancy and during labor
- Improve your ability to teach postpartum women how to properly Kegel (and if they should even be doing Kegels in the first place!)

Please register me for The Trigger Point Release CEU— Deadline is February 13, 2009

I am paying the \$120 workshop fee \$ \_\_\_\_\_

>>Please Note: Full payment *and* this registration form must be received to complete registration. Total \$ \_\_\_\_\_

I am enclosing a check or money order with my registration form  I am paying with a credit card through PayPal (see below)  
(You must still return this completed form in order to be registered)

NAME \_\_\_\_\_

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CITY STATE ZIP \_\_\_\_\_

PHONE E-mail or additional contact number \_\_\_\_\_

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## Auxiliary Program News



### Announcements

Please join us at Old Wives Tale on the third Thursday of each month, 6pm - 8pm, for our **Doula Support Group**. Contact Stacey at the school if you have any questions or to RSVP.

Currently, we have 18 student labor doulas. Many are preparing for certification and working within the greater Portland birthing community. Wahoo!

We have two new students in the Childbirth Educator practicum, **Taunia Mann** and **Melody Bondurant**. Feel free to refer friends, family and clients to their childbirth series!

Congrats to **Ann Obowchowski** for completing the practicum and certifying as a postpartum doula!!!! Way to go Ann!

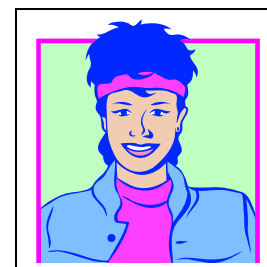
### Announcing our newest addition to the Auxiliary Programs: Breastfeeding Counselor and Lactation Consultant!!

Taking the biodynamic model of birth to its natural next step, Birthingway's Breastfeeding Counselor and Lactation Consultant Training Programs approach breastfeeding support with the same emphasis on physiologic processes and low intervention.

Our one year academic program will begin in 2009. Feel free to call or come by the college for more details about starting your path to becoming a certified BC or LC. You can also register now for Breastfeeding I to begin your 45 hours of lactation specific education. See the community registration form for details.

Concurrently, we are setting up a low-cost breastfeeding clinic and are looking for donations for our clinic space. Some of the items we are looking for include: hospital grade breast pumps, changing pad covers, receiving blankets, disposable diapers and wipes, disposable nursing pads, washcloths and hand towels. Anything you could contribute would be greatly appreciated!

Ok, Ok... Did any of you have a yearbook photo that you look back on with horror???? Well, now is the time to redeem yourself- with Birthingway's First Annual Yearbook! We are currently looking for photos, art, poetry and ideas from students, staff and faculty that will help make our first printing a huge success. Contact Birthingway's Yearbook Committee for more details and submission information (Nichole@Birthingway.edu).



# Childbirth Educator Training

Birthingway's distinctive biodynamic approach to childbirth

INSTRUCTOR: Nichole Reding, MA, CD

Two weekends - Five Sessions

2/6, 2/7, 2/8, 2/21, 2/22/09

Friday 9am-4pm, 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

Cost: Workshop - \$585, Readings Binder (Required) - \$40

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 \$75 non-refundable late registration fee after January 9, 2009

Full payment is needed at time of registration.

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 January 9, 2009

- I am paying the \$585 workshop fee \$ \_\_\_\_\_
- I would like to take the 2-credit course for \$920 \$ \_\_\_\_\_
- Readings Binder (required) add \$40. Add \$6.00 postage/handling if you want it sent to you \$ \_\_\_\_\_
- Oops, it's after January 9, 2009. I have included the \$75 late registration fee \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

- I am enclosing a check or money order with my registration form
- I am paying with a credit card through PayPal (see below)  
(You must still return this form in order to be registered)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY STATE ZIP \_\_\_\_\_

PHONE E-mail or additional contact number \_\_\_\_\_

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## Poem About Womanhood

By Melanya Gonshorowski

Written this summer and read at a coming of age ceremony in California for 20 young women ages 11-14 years old. Each new woman pledged a promise to the four corners of a red felt compass: One wish for the world, one wish for their sisters (other women), one wish for their future daughter, and one wish for themselves. A circle was made around a campfire in a wooded area with the older leaders of the group (early 20's) sharing thoughts about womanhood as they've experienced it along with deep appreciation for a specific female heroine in their own lives. Here's what I wrote:

### Patience for Me

Waking up....different  
 Never the same, life constantly moving forward  
 Yet basking in the present  
 Content, satisfied, open  
 Every month a burst of creativity and confusion  
 Powerful pain mingled with feelings of  
 Gratitude toward those who lend a hand

Empowered to help others  
 Continuous learning and loving....Self  
 Strength, serenity, freedom  
 Freedom to explore, deeply influential  
 Deep breathing and patience for others  
 And patience for me



### Donation Thank You's

Thank you to the generous contributions of local midwives and community members who have provided donations of expired and/or unneeded supplies for our students to use in skills class, including the wonderful Celeste Kersey.

We are ever-grateful to our community for your support!

### ARM MODELS

Have a little extra time on Tuesday afternoons? Please come by Birthingway to be an IV model! Our third year students practice IV skills every term, and we are always in need of extra "arms". To be an IV model you must be over 18 and have veins. You will earn \$10 per poke, limit one poke per arm. Please call the school at 503-760-3131 to make sure class is being held the day you want to come.





# Business Skills for Birth and Postpartum Professionals

Join us in 2009 as we discuss a variety of topics designed to help all birth and postpartum professionals add tools to their toolboxes. Find a registration for our Diversity Workshop in this newsletter, and stay tuned for additional CEUs in future newsletters.

Saturday, January 24, 2009 from 9:30am - 12:30pm 3 CEU's Cost: \$45.00

We are offering a much requested "Business Tips for Birth Professionals" workshop. During this three hour intensive, we will brainstorm advertising techniques, help you develop important documents, and discuss some of the details of self-employment taxes.

Registration Deadline is Friday, January 16. Registrations received after January 16 will incur a \$10.00 late registration fee.

The workshop will be held at Birthingway College of Midwifery  
12113 SE Foster Rd. in Portland, OR.

**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. Minimum class is 6 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)

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## Please sign me up!

- I will attend the January 24 workshop from 9:30am-12:30pm.
- I am enclosing a check or money order for \$45.00
- Oops, it's after January 16. I have enclosed \$55.00.
- I am paying with a credit card through PayPal (see below). You still need to send in a registration form.

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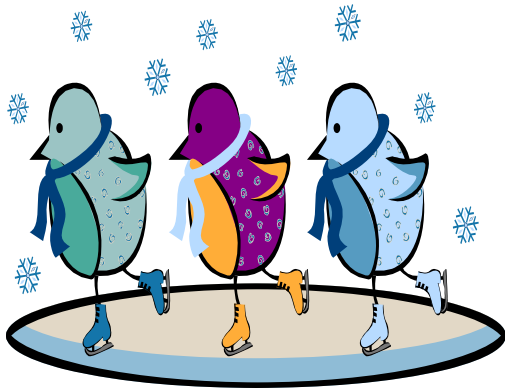
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Credit card payments are accepted through PayPal – please go to <http://birthingway.org/payment.html> for details. You need not have a PayPal account to pay with your credit card. The name on the credit card/PayPal account must be the same as the person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

## Library News



### Birthingway Library Survey

Over the summer, the library did its first online survey. The survey was sent to 124 library users and 42, or 34%, responded. Overall, a good response rate and users rated library services favorably. Already, based on users' responses, we have improved our computer access and printing services. The librarian donated a color printer to connect to an additional student-use computer outside the library. To answer the call for more online journal access, the Birthingway Library Remote Research wiki, <http://birthingway.wetpaint.com/>, now provides links to all available currently subscribed journals and many additional online resources that provide journal access. Look under *Current Birthingway Journals* and *Online Journal Access*. Since 90% showed interest in an online library catalog, perhaps more changes are on the way...

We'd like to thank Cascade Healthcare Products for their generous support of Birthingway through their donation of books to the library. Titles include:

*Anatomy of The Spirit: The Seven Stages of Power and Healing* by Caroline M. Myss.

*Labor Day: Shared Experiences from The Delivery Room* by Ann-Marie Giglio.

*Mother Nature, M.D.* by Eric Meyer.

*Paranoid Parenting: Why Ignoring The Experts May Be Best For Your Child* by Frank Furedi.

*Joyful Birth: A Spiritual Path to Motherhood* by Susan Piver.

**Other new additions:**

*The Creative Herbal Home* by Susan Belsinger, 2007.

*Eat this, Not that!* By David Zinczenko and Matt Goulding. 2008.

*My Pelvic Flaw: Preventing Pelvic Floor Problems Throughout Life* by Mary O'Dwyer. 2007.

Journal/zine: *Scientific American Mind*

**E-mail Option**

**If you would prefer to receive this newsletter by e-mail, just write us at [info@birthingway.edu](mailto:info@birthingway.edu) and let us know!**



**Library Winter Hours:**

During the winter, the library will be open:

Mondays 12-5:45pm  
Tues-Thur 10-6pm

Birthingway's library is an OPL (one-person library). If you are traveling from any distance, or a holiday is upon us, please call to confirm that someone will be available to help you.

**The Library now has barcodes!**

If you are a student or faculty member and don't have a picture ID with a new library barcode, please stop by and we'll make one up just for you. You'll need it to check things out!

**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

**Birthingway College of Midwifery**

12113 SE Foster Rd., Portland, OR 97266 Ph) 503-760-3131 F) 503-760-3332

**Winter 2009 Community Course Offering**

**Registration Start Date: NOVEMBER 21, 2008. Registration Deadline: DECEMBER 5, 2008**

*PLEASE COMPLETE THE ATTACHED REGISTRATION FORM AND RETURN WITH YOUR TUITION AND FEES NO LATER THAN **DECEMBER 5, 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.

- ♦ **Breastfeeding I (BF241) 1 credit hour. Course-pack \$20. Textbook required - see Text Order Form.** Three sessions. Covers prenatal education and the normal course of breastfeeding. Instructor: Dixie Whetsell, MS, IBCLC- Instructor  
Date: Friday, Saturday, Sunday- February 6,7,8, 2009.  
Time: Friday: 6-9pm, Saturday and Sunday 9am-4pm
- ♦ **Breastfeeding II (BF242) 1 credit hour. Prerequisite: Breastfeeding I. Course-pack fee \$20. Textbook required - see Text Order Form.** Five sessions. Breastfeeding problems and special situations. Dixie Whetsell, MS, IBCLC – Instructor  
Date: Monday afternoons – January 12, January 26, February 9, February 23, March 9, 2009.  
Time: 1:00pm to 4:00pm
- ♦ **Infancy (IN241) 1 credit hour. Textbooks required - see Text Order Form.** Five sessions. Covers newborn behavior, development, bonding and attachment, and child rearing from an ethnopediatric perspective. Heather Hack, LDM - Instructor  
Date: Wednesday evenings – January 7, January 21, February 4, February 18, March 4, 2009.  
Time: 5:30-8:30pm
- ♦ **Introduction to Other Modalities (MOD341) 1 credit hour. Course-pack \$20. Lab Fee \$5.** Five sessions. Introduction to a variety of alternative healing modalities including chiropractic, flower essences, aromatherapy, body work, and hydrotherapy. Cari Nyland, ND – Instructor  
Date: Wednesday evenings – January 14, January 28, February 11, February 25, March 11, 2009.  
Time: 5:30pm to 8:30pm
- ♦ **Pharmacology (PHM441) 1 credit hour. Prerequisite: Basic Skills II or a current apprentice. Lab fee \$28. Course-pack \$10. Textbook required - see Text Order Form.** Five sessions. Legend drugs and devices used in midwifery practice; injection techniques. Pamela Echeverio, CPM, LM – instructor.  
Date: Monday afternoons– January 5, January 19, February 2, February 16, March 2, 2009.  
Time: 1-4pm
- ♦ **Plant Medicine III (PM343) 1 credit hour. Prerequisite: Plant Medicine II. Lab fee \$20. Course-pack \$5. Textbook required – see Text Order Form.** Five sessions. Preparation of syrups and elixirs. Creating herbal formulas and prescriptions. Cari Nyland, ND – Instructor  
Date: Friday mornings – January 9, January 23, February 6, February 20, March 6, 2009.  
Time: 9:30am – 12:30pm

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

- ♦ **Birth Stories in Life and Literature (BSL371) 1 credit hour. Textbook required - see Text Order Form.** Five sessions. Read, write, and tell birth stories while learning and exploring effective storytelling techniques. **Limited to eight students.** Kathryn Constant, MLS – Instructor  
Date: Thursday evenings – February 5, February 12, February 19, February 26, March 12, 2009.  
Time: 5:30pm to 8:30pm
- ♦ **Childbirth Educator Training (CBE 271) 2 credit hours. (see separate registration form in this packet for details).**
- ♦ **Massage for Midwives (MAS271) 1 credit hour. Lab fee \$15. Textbook required - see Text Order Form.** Three sessions. 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.** Bonnie McAnnis, LMT – Instructor.  
Date: Friday, Saturday, Sunday – January 30, January 31, February 1, 2009.  
Time: January 30: 6-9pm, January 31 and February 1: 9am-4pm

**Winter 2009 Community Course Offering**

Registration Start Date: NOVEMBER 21, 2008. Registration Deadline: DECEMBER 5, 2008.

<b>SUPPLEMENTAL COURSES: Tuition + \$460 per credit. Audit Fee+ \$300 per credit**</b>			
Breastfeeding I (BF241) 1 credit X \$460 per credit + \$20 Course -pack =	\$480 for credit	<input type="checkbox"/> I wish to audit	\$ _____
Breastfeeding II (BF242) 1 credit X \$460 per credit + \$20 Course-pack =	\$480 for credit	<input type="checkbox"/> I wish to audit	\$ _____
Infancy (IN241) 1 credit X \$460 per credit	\$460 for credit	<input type="checkbox"/> I wish to audit	\$ _____
Pharmacology (PHM441) 1 credit X \$460 per credit + \$10 Course-pack + \$28 Lab Fee =	\$498 for credit	<input type="checkbox"/> I wish to audit	\$ _____
Plant Medicine III (PM343) 1 credit X \$460 + \$5 Course-pack + \$20 Lab Fee =	\$485 for credit	<input type="checkbox"/> I wish to audit	\$ _____
<b>ELECTIVES:</b>			
Childbirth Educator Training (CBE271) 2 credits x \$460 per credit =	Please use separate registration form		
Birth Stories in Life and Literature (BSL371) 1 credit x \$460 per credit=	\$460 for credit	<input type="checkbox"/> I wish to audit	\$ _____
Massage for Midwives (MAS271) 1credit X \$460 per credit + \$15 Lab Fee =	\$475 for credit	<input type="checkbox"/> I wish to audit	\$ _____
<b>TEXTBOOKS:</b>			
Birth Stories in Life and Literature (BLS371)	<i>The Power of Personal Storytelling: Spinning Tales to Connect with Others</i> J. Maguire. 1998.	\$14	\$ _____
Breastfeeding I (BF241)	<i>Counseling the Nursing Mother: A Lactation Consultant's Guide</i> , Lauwers, Shiniskie, 4 <sup>th</sup> ed, 2005.	\$73	\$ _____
Breastfeeding II (BF242)	<i>Counseling the Nursing Mother: A Lactation Consultant's Guide</i> , Lauwers, Shiniskie, 4 <sup>th</sup> ed, 2005.	\$73	\$ _____
Infancy (INF241)	<i>Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent</i> . M. Small.1999.	\$12	\$ _____
	<i>Your Amazing Newborn</i> . Klaus & Klaus. 2000.	\$15	\$ _____
	<i>The Vital Touch</i> Sharon Heller.1997.	\$13	\$ _____
Massage for Midwives (MAS271)	<i>Mother Massage</i> Elaine Stillerman. 2006.	\$13	\$ _____
Pharmacology (PHM441)	<i>Pharmacology for Midwives</i> Poznar J., 2 <sup>nd</sup> ed 2002.	\$20	\$ _____
Plant Medicine III (PM343)	<i>The Herbal Medicine Maker's Handbook: A Home Manual</i> Green J. 2000.	\$18	\$ _____
	REGISTRATION FEE(non-refundable)		\$50.00
	Late registration fee after deadline of December 5, 2008- \$75 (in addition to registration fee)		
	TOTAL ENCLOSED		

**\* NO TEXTBOOK ORDERS OR CANCELLATIONS WILL BE ACCEPTED AFTER THE REGISTRATION DEADLINE – DECEMBER 5, 2008 \*  
ALL TUITION, FEES, AND TEXTBOOK COSTS ARE PAYABLE AT THE TIME OF REGISTRATION**

**\*\*Auditing a class:** You may audit a class for \$300 per credit hour. Please indicate in the checkbox if you would like to audit. You will not receive college credit. You are not required to do homework or take tests when you audit a class. Instructors will not review any homework or tests that you choose to complete. Course-pack or textbook purchase is not required when you audit. If you would like a course-pack or textbook, please indicate on your order form and include the course-pack fee or textbook cost stated for the course.

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

**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. Textbook costs are not refundable. 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.

WITHDRAWAL DATE	TUITION REFUND AMOUNT	WITHDRAWAL DATE	TUITION REFUND AMOUNT
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

**I have completed this form, and have read and understand the refund policy and three-day cancellation period clause.** Payment in full is included with this form (please make checks payable to Birthingway College of Midwifery). We must receive this completed registration form and full payment to register for your class. Credit card payments are accepted through PayPal – please go to <http://birthingway.org/payment.html> for details. You don't need 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.

STUDENT SIGNATURE	DATE	REGISTRAR'S SIGNATURE	DATE
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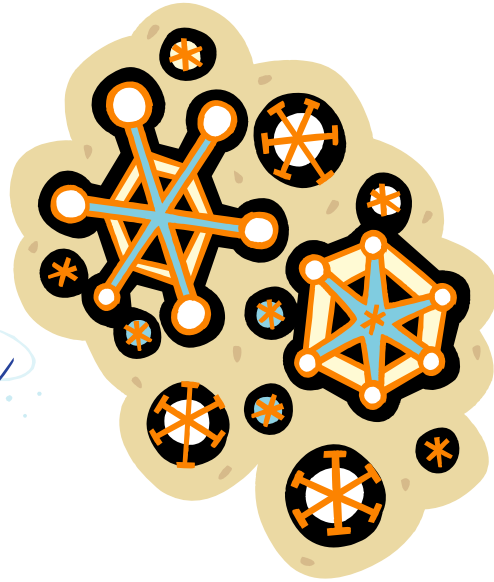
Birthingway  
College of Midwifery  
12113 SE Foster Rd.  
Portland, OR 97266

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503.760.3131

Fax:  
503.760.3332

E-mail:  
info@birthingway.edu

*Winter*



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