

# Pre-Conference Programs

August 4-5, 2010

## A. Lamaze Childbirth Educator Workshop

Wednesday and Thursday, August 4-5, 2010 – 8:00 a.m. – 5:00 p.m.

(Registration begins at 7:30 a.m.)

Do you want to add “dynamic, inspirational childbirth educator” to your list of skills? Become part of Passion for Birth, a Lamaze-accredited Childbirth Educator Training Program. Led by Ann Tumblin, LCCE, CD(DONA), the workshop will build on your doula skills to become an evidenced-based, interactive childbirth educator with a highly regarded certification by Lamaze International. This Lamaze Childbirth Educator Workshop has been specifically designed as a conference companion. **Both the workshop and the conference must be attended.** There are discounts on the workshop and conference fees for early registration and for members of DONA International.

### The Workshop:

The workshop is for anyone interested in becoming an effective childbirth educator. This workshop is one step on the path to becoming a Lamaze certified childbirth educator. Contact hours are available for nursing and Lamaze childbirth education, which may also be applied towards recertification with DONA International.



During the workshop, the focus will be on the following competencies of a childbirth educator:

- Promoting the childbearing experience as a normal, natural and healthy process which profoundly affects women and their families
- Assisting women and their families to discover and to use strategies to facilitate normal, natural and healthy pregnancy, birth, breastfeeding and early parenting
- Helping women and their families to understand how complications and interventions influence the normal course of labor and birth
- Providing information and support that encourages attachment behavior between babies and families
- Assisting women and their families to make informed decisions for childbearing
- Acting as an advocate to promote normal, natural, healthy and fulfilling childbirth experiences for women and their families
- Designing, teaching and evaluating a course in Lamaze preparation that increases a woman's confidence and ability to give birth

### The Steps to Becoming a Lamaze Certified Childbirth Educator:

This workshop is one step in a process. Open to experienced or new childbirth educators, it is assumed that those attending will have completed a series of childbirth education classes as an observer and attended at least three births.

Participants who have not taught at least 144 hours of childbirth classes or who are not midwives or midwifery students, upon the completion of the seminar, will create a course design, teach with a mentor and complete the *Lamaze International Study Guide* and the *Passion for Birth Learning Task Journal* before taking the Lamaze International certification exam. (More information is available at [www.lamaze.org](http://www.lamaze.org) and [www.passionforbirth.com](http://www.passionforbirth.com).) Experienced educators, midwives and midwifery students will be eligible to take the Lamaze certification exam after completing the workshop. The Learning Task Journal, Lamaze Study Guide and the certification exam are available at additional costs. Information is available on the web sites and will be sent upon your registration.

### Recommended Resource Books:

The following texts are recommended. Some can be purchased through the DONA Boutique on the DONA International web site at [www.DONA.org](http://www.DONA.org) or through the Lamaze Media Center at [www.lamaze.org](http://www.lamaze.org):  
*The Official Lamaze Guide—Giving Birth with Confidence* by Lothian and Devries (2005)  
*Childbirth Education: Practice, Research and Theory* (second edition) by Nichols and Humenick (2000)  
*A Guide to Effective Care in Pregnancy and Childbirth* by Enkin, et al (2000)

*The Labor Progress Handbook* by Simkin and Ancheta (2005)  
*The Ultimate Breastfeeding Book of Answers* by Newman and Pitman (2000)  
*Your Amazing Newborn* by Klaus and Klaus (1998)  
*Prepared Childbirth—the Educator’s Guide* by Amis and Green (2005)  
*Midwifery: Community Based Care during the Childbearing Year* by Walsh (2001).

**Location and Schedule:**

The workshop takes place prior to and as a part of the DONA International Conference. Conference room rates are available for workshop attendees. Make your room reservations directly with the hotel.

**Workshop Times**

Wednesday, August 4 from 8:00 a.m. – 5:00 p.m.

Thursday, August 5 from 8:00 a.m. – 5:00 p.m.

Plus DONA International Conference dates and times. *There will be a brief gathering at the completion of the DONA International Conference for awarding certificates and completing evaluations. Please note this when making travel arrangements.*

**Trainer:**

Ann Tumblin, LCCE, FACCE, CD(DONA) has been teaching childbirth education for over 30 years. She is a DONA approved birth doula trainer and has led over 90 workshops across the world. She is a facilitator with Passion for Birth Lamaze Education Program. Ann lives in North Carolina and is the mother of two sons and two daughters-in-law and the grandmother of one. She enjoys reading, the beach and playing on tennis teams.



**Fees, Registration and Cancellation\*** (*Fees listed here are for the US, see the Registration Form for information on adjustments based on the International Fee Group Index.*)

**DONA INTERNATIONAL MEMBERS:**

Postmarked by June 22 at 5 p.m. (EST)                   **\$250**

Postmarked after June 22 at 5 p.m. (EST)               **\$300**

**NON-MEMBERS:**

Postmarked by June 22 at 5 p.m. (EST)                   **\$300**

Postmarked after June 22 at 5 p.m. (EST)               **\$350**

Included in the fee are continental breakfast and beverages on Wednesday and Thursday. Registration is limited to 15 participants and the workshop is expected to fill early. ***You must register for Concurrent Session 106: It’s in the Bag! on the conference registration form. You are also required to attend all six conference General Sessions.*** Within three weeks of receipt of your registration form, you will be sent written confirmation of your registration.

**The registration deadline is July 6, 2010 at 5 p.m. (EST).** \*To cancel your registration and receive a partial refund, a written request must be postmarked by July 20, 2010 and sent to the DONA International Home Office at 100 East Washington Street, Springfield, IL 62701. No refunds will be given for requests postmarked after July 20, 2010. A non-refundable processing fee of \$50 will be retained in all cases for each workshop fee refund request.

**B. Dancing for Birth™ Instructor Training Workshop**

**Thursday, August 5, 2010 – 8:00 a.m. – 5:30 p.m.** (Registration begins at 7:30 a.m.)

Start a new career as a certified Dancing for Birth instructor or enhance your professional skills. Dancing For Birth™ Prenatal and Postpartum Classes combine dance moves from around the world with essential childbirth wisdom to provide women with the opportunity to prepare mentally and physically for an active and empowered birth. After giving birth women continue attending classes (baby-wearing is encouraged) for postpartum fitness, information and community.



### The Workshop:

In this dynamic, interactive workshop, you will **experience** innovative techniques to enhance your work with women during the childbearing year, **learn** how to use dance to facilitate birth, **understand** which moves are most effective and why, **gain** new strategies for active birth preparation, **discover** birth wisdom from ancient cultures and **embody** the joy of world dance forms. Training is fun and easy! No prior experience required—if you think you can't dance, all the more reason to attend! At the conclusion of the training workshop, participants will have completed step one of the certifying process to become a Dancing For Birth™ Instructor. The workshop is the bulk of the certification process. For complete information please see [www.DancingForBirth.com](http://www.DancingForBirth.com) or call 866-643-4824 for more information. Whether or not you aspire to complete certification, you can use the skills gained during the workshop to enhance your current work with pregnant and postpartum women.

### Continuing Education:

Application has been made for continuing education contact hours for this pre-conference program to the Indiana State Nurses Association, an accredited approver of continuing education by the American Nurses Credentialing Center's Commission on Accreditation. It is the responsibility of the individual registrant to ascertain whether this offering meets Board of Nursing rules of mandatory continuing education in the registrant's state or province. This pre-conference program qualifies as formal continuing education for doula recertification and trainer reapproval with DONA International. Many organizations and agencies accept DONA International and nursing association continuing education towards licensing and/or certification or recertification; however, you must check with the individual agency or organization for confirmation.

### Objectives:

- Demonstrate four essential characteristics of dance moves that are effective for birthing
- Teach five dance moves along with corresponding birth wisdom and postpartum wisdom
- Facilitate *Powerful Woman* and the *Musical Contractions Game* and explain their uses during the childbearing year

### Trainer:

**Stephanie Larson, DFB, CD(DONA), CBE, BFA** is the Founder of Dancing For Birth™ and is a professional dancer with three decades of dance training and experience. Stephanie is a Dancing For Birth™ instructor and trainer, a DONA certified birth doula and a Birthing With Ease childbirth educator. She and Dancing For Birth™ have been featured by multiple media outlets including CBS, Inside Edition and NBC News.



**Fees, Registration and Cancellation\*** (*Fees listed here are for the US, see the Registration Form for information on adjustments based on the International Fee Group Index.*)

#### DONA INTERNATIONAL MEMBERS:

Postmarked by June 22 at 5 p.m. (EST)	\$150
Postmarked after June 22 at 5 p.m. (EST)	\$175

#### NON-MEMBERS:

Postmarked by June 22 at 5 p.m. (EST)	\$200
Postmarked after June 22 at 5 p.m. (EST)	\$225

Included in the fee are continental breakfast and beverages.

\*To cancel this Dancing for Birth™ Instructor Training Workshop registration and receive a partial refund, a written request must be postmarked by July 20, 2010 and sent to the DONA International Home Office at 100 East Washington Street, Springfield, IL 62701. A cancellation fee of \$30 will be retained on all refund requests for this program. No refunds will be issued for requests postmarked after July 20, 2010.

## C. Use of TENS in Labor for Birth Doulas

**Thursday, August 5, 2010 – 1:00 p.m. – 5:00 p.m.** (Registration begins at 12:30 p.m.)



A novel way of relieving pain in childbirth involves the use of a TENS unit—transcutaneous electrical nerve stimulation—commonly used during labor by women in Great Britain and Sweden. In the US, TENS units have been used for years by physical therapists in their rehabilitation of injured patients. TENS can make a woman more comfortable in labor by using electrical stimulation to increase the release of the body's natural pain-relieving substances and by blocking the nerve pathways that cause labor pain. Obstetric TENS has been found to be an effective technique for pain control in over 80 percent of births, especially for back pain in labor, and has no known harmful effects to mother or baby. Learn to use TENS with your clients, how to explain its use, how to apply it and when it is and is not recommended. Add this new tool to your birth bag for even more options for your clients.

**Prerequisite:** DONA member

### Objectives:

- Describe theories explaining the physiological mechanisms of pain relief with TENS
- Discuss research findings on pain relief, safety, and women's satisfaction with TENS during labor
- Demonstrate the proper application of TENS
- List the parts of a TENS unit
- Describe the physical sensations caused by TENS
- Discuss precautions and reasons for these precautions with the use of TENS
- Describe the requirements for DONA certification in the use of TENS
- Discuss a step-by-step protocol for the implementation of TENS by the doula

### Continuing Education:

Application has been made for continuing education contact hours for this pre-conference program to the Indiana State Nurses Association, an accredited approver of continuing education by the American Nurses Credentialing Center's Commission on Accreditation. It is the responsibility of the individual registrant to ascertain whether this offering meets Board of Nursing rules of mandatory continuing education in the registrant's state or province. This pre-conference program qualifies as formal continuing education for doula recertification and trainer reapproval with DONA International. Many organizations and agencies accept DONA International and nursing association continuing education towards licensing and/or certification or recertification; however, you must check with the individual agency or organization for confirmation.

### Trainer:

**Debbie Young, CD(DONA), PCD(DONA), LCCE** is a certified birth and postpartum doula and approved trainer with DONA International, a Lamaze certified childbirth educator and the immediate past president of DONA International. She has been working with birthing and postpartum families for over 20 years.



**Fees, Registration and Cancellation\*** (*Fees listed here are for the US, see the Registration Form for information on adjustments based on the International Fee Group Index.*)

### DONA INTERNATIONAL MEMBERS ONLY:

Postmarked by June 22 at 5 p.m. (EST)	\$60
Postmarked after June 22 at 5 p.m. (EST)	\$75

Included in the fee are continental breakfast and beverages.

**The registration deadline is July 6, 2010 at 5 p.m. (EST).** \*To cancel this Use of TENS in Labor for Birth Doulas Workshop registration and receive a partial refund, a written request must be postmarked by July 20, 2010 and sent to the DONA International Home Office at 100 East Washington Street, Springfield, IL 62701. A cancellation fee of \$30 will be retained on all refund requests for this program. No refunds will be issued for requests postmarked after July 20, 2010.