

2010 DONA International Conference

General and Concurrent Sessions

August 6-8, 2010

Registration for the full conference includes attendance at six (6) general sessions and your four (4) choices from twenty-four (24) concurrent sessions. Make your choices of concurrent sessions on the Registration Form.

Friday, August 6, 2010

8:45 a.m. – 9:45 a.m. – General Session One

Postpartum Joy

Presented by Michel Odent, MD

“Joy” – particularly joy related to childbirth – is an unknown concept in the scientific literature, while keywords like “fear,” “stress,” “anxiety,” “psychological distress,” “depression,” “disgust,” for example, are highly productive. We will interpret this contrast.

10:30 a.m. – 12:00 p.m. Concurrent Sessions (*Choose one*)

101 New Criteria to Evaluate the Practices of Midwifery and Obstetrics

Presented by Michel Odent, MD

Today the practices of midwifery and obstetrics are evaluated through a small number of criteria established during the twentieth century: perinatal mortality and morbidity rates, maternal mortality and morbidity rates and cost effectiveness. If this list is not urgently enlarged, it will be justified to offer an elective cesarean section to all pregnant women.

102 Fulfilling DONA International’s Mission through a Volunteer Doula Program

Presented by Katie Daily, ICCE, CD(DONA)

Family Health and Birth Center is a non-profit community center that provides midwifery well-woman, maternity and birth care. Volunteer doulas provide an integral role in supporting births at both the birth center and the hospital. This session will explore the steps it took to shape the program into a reliable, mutually beneficial program for the volunteer doulas and birthing families. Participants will be provided tools to grow their own volunteer programs.

103 The Fundamentals: How to use Twitter and other Web-based Social Networking Tools

Presented by April Broussard, BA

So by now, you know you are *supposed* to be involved in social media, but you still don’t know where to start. This session is for you. Come to learn HOW to utilize the most popular social networks...Facebook, LinkedIn and Twitter. You will learn some tips and tricks to focus your energy in the areas that matter most! To get the most out of our session, open an account in each of the networks prior to attending and bring a laptop with you (not required).

104 The Importance of Trust: Physiology, Psychology and Practical Application for Doulas

Presented by Danette Watson, BA, CCE(NACE)

This session will provide a review of the importance of trust, drawing on the work and research of *birth gurus* like Ina May Gaskin, Michel Odent, Grantly Dick-Read and others, as well as the presenter’s own experience as a childbirth educator and doula. Practical ways doulas can help a birthing woman identify and face her unique fears and stresses and move into the state of trust that will facilitate a healthy birth will also be given.

105 Growing Your Postpartum Doula Heart and Mind

Presented by Ann Grauer, LCCE, CD(DONA), PCD(DONA), IBCLC

Being a postpartum doula can open parts of your heart and mind that you never imagined. If you love being a postpartum doula but want to increase your knowledge and offerings to families and

swell with pride, how do you get there? Come explore options and learn how they can fit with being a postpartum doula.

106 It's in the Bag! Ideas for Prenatal Education

Presented by Ann Tumblin, LCCE, CD(DONA)

This session will present options for enhancing the educational prenatal visit with creative visuals that will fit into a bag, developing a birth plan that will be accepted, and problem-solving hypothetical situations that can arise during prenatal contact.

1:30 p.m. – 2: 30 p.m. – General Session Two

Social Media: Connect with Clients and Colleagues

Presented by April Broussard, BA

Social Media has now permeated every industry. The result is new methods of communication. There is an unbelievable opportunity to connect with clients or colleagues and build relationships that impact you and your work. Come learn how others are using these tools. Discover why blogging has become so popular. Learn how to use Facebook for professional use. Tweet, tweet...explore the world of Twitter.

3:15 p.m. – 4:45 p.m. Concurrent Sessions (Choose one)

201 Helping Women after Negative or Traumatic Childbirth

Presented by Phyllis Klaus, MFT, LMSW

Numerous events during childbirth – unplanned interventions, serious problems in the mother, physical damage, a sick infant, and separation from the baby – can be classified as traumatic. Trauma also occurs in childbirth when the woman has inordinate fear and is in a situation where she has no control. Other aspects relate to how a woman is treated or how she perceives the experience, often causing humiliation and stigma. Trauma can affect the parents' perception of the baby and their relationship and impair bonding. Doulas and other caregivers will learn about the causes of trauma as well as some methods to resolve, and heal them.

202 Creating a Birth Plan – Why Bother?

Presented by Carolyn Ogren, RN, ICCE, CD(DONA)

How often have you heard, "Will anyone really read my birth plan?" or "Oh, no, she has a birth plan. Set up the O.R." In this session, we will explore the multiple purposes of a birth plan. We will discuss how to support the creation of a birth plan that is of value to the expectant family and the medical team while identifying some challenges that may arise during the process.

203 A Human Rights Initiative: 10 Steps to Optimal MotherBaby Maternity Services, The International MotherBaby Childbirth Initiative

Presented by Debra Pascali-Bonaro, B.Ed., LCCE, CD(DONA), PCD(DONA)

A human rights initiative, the 10 Steps of the International MotherBaby Childbirth Initiative (IMBCI), calls global attention to the importance of the quality of the mother's birth experience and its impact on the outcome. The IMBCI is an evidence-based MotherBaby-centered model based on the normal physiology of pregnancy, birth and breastfeeding and on women's individual needs. The IMBCI is creating worldwide awareness and promoting a MotherBaby model of care, a woman-centered, non-interventive approach that promotes the health and wellbeing of all women and babies during pregnancy, birth and breastfeeding, setting the gold standard for excellence and superior outcomes in maternity care.

204 HypnoBirthing® - The Mongan Method (presented in Spanish)

Presented by Diana Zacharin, CD(DONA), HBCE, CCCE, BFRP

As much a philosophy as it is a technique, the method teaches pregnant couples that, in the absence of fear and tension or special medical circumstances, severe pain does not have to be an accompaniment of labor. Women learn how to achieve that kind of relaxation, free of the resistance that fear creates, and they learn to use their natural birthing instincts for a calm, serene and comfortable birth.

205 Slow Down, You Are Breathing Too Fast!

Presented by Karen Reed, LCCE, CD(DONA)

Pregnant women and health care providers living in the *fast lane* are not slowing down to breathe. This experiential session demonstrates how the breath can improve the quality of care a labouring woman receives, as well as support her in opening her body to birth. The breath is free, simple, doesn't require equipment and supports the normal physiological birth process.

206 Risk Management for Doulas and Doula Programs

Presented by Patty Brennan, BA, CD(DONA), PCD(DONA)

We know that the field of obstetrics is highly litigious. How can doulas safely navigate the malpractice quagmire? In this session, we will identify a variety of strategies designed to limit risk exposure for both doulas in private practice and organizations running doula programs. While insurance is one piece of the puzzle, emphasis is placed on preventive strategies, managing liability associated with unhappy customers or poor birth outcomes and the development of a comprehensive plan.

Saturday, August 7, 2010

8:15 a.m. – 9:30 a.m. – General Session Three

Nighttime Breastfeeding and Postpartum Depression

Presented by Kathleen Kendall-Tackett, Ph.D., IBCLC

Does nighttime breastfeeding elevate the risk of postpartum depression? There are an increasing number of books that tell mothers not to breastfeed at night in order to prevent depression. This presentation includes an analysis of nighttime feedings, sleep deprivation, and depression, while accounting for other depression risk factors, such as trauma history, postpartum pain, and lack of support.

10:15 a.m. – 11:45 a.m. Concurrent Sessions (Choose one)

301 Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers

Presented by Kathleen Kendall-Tackett, Ph.D., IBCLC

Seven simple natural laws can help new mothers have a successful and satisfying breastfeeding experience. Nature has lessons for us, including how mammalian feeding sequences are significant to human latch and attachment. Learn how touch affects infant feeding behavior, growth, and health. Discover how the dynamics of milk supply and infant physiology impact early breastfeeding.

302 It's Research AGAIN in 2010!

Presented by Patricia Predmore, BSN, LCCE, FACCE, ICCE, CD(DONA), CLEC

Don't let research lead you astray...what's important, what's not? When is a study valid? Take a look at recent research that can impact doula and childbirth education practice. Consider strategies to assist your clients in accessing and understanding evidence based information and care.

303 Celebrating Commonalities of DONA Doulas: Results of the DONA Pilot Study

Presented by Kathie Lindstrom, CD(DONA), LCCE, FACCE and Jalana Grant, CD(DONA), LCCE

Although quality research supports the positive effects of doula care on maternal and newborn outcomes, few studies have looked at doula attitudes and practice. After data analysis, although it appears that there is nothing interesting to discover or discuss between Canadian and American doulas, we realized it is a true testament to the good job DONA International is doing at training their doulas; since doulas, regardless of where they are coming from or other differences, believe and act in similar ways.

304 Doula Marketing Basics: It's Easier Than You Think

Presented by Jessica English, BA, LCCE, CD(DONA)

Does the idea of marketing strike a chord of dread deep in your heart? Believe it or not, marketing simply means sharing the news about the wonderful ways doulas help women. In this session you will learn about marketing *must haves* for your business, and we will touch on some fun extras that you can tackle once you are feeling more confident. Marketing is easier than you think and it can actually be fun ~ yes, really!

305 The Rebozo—an Extension of Our Embrace

Presented by Carrie Kenner, BA, CCE, CD(DONA)

This hands-on session introduces the doula to the many uses of the Rebozo in pregnancy and labor. We will explore how the rebozo can relieve common pregnancy discomforts, enhance relaxation in labor, provide support for specific positions, be used to help the pelvis move and even cure a headache. Come prepared to get on the floor and experience both ends of the Rebozo in practice. Illustrated handouts will help you remember all you learned once you return home.

306 ¿Se habla Español?

Presented by Elena Carrillo, LCCE, FACCE, CLC, CD(DONA)

This session will provide attendees with a greater understanding of the unique needs of the Hispanic population, the fastest growing minority group in America. Facing pregnancy and giving birth in a different country, without family or social support, poses a challenge not only for pregnant women but for their doulas as well. The doula is a key figure in the enhancement of mother-friendly care for women around the world. When serving a minority community with special needs, such as different language, cultural beliefs and traditions, the presence of the doula during birth and the postpartum period becomes essential to provide Latinas the care they deserve.

1:45 p.m. – 2:45 p.m. – General Session Four

Why Eat Any Mercury-Containing Fish At All? Pre and Post Natal Nutrition: Eating for a New Generation

Presented by Jay Gordon, MD, FAAP, IBCLC

Women today receive more and more information from the mainstream media about what not to eat during their pregnancies. Signs in supermarkets cautioning women to limit their number of servings of swordfish and restaurants post warning of the dangers of alcohol consumption during pregnancy have become commonplace. There is excellent medical and common sense evidence that the best nutrition during pregnancy gives the best outcome. Focusing on what *not* to eat is an important start, but careful consideration of what's left to eat is also often overlooked.

3:30 p.m. – 5:00 p.m. Concurrent Sessions (Choose one)

401 Vaccine Round Table: The Latest – A Question and Answer Session

Presented by Jay Gordon, MD, FAAP, IBCLC

When you discuss vaccines and autism, or vaccines and harm, you can start *and* end with a tremendous amount of conflicting information that is hard to interpret. The majority of experts say there *is no connection* between vaccines and autism. A small minority say there is. It's a subject that we *must* continue to explore and research; the media hype steers us away from the perhaps more urgent conversation about *what we already know* about toxic chemicals in food, furniture, clothes, our air and water and their proven harm to fetuses and children. In this Q and A session, Dr. Gordon will analyze the current state of the controversial subject of vaccines as they relate to autism and related disorders as well as extend this conversation to look at the ways in which chemicals and other environmental factors increase the risk of illnesses for fetuses and young children.

402 When Advocacy and Reality Collide: Fighting the Three-Year Itch

Presented by Stefanie Antunes, LCCE, CD(DONA), CHBE

Most childbirth workers reach points in their career where they wonder how to stay the course. They feel overwhelmed at the gaps that often exist between evidence-based practice and the realities of the current maternity care models found in most hospital settings. This session looks at the emotional rollercoaster many childbirth workers seem to hit around every three years. It provides concrete ways to persist, how to overcome the feelings of helplessness and how to continue moving forward in their missions.

403 The Darker Side of Motherhood: Supporting Moms with Mood Disorders

Presented by Shoshana Bennett, PhD

When doulas can recognize mental health problems during labor and new motherhood, they can help alleviate unnecessary suffering quickly and easily. It's not always obvious to detect, so practical keys for recognizing a problem and knowing the appropriate steps to take is essential for the mother's wellbeing. Postpartum depression occurs in one out of six or seven new moms (15-20%), so doulas are seeing the problem regularly. This is a very treatable disorder, and with the continuing education of birth and postpartum doulas who are in a perfect position to intervene, the field of maternal mental health will thrive.

404 The Yoga Birth Method - Using Yoga in Labour for a Natural, Mindful Enlightened Birthing Experience

Presented by Dorothy Guerra, Registered Yoga Teacher, Doula

Childbirth education meets "yogini birthing." Prenatal yoga has offered woman an opportunity to manage a healthy pregnancy and prepare for labour. The Birth Method is the prenatal tool use yoga during labour. It is an eight step yoga pathway that encourages women through the three stages of labour. You will learn how yoga philosophy becomes a powerful technique for managing labour pain and the ability to achieve a natural non-medicated birth through informed choice and

pain awareness. We address the physical and emotional signs of labour progression and how to apply the birth method consisting of asana sequences, pranayamas and awareness specific to each stage.

405 They Won't Let Me Play

Presented by Sheri Deveney, CD(DONA), LCCE

Confused about your place in the birthing space? Are you wondering how you might interact with caregivers in a better way? This session may give you perspective. The doula role is challenged by under-resourced medical systems and too few midwives. Looking at these challenges through a different lens will help to better meet the needs of your clients.

406 Supporting a Woman with an Epidural

Presented by Penny Simkin, PT, CD(DONA)

This is an evidence based review of the benefits and harms of epidural analgesia followed by discussion of ways a doula might help reduce some of the undesirable side-effects. Lastly, Penny explores how doulas may reduce the unique emotional stressors that accompany epidurals.

Sunday, August 8, 2010

8:30 a.m. – 9:45 a.m. – General Session Five

Maternity Care Revisited

Presented by Marshall Klaus, MD

We watched in dismay in the early 1990s as the situation around birth began to change as a rising tide of medical, surgical and instrumental interventions served to treat childbirth almost like an illness. We argued that these trends have dire consequences on maternal and infant health. This has led to high rates of unwarranted procedures but has not produced an improvement in the outcome for mothers or babies. Some common interventions can actually hinder and prolong labor. We propose a return to non-intrusive care with decreased interventions which would allow the mother with support the power to birth her baby.

10:00 a.m. – 11:30 a.m. – General Session Six

Childbearing in Social Context: How Our Culture and Society Shape Our View of Women and Childbirth

Presented by Penny Simkin, PT, CD(DONA)

This illustrated presentation examines, decade-by-decade, key historical events and trends since 1950 in the U.S.A. and other countries and how they relate to childbirth attitudes and management. Trends to be examined include technology, politics, the environment, war, health, economy and the women's movement.