

Midwifery Today International Conference

San Jose, Costa Rica

23–27 May 2007



Teachers include:

Ina May Gaskin
Robbie Davis-Floyd
Marsden Wagner
Elizabeth Davis
Naolí Vinaver
Debra Pascali-Bonaro
Marie Tyndall
Jan Tritten
Eneyda Spradlin-Ramos
Brigid Mulloy... For a complete list, see page 7.

Choose from these vital topics:

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Three Days of Doula Training, p. 2
Birth Spanish, p. 3
Difficult Labor, p. 3
Hemorrhage, p. 4
Flower Essences, p. 5
Fear, p. 5
Ecology of Birth, p. 6

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Welcome to Costa Rica!

Come and join us for the Costa Rica conference, "Birth without Borders." This will be a very special conference because we are working to have in attendance traditional midwives from the Central American countries, including Costa Rica and Mexico. Two full days will be dedicated to sharing with them. Though midwifery was decreed into non existence twenty years ago, a thriving movement still endures, and we want to share it with you. We also will hold a three-day doula workshop. You will learn about birth from an international perspective, especially that of Central and South America. As always we plan to

have a rich offering of classes in English and in Spanish, with some translated. We have a class on the Ecology of Birth that harmonizes with the conference setting in this beautiful country where so much of the land is set aside for preservation. We hope to rejuvenate the dreams you have for mothers and babies. You will make friends from all over the world.

LOVE,

Jan Tritten

Mother of Midwifery Today



Wednesday ♦ May 23 ♦ Pre-Conference

9:00 am – 5:00 pm Full-day class—Translated

A1 ♦ Traditional Midwifery and Traditional Midwives Techniques, Part I—Facilitated by Marie Tyndall, Angelina Martinez Miranda and Jan Tritten with traditional midwives

9:00 am – 12:00 pm **Traditional Midwifery**—Please plan to join us as we bring traditional midwives from Central America together to teach, share and interact. Each midwife will introduce herself and tell what midwifery and birth is like in her community. We will ask her to share her hopes and dreams for her community, the barriers to practice and her joys. Come share yours as well.

1:30 pm – 4:30 pm **Techniques of Practice**—We will form a circle and we will share what different traditional midwives do for certain situations such as shoulder dystocia, hemorrhage, posterior, postpartum care and many other points of practice. We will also spend time sharing birth stories.

4:30 pm – 5:00 pm Discussion of our time together

9:00 am – 5:30 pm Full-day class—Spanish

A2 ♦ Improving Hospital Practice—Robbie Davis-Floyd, Ileana Quirós, Rebecca Turecky and Marsden Wagner

Midwifery is different from obstetrics. We practice the art of keeping birth normal. Learn how to create a nurturing environment for women at

hospital births. Learn what is right about hospital birth and what could be improved. Is cost the major issue or can evidence-based, woman-centered care be provided without adding extra cost to hospital birth? These experts will review the current state of hospital birth in Costa Rica and other Latin American countries, will explain why hospital care is the way it is and will offer a practical plan for improving hospital care, birth outcomes, and women's experiences of hospital birth. Plan strategies that protect and nurture women.

9:00 am – 10:00 am **The Anthropology of Hospital Birth—Why It Is the Way It Is**—Robbie Davis-Floyd

10:10 am – 11:10 am **Obstetric Practices Reviewed**—Ileana Quirós and Rebecca Turecky

11:15 am – 12:15 pm **Misuse of Technologies and their High Cost**—Marsden Wagner

1:00 pm – 2:00 pm **WHO Initiatives Intended to Improve Hospital Birth**—Marsden Wagner

2:10 pm – 3:10 pm **Improving Hospital Birth in Costa Rica and around the World: The 10 Steps of the International MotherBaby-Friendly Initiative**—Robbie Davis-Floyd

3:25 pm – 4:25 pm **The Appropriate Use of Technology in Birth: Can It Be Cost-Effective?**—Robbie Davis-Floyd

4:30 pm – 5:30 pm **Bringing the Midwifery Model into Hospital Birth: How Could This Be Accomplished in Costa Rica?**—Ileana Quirós

9:00 am – 5:00 pm Full-day class—Translated

A3 ♦ Techniques from Mexico—Naolí Vinaver

It is fascinating to observe cultural traditions and their impact on pregnancy and birth. Naolí will discuss nutritional aspects, positioning, remedies, techniques and customs from Mexico. The origin of these techniques and traditions goes back thousands of years. We will learn how to use a *rebozo*, a very useful tool in all parts of the childbearing cycle. Discover simple techniques that promote healthy pregnancy and birth. You will have time to practice hands on skills.

9:00 am – 5:00 pm Full-day class—Translated

A4 ♦ Doula Training Workshop, Part I—Debra Pascali-Bonaro
Overview: Join DONA International Doula Educator Debra Pascali-Bonaro for a three-day Doula Workshop to share the history, research and doula skills that have been shown around the world to enhance the labor and birthing experience for both women and their partners while decreasing many medical interventions and increasing the ease and

duration of breastfeeding. Attending all three days provides one step in the certification process for DONA International. A birth doula is a nurturing caring person who provides continuous physical, emotional and educational support to the laboring woman and the rest of her social support team during childbirth. Doulas are helping women to reconnect to their intuitive wisdom and are re-joining the circle of support that has traditionally surrounded birthing women and their partners during labor, birth and the first hours with their newborns. Doulas play an ancient role that is re-emerging as an important element of the birthing circle along with partners, midwives, nurses and physicians.

Part I (all are welcome):

Attend day one to take a look at the current literature on doulas, upright positions, massage, hydrotherapy and touch as ways to offer comfort and facilitate rotation and descent for an easier, more satisfying birth experience. Women who are coping well with labor have some things in common: relaxation, rhythm and ritual (the 3 R's). Debra will describe the 3 R's and the many ways women experience them. Comfort measures for labor such as the gate control theory of pain, hot and cold compresses, music, massage/touch, acupressure, aromatherapy and the birthing ball will be discussed. Learn techniques for second stage, such as the support squat, dangle, toilet, "tug of war" and lap squatting. This intensive course will make us better midwives and provide the basics for doulas.

Thursday ♦ May 24 ♦ Pre-Conference

9:00 am – 5:00 pm Full-day class—Translated

B1 ♦ Traditional Midwifery, Part II: Honoring Our Roots, Preserving Our Future—*Naoli Vinaver, Robbie Davis-Floyd, Marie Tyndall, Jan Tritten, Rebecca Turecky and traditional midwives*
 Political systems around birth have grown hostile, technical and confusing. Join us in honoring the "woman with woman" care traditional midwives offer. We will discuss and enjoy a cross-cultural exchange among midwives. We will consider strategies for preserving and strengthening midwifery, as well as ways to create more and stronger midwives through an exchange of ideas, stories and global bonds. We will consider models that work. We will discuss how to institute birth change when needed and how to preserve what works.

- 9:00 am – 10:30 am **Reclaiming Traditional Midwifery in the Americas**—*Discussion facilitated by Marie Tyndall and Jan Tritten*
- 10:45 am – 11:45 am **Barriers to Practice Traditional Midwives Face**—*Robbie Davis-Floyd*
- 11:45 am – 12:30 pm **Traditional Midwifery in the Americas in the 21st Century**—*Discussion facilitated by Marie Tyndall and Jan Tritten*
- 2:00 pm – 3:00 pm **The Importance of Birth Traditions for Keeping Midwifery Culture Alive**—*Naoli Vinaver*
- 3:00 pm – 4:00 pm **Preserving and Strengthening Traditional Midwifery in the Americas**—*Discussion facilitated by Marie Tyndall and Jan Tritten*
- 4:15 pm – 5:00 pm **Birth Change in Traditional Midwifery**—*Robbie Davis-Floyd*

9:00 am – 5:00 pm Full-day class—Translated

B2 ♦ Midwifery the Holistic Way: Homebirth Practice of Wholeness—*Uva Meiner*

This workshop centers on creating harmony, connection and consciousness together with MotherBaby, father and family. This

helps everyone to reach for the journey of wholeness in their lives. Our helpers on the physical, emotional, mental and spiritual plane can be homeopathy, flower essences, massage, emotional exploration and a myriad of other tools available for the special needs and path of the family concerned. Conception, pregnancy, birth and parenting are seen as a celebration of creation and a holy and joyful experience of ourselves and life. Uva will teach us how to use these tools in the childbearing year.

9:00 am – 5:00 pm Full-day class—Translated

B3 ♦ Doula Training Workshop, Part II (all are welcome)

—*Debra Pascali-Bonaro*

Join Debra to talk about labor support with difficult labors, epidurals and cesareans, and the strategies to help make them emotionally positive for mother and baby. Learn about DONA International, and their doula certification process and end the day with a look at Kangaroo Mothercare and the many benefits of skin-to-skin care for mothers and babies after birth.

9:00 am – 5:00 pm Full-day class—English

B4 ♦ Birth Spanish

—*Naoli Vinaver and Eneyda Spradlin-Ramos*

Childbirth practitioners are finding it necessary to learn "birth" Spanish in order to effectively serve the entire population of their communities. Join Naoli, a native of Mexico, and Eneyda, a native of Nicaragua, in this participatory presentation that will assist you in learning correct pronunciation. You will learn a visual and auditory approach, as well as cultural information that is essential to the practitioner. This class will also help you to understand some of the Spanish language spoken around you at the conference, which will also be translated, thus giving additional language training. This is a great opportunity to learn some "birth" Spanish.

9:00 am – 5:00 pm Full-day class—English

B5 ♦ Dealing with Difficult Labor and Birth—*Ina May Gaskin and Elizabeth Davis*

We will spend an intensive day covering such difficulties as twins, breeches, malpresentations and prolonged labor. Learn to look, listen, know and act to prevent problems. Develop ways to inform and educate your clients about complications. Review the midwife's role before, during and after transport. Learn how to handle specific complications as they arise.

Learn the art and science of breech birth. Learn what factors may lead to breech presentation. Ina May and Elizabeth will discuss the mechanisms of normal and stuck breech birth and techniques for handling both. They will discuss strategies for safe twin birth, including positioning, time of delivery, premature delivery and avoiding postpartum hemorrhage as well as special aspects of prenatal care. Learn what factors increase the likelihood of a malpresentation. Identify different types of malpresentations and discover techniques for assessing and dealing with them. Long labors may be associated with complications ranging from social or emotional issues to physical problems. We will learn different reasons for prolonged labor, as well as methods for helping women move along in labor. Come and fine-tune your skills at this important workshop.

5:00 pm – 6:00 pm Open to all registrants—Translated

Christian Midwives Meeting—All are welcome—*Facilitated by Eneyda Spradlin-Ramos and Jan Tritten*

Friday ♦ May 25 ♦ Day One

9:00 am – 11:30 am **Opening general sessions—Translated**

9:00 am – 9:45 am **Birth without Borders—Jan Tritten**
We will launch the conference with a prayer from a traditional midwife from Costa Rica. Birth traditions practiced by midwives have benefited from a global exchange taking place around the world. We will look at some of those exchanges and ponder how we can use more of them to benefit MotherBaby and the midwifery movement. We hope to help you start having visions and dreams for helping with these changes.

9:45 am – 10:45 am **Open and Closed Thought Systems—Robbie Davis-Floyd**
How practitioners think and what they believe about birth determine how they practice and whether or not they are open to new learning and new scientific evidence. Robbie will explain the difference between open and closed thought systems and the paradigms of health care that stem from each kind of thinking. This session will help you become aware of how you think and give you tools for responding flexibly to new information about birth and health care.

11:00 am – 11:30 am **Woman-Centered Care—Elizabeth Davis**
What is woman-centered care and how do we provide it? We need to care for the mothers so they can care for their babies.

1:00 pm – 2:30 pm **Concurrent sessions C1 through C5**

C1 ♦ Evidence-based Obstetrics (Spanish)—Rebecca Turecky
Midwifery is an art that requires practical thinking, medical know-how, strong intuitive sense and emotional understanding. Learn how all of these elements combine and work together, creating a firm foundation of good care. How is midwifery different from obstetrics? We will cover safety, value and differences provided by midwives, including evidence-based practice and how to apply it.

C2 ♦ Hemorrhage and Third Stage Difficulties (English)—Elizabeth Davis

Many episodes of excessive blood loss are either preventable or foreseeable and easily controlled. It is important to facilitate delivery of the placenta with patience. Learn techniques and approaches that render the need for pharmaceuticals rare. Learn what problems may arise in third stage and how to be prepared to attend them. Bleeding, various problems with placenta retention and other issues will be discussed. You will learn how to assess and deal with bleeding in a way that will increase your confidence.

C3 ♦ Models That Work (Translated)—Robbie Davis-Floyd
What is a birth model that works, and how do you know that it is working? Come and listen to Robbie present the criteria she developed for identifying birth models that work. She will describe some effective models from all over the world, including the Netherlands, New Zealand, Canada, the UK, Samoa, Uganda, Mexico, Guatemala, the Philippines and the US. She will also describe low-cost, immediate ways to humanize birth in current hospital settings in the developing world—rapid ways to create new “models that work.”

C4 ♦ Homebirth: Research, Safety and How to Do It (Translated)—Ina May Gaskin, Brigid Mulloy and Nancy Gift
Explore the many benefits of homebirth. Our teachers present different ways to provide the homebirth client with the highest standard of care. They will explore the homebirth model and why it is best for mothers and babies. They will explain how to go about doing homebirths. Nancy and Brigid will present an early homebirth model from Monteverde, Costa Rica.

C5 ♦ What Women Need (Translated)—Naoli Vinaver
Women within each society have always held a very important role as life-givers, care-takers and stability holders of their communities. With such a role, in order to grow in health and strength, women have special needs. This class will explore these needs in depth and width, holding a cross-cultural perspective.

2:45 pm – 4:15 pm **Concurrent sessions D1 through D5**

D1 ♦ Keeping Birth Normal: The Birth Environment (Spanish)—Rebecca Turecky and Marie Tyndall
Learn how to create the ideal birth environment in an institution, one that protects the natural instincts of the mother. Rebecca and Marie will discuss the physiology of birth, and how nutrition, warmth, privacy, security, love and kindness, communication, continuity of care, and interventions can affect the normal birth process.

D2 ♦ What Babies Want and Need (Spanish)—Laura Uplinger and Dr. Carlos Orozco
What do babies want? ¿Qué quieren los bebés? MotherBaby continuum: how the physiology of childbirth/birth environment/birth practices affect newborns, body-mind-spirit, breastfeeding and parenting.

D3 ♦ Massage in the Childbearing Year (Translated)—Eneyda Spradlin-Ramos and Naoli Vinaver
Eneyda and Naoli will explain why massage is essential for pregnant and birthing women and show practical application. They will discuss the importance of healing touch as a working tool and safe remedy for the pregnant, laboring and postpartum woman.

D4 ♦ Shoulder Dystocia (English)—Ina May Gaskin
Prepare for the possibility of shoulder dystocia and learn mechanisms to aid you if it occurs. You will become well-informed about aspects of shoulder dystocia, including causes, incident rates, prevention and solutions.

D5 ♦ Fostering Cross-Cultural Understanding: Humility, Culture Shock, Judgment, Egocentrism and Racism (Translated)—Robbie Davis-Floyd and Noemy Sotela
Learn to confront culture shock and negative judgments about the worthiness of other types of knowledge so that you can humbly share your own midwifery knowledge with those from other cultures. It is more important than ever before to incorporate and learn from each others' ways. Enjoy these presenters' ideas while you learn to foster each way as your own. Learn how and why traditional midwifery in Costa Rica was almost eradicated, and about how a new traditional midwifery program in Costa Rica is helping Costa Rican midwifery re-bloom.

4:45 pm – 6:30 pm **General session**

Clinical and Cultural Roundtables
In this well-loved Midwifery Today format, you'll sit in on three interesting and inspiring roundtables of your choice. Roundtables will include:

Empowering Parents (English)—*Marsden Wagner*
Prolonged Labor (English)—*Ina May Gaskin*
Midwifery Education (English)—*Elizabeth Davis*
Labor Support (English)—*Debra Pascali-Bonaro*
Tear Prevention (English)—*Uva Meiner*
Kinesiology (English)—*Christina Zingrich Gazdag*
Rebozo (Translated)—*Naoli Vinaver*
Unity among Midwives of the Americas (Translated)—*Gilda Vera*
How and Why to Prevent Cesarean Births (Spanish)—*Robbie Davis-Floyd*
Birth Change in Costa Rica (Spanish)—*Ileana Quirós*
Postpartum Depression (Spanish)—*Gabriella Solano*
Healing from Traumatic Birth (Spanish)—*Natalie Kennedy*
Effective Prenatal Care (Spanish)—*Laura Uplinger*
Influencing Your Parent Community (Spanish)—*Jennifer Kozlow-Rodriguez*
Baby-Friendly Initiative in Hospital (Spanish)—*Nidia Lobo*
Homeopathic Remedies for Labor and Birth (Spanish)—*Nati Steverlynck*
HypnoBirthing (Spanish)—*Ansu Coto*

Saturday ♦ May 26 ♦ Day Two

9:00 am – 10:00 am General session—Translated

The Impact on the World of the Western Model of Birth: Medical Imperialism—*Marsden Wagner*

The recent epidemics in birth care have had severe effects on mothers, babies and our society. Marsden will explore where birth is heading if we allow birth to be dominated by the medical and technological model that is currently being marketed around the world. Participants will be encouraged to monitor their own country's trends and become active in their own communities on behalf of the welfare of families. Global perspectives on birth and the status of birth around the world will be covered.

10:00 am – 12:00 pm General session

Solutions

In these two hours, we will work on solving the challenges mentioned below. We will work on how to bring about freedom in midwifery and birth. We will work on how to combat industrialized birth. We will do it for the women, babies and our society. These are problem-solving work groups. Bring your thoughts, ideas and ideals. If there is a subject you want to cover, we will add it at the conference.

Establishing Homebirth in Costa Rica (Translated)—*Brigid Mulloy*

Empowering Traditional Midwives (Translated)—*Marie Tyndall and Jan Tritten*

Political Action to Change Birth in Costa Rica (Translated)—*Gabriela Cob*

Instituting Changes in Costa Rica (Spanish)—*Ileana Quirós*
Birth Centers and Establishing Independent Practice (Spanish)—*Rebecca Turecky*

Educating the Public in Costa Rica (Spanish)—*Waleska Porras*

Using the Media (Spanish)—*Mayela Rodriguez*

Cultural Change in Institutions (Spanish)—*Nidia Lobo*
Strengthening Midwifery in the Spanish Speaking Americas (Spanish)—*Gilda Vera*

Midwifery Education for Costa Rica (English)—*Elizabeth Davis*
Autonomy (English)—*Marsden Wagner*

Establishing Doula Programs (English)—*Debra Pascali-Bonaro*

11:00 am – 12:00 pm

Report back—Translated



1:30 pm – 3:00 pm

Concurrent sessions E1 through E5

E1 ♦ Posterior Presentation Roundtables (Translated)—*Debra Pascali-Bonaro, Naoli Vinaver and Uva Meiner*

Many cesareans occur due to posterior presentation. Prevent cesareans by understanding how to diagnose, prevent and fix posterior presentations. These intimate roundtables give the participant a chance to talk with each teacher individually. This fast-paced fun class will give you many options for dealing with posterior presentation.

E2 ♦ Intuition and Midwifery (Translated)—*Elizabeth Davis and Rebecca Turecky*

What is intuition, and can we learn to rely on it? How much a part of the midwife's art is based on it? And what role does it play in the birthing process—for midwife and mother alike? This class explores the physiological underpinnings of intuition, links intuitive ebbs and flows to the menstrual cycle and certain brainwave states, and includes practical suggestions for cultivating our intuitive abilities.

E3 ♦ Professional and Traditional Midwifery (Spanish)

—*Nidia Lobo and Ileana Quirós*

We will discuss how to incorporate midwifery into the current health care system by exploring the roots of midwifery and examining the paradigm shift from a woman-centered to doctor-centered model of care. We will examine the current standard of midwifery in hospitals—are we doing midwifery or obstetrics or a hybrid of the two?

E4 ♦ Flower Essences (English)—*Christina Zingrich Gazdag*

Presentation of plant- and water-essences showing jungle vitality, made in Costa Rica. Focused on those, which are helpful in pregnancy, birth and postpartum for mothers and babies. Christina has been pioneering this work herself. Come learn about this interesting resource.

E5 ♦ Breastfeeding Is Part of Birth—How Birth Practices Affect Breastfeeding (Spanish)—*Marie Tyndall and Waleska Porras*

Breastfeeding is an essential part of mothering. Explore evidence-based realities. New research has shown that breastfeeding is an integral part of birth and should not be separated from it in our thinking and planning for birth. Learn how to facilitate the best start in life for the new baby and mother.

3:30 pm – 5:00 pm

Concurrent sessions F1 through F5

F1 ♦ Fear in Midwifery and Birth (Translated)—*Christina Zingrich Gazdag*

Fear in midwifery and birth can have many consequences for both the family and healthcare provider. This class will help you define, understand and move through the fear that confronts us. Learn several ways of helping women including turning fear into trust.

F2 ♦ Midwifery Education Possibilities for Costa Rica (Translated)—*Elizabeth Davis*

Midwifery education today varies dramatically. At its worst, it shapes the student into a handmaiden of medicine, and, at its best, into a courageous and insightful woman-centered partner in care. This workshop will consider the pros and cons of various educational models used internationally in order to identify what might work best for Costa Rica.

F3 • Ethics of Care and Informed Choice (Translated)

—Marsden Wagner and Rebecca Turecky

We will discuss the need for informed choice among birthing options, the sorts of information necessary to make an informed choice and ways to convey this information to the family.

F4 • Waterbirth (Spanish)—Naoli Vinaver, Marie Tyndall and Eneyda Spradlin-Ramos

We will explore the many benefits and ways of using water in birth and will discuss its unique properties—psychological as well as physical. We will address concerns about water labor and waterbirth as well as its joys. A report on clinical findings, current research and models from various places around the world will be included.

F5 • First Stage of Labor (English)—Ina May Gaskin

Ina May will share the protocols and techniques that she uses to help the mother to move through the first stage of labor. This discussion will include prolonged ruptures of membranes, failure to progress, abnormal labor patterns, non-medical intervention, Pitocin and prostaglandin. Your input will help us broaden our knowledge of these important issues.

5:15 pm – 6:30 pm

General session

Tricks of the Trade (Translated)—Facilitated by Jan Tritten and Eneyda Spradlin-Ramos

A roundtable of pertinent tips on a wide variety of topics, from facilitating effective contractions and preventing prolonged labor and preventing perineal tears, to helping the slow-to-start baby, to first aid alternatives. This always is a much-appreciated session for its sense of sisterhood as well as its information. “Worth at least two weeks of academic training,” said one participant.



Sunday • May 27 • Day Three

9:00 am – 10:15 am

General session—Translated

Anthropology of Midwifery and Ecology of Birth—Robbie Davis-Floyd, Bridgid Mulloy and Nancy Gift

Come and learn about midwives' roles in human history and pre-history, how the disempowerment of midwives was part and parcel of the industrial and modern eras, and how midwives have a vital role to play in the post industrial, postmodern effort to establish a more ecological system of living. The ecology of birth is central to the ecology of earth! Save the planet through respecting the ecology of childbirth. Nancy and Bridgid will discuss the Monteverde community's history of fostering natural birth and fostering the values that birthed the modern environmental movement. Protecting Mother Earth and protecting birth are such obviously consistent values that bringing a clear focus to them will be very powerful, especially in the beauty of Costa Rica.

9:00 am – 5:00 pm

Full Day Class—Translated

G1 • Doula Training Workshop, Part III—Debra Pascali-Bonaro Part I (A4) and Part II (B3) recommended but not required.

Join Debra for a look at the doula's role in the first hours and days after birth. Helping with breastfeeding, newborn care and processing the birth experience. Enjoy an opportunity to practice all the skills you have learned from the workshop and the conference as we practice hands-on skills and have a chance to labor and birth ourselves into our new role as doulas.

10:30 am – 12:00 pm

Concurrent sessions H1 through H4

H1 • Thousands of Babies, Thousands of Ways (Translated)

—Ina May Gaskin, Angelina Martinez Miranda and traditional midwives from Costa Rica and Central America

These midwives share their calling, their vision and their wisdom from nearly a century of combined experience. Hear their stories and learn from their practical advice.

H2 • Second Stage of Labor (English)—Elizabeth Davis

Explore women's ability to birth in a sacred way. When women find their own way of birthing, it is up to us, their practitioners, to facilitate the process, not change it. We will familiarize ourselves with the sounds and movements of second stage when women are in environments conducive to the primal birth dance. We will also review second stage research from a midwifery point of view, focusing on how maternal positions and associated birth environments affect childbirth outcomes.

H3 • Birthing Women, Sacred Ground (Translated)—Eneyda Spradlin-Ramos and Jan Tritten

We will share stories and ideas that express why birth is such a profound, intimate and deeply remembered experience for women. We will discuss the emotional and spiritual factors important to all birthing women and babies. We will explain how birth practitioners can learn to understand and respect the holy ground upon which they walk whenever they are caring for a mother, baby or family. Birth is not only a physiological process and a rite of passage, birth is also sacred. If it were respected as sacred by everyone, we would not be suffering the current crisis in birth care.

H4 • Natural and Traditional Remedies (Spanish)—Naoli Vinaver and Uva Meiner

We will show many natural remedies for use during pregnancy, birth and the postpartum period. Safe herbal, positional and other natural therapies for treatment of common problems and complications in pregnancy and birth will also be covered. We will show how to rescue ancient ways and discover new ways of handling complications and correcting difficulties in labor.

1:30 pm – 2:45 pm

General session—Translated

International Issues—Gilda Vera, Debbie Díaz Ortiz, Angelina Martinez Miranda and Jan Tritten

Brainstorm with us and your peers on how we can really effect changes in midwifery and childbirth on the global level. Learn about the midwifery and birth movements going on around the world and how you can help. We can make changes for the better with knowledge of global possibilities. We will share techniques, systems, political and educational ideas that will help you further the midwifery model in your sphere of influence.

3:00 pm – 4:00 pm

General session—Translated

Using Your Body—Belly Dancing and the Sphincter Law—Ina May Gaskin

Belly dancing and sphincters are useful in explaining how birth works. Learn to prepare your pelvic muscles for birth. The Farm takes the art of birthing a step further. See the power of homebirth inoculate the culture against fear in birth. Everybody knows how sphincters work. Could you poop uphill, do it on command, open it no matter how much you are on display?

4:00 pm – 5:00 pm

Closing general session—Translated

Weaving a Global Future—Jan Tritten and Eneyda Spradlin-Ramos
Jan and Eneyda will lead a visioning of what birth might be if we all do our part. We want you to share your dreams for the future of midwifery as a healing force in the world.

Venue Information

State University of Distance Education (UNED)
(La Universidad Estatal a Distancia de Costa Rica)
Carretera a Sabanilla, 300 M East de la Retonda de la Betania
San Pedro (a suburb of San Jose), Costa Rica

Children at the Conference

Mothers may sit with babes in arms in the classrooms. However, out of respect for others, if a baby makes any noise, we must ask mother and baby to leave the room. Attendees must make their own arrangements for childcare.

Directions to the Conference

From any of the hotels mentioned below just take the Sabanilla bus and ask driver to be let out at the UNED. Upon arrival at the airport take a taxi to the hotel where you are registered.

How to Save on Conference Prices

You can receive a discount of up to \$90 on your conference fees by registering early. You can receive an additional discount of up to \$75 by subscribing to *Midwifery Today*.

Full-time students who register for three or more days qualify for a 30% discount on conference fees when they submit, **with their registration, proof of full-time student status.**

See the conference registration form that accompanies this program for complete details on conference pricing.

Questions?

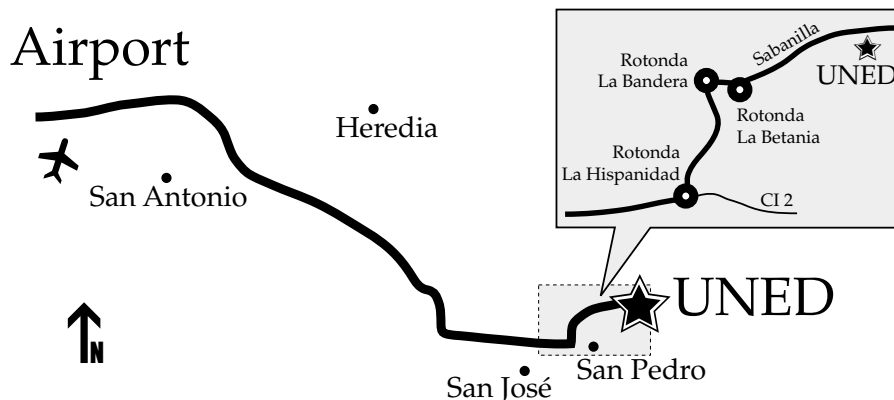
If you have any questions regarding the conference, please contact Karen Navarro, Conference Coordinator, at (541) 344-7438, or by e-mail at conference@midwiferytoday.com.

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Speaker Bios for Costa Rica 2007

Gabriella Cob is a birth advocate interested in reestablishing midwifery in Costa Rica. She is the Central American coordinator for RELACAHUPAN.

Ansu Coto is a doula trained in body work and holistic therapies. She is co-founder of Acompañando Mamás al Nacimiento (AMAN) and teaches a prenatal class in HypnoBirthing.

Elizabeth Davis, CPM, is a renowned expert on women's issues. She has been a midwife, women's health care specialist, educator and consultant since 1977. She is internationally active in women's rights and lectures widely on midwifery, sexuality and women's spirituality. She served as regional representative to the Midwives Alliance of North America for five years and as president of the Midwifery Education Accreditation Council (MEAC). She is co-founder of the National Midwifery Institute, Inc., a three-year, MEAC accredited, apprenticeship-based midwifery program, leading to licensure in California. She holds a degree in Holistic Maternity Care from Antioch University and is certified by the North American Registry of Midwives. She is the author of the classic *Heart and Hands: A Midwife's Guide to Pregnancy and Birth*, in addition to several other books. Elizabeth lives in Sebastopol, California, and is the mother of three children.

Robbie Davis-Floyd, PhD, is a Senior Research Fellow in Anthropology at the University of Texas, Austin, and an Adjunct Associate Professor of Anthropology at Case Western Reserve University in Cleveland, Ohio. A cultural anthropologist specializing in medical, ritual and gender studies and the anthropology of reproduction, she lectures at childbirth, midwifery and obstetrical conferences around the world. Robbie has written over 70 articles and many books.

Christina Zingrich Gazdag is a homebirth midwife originally from Switzerland living in Costa Rica for 24 years. She works with kinesiology and birth preparation. She has also pioneered work with plants from Costa Rica and their effects on healing.

Ina May Gaskin, CPM, is the founder and director of The Farm Midwifery Center in Tennessee (USA). She is the author of *Spiritual Midwifery* (1975) and *Ina May's Guide to Childbirth* (2003). She was president of Midwives' Alliance of North America (MANA) from 1996 to 2002, and is a prominent national and international speaker. She has been a homebirth midwife for more than thirty-four years.

Nancy Gift, PhD, is an environmentalist who heads the Rachel Carson Research Institute at Chatham College in Pittsburgh, Pennsylvania. She is a strong midwifery supporter and homebirth mom. She loves teaching young college age women and introducing them to ecological concerns and educating them about birth choices.

Natalie Kennedy is a psychotherapist with a Masters in Clinical Psychology from Antioch University, California. In Costa Rica, she collaborates with VIDA: A Holistic Center for Women where she works with women and their families regarding a broad range of issues including: birth preparation, birth trauma, postpartum mood disorders, and sexual abuse.

Jennifer Kozlow-Rodriguez, ICCE (ICEA), is director of Previda, a childbirth and parenting center, and president of the Association for the Betterment of Maternity Services (AMSEMA). Jennifer is editor of the childbirth magazine *Padres de Hoy*.

Nidia Lobo is supervisor of the maternity unit in one of the largest and oldest public hospitals in Costa Rica, called San Juan de Dios. Nidia has fought tirelessly for the rights of birthing women and their babies in institutions.

Uva Meiner, Holistic Midwife, has worked for 15 years with couples, mothers and families during preconception, pregnancy, birth, postpartum and beginnings of parenting. Uva's path is to help form conscious families who embrace this journey as a very important contribution to peace inside ourselves and out, as well as creating a joyful and sacred celebration of life.

Angelina Martínez Miranda is a traditional midwife living and practicing in Cuernavaca, Morelos, Mexico. She is the inheritor of three generations of midwifery knowledge; her mother, grandmother and great-grandmother were all traditional midwives, practicing for around 40 years each. Angelina combines their wisdom with the many courses she has taken in midwifery and related subjects to keep up-to-date with evidence-based obstetrics.

Brigid Mulloy trained as a certified nurse-midwife (CNM) at Frontier Nursing Service and has a strong cross-cultural and international background. Her first experiences with midwifery and homebirth in the early 1970s were in the, then very isolated, Costa Rican community of Monteverde. She lives on the Island of Molokai in Hawaii where all babies are born under the care of midwives.

Carlos Orozco, MD, is Costa Rican and has worked for many years as a paediatrician. He has complimented his training as a medical doctor with homeopathy and other natural healing modalities, and he supports the work of midwives throughout Costa Rica.

Debbie Díaz Ortiz, CPM, MPH, began her midwifery career as an apprentice to Rully Delgado, a Puerto Rican traditional midwife, in 1986. Today they are colleagues. In 1992 she went to Maternidad La Luz, and from 1993 on worked as a primary caregiver at homebirths in Puerto Rico. She is a member of the Latin-American and Caribbean Network for the Humanization of Childbirth.

Debra Pascali-Bonaro, B.Ed., CCE, CD (DONA), is a childbirth educator and international speaker on social support and non-pharmacological comfort techniques during childbearing. She teaches nursing, midwifery and medical students at the University of Pennsylvania, Philadelphia College of Osteopathic Medicine and the State University of New York at Stony Brook. She also founded and directs MotherLove, Inc., one of the oldest perinatal home care doula services in North America. Debra has co-authored *Nurturing Beginnings: MotherLove's Guide to Postpartum Home Care for Doulas and Outreach Workers*. Debra is part of the leadership team of the Coalitions for Improving Maternity Services (CIMS).

Waleska Porras is a social communicator, La Leche League Leader and homebirth mother. She is the author of the breastfeeding book *En busca del oro líquido*. She supports mothers and babies who, all too often, were separated after birth and therefore have breastfeeding difficulties.

Ileana Quirós, MD, has taken on the task of bringing medical practice up-to-date. She has spent the past few years implementing evidence-based midwifery (EBM) in public hospitals. She is very familiar with World Health Organization (WHO) initiatives and can assist with the implementation of WHO recommendations and the obstacles she faces from the medical establishment.

Mayela Rodríguez is an independent reporter with a PhD in philosophy. She writes about gender equality as well as sexual and reproductive issues. She is director of the newspaper *Huella* where she works with other independent female reporters.

Gabriella Solano works in the Costa Rican health department with a special interest in improving birth practices in Costa Rica.

Noemy Sotela is nursing supervisor in the public hospital of Upala, a small town in the northern Costa Rica. In addition to her duties in the hospital, Noemy is dedicated to supporting traditional midwives working in remote rural communities of the region.

Eneyda Spradlin-Ramos, BA in Human Resources, Licensed Massage Therapist, was born in Managua, Nicaragua. She became interested in birth when she was nine, after observing a midwife resolve a prolonged second stage by simply having the mother blow into a bottle three times. Eneyda has been involved in childbirth, breastfeeding and homeschooling for the last 21 years and has attended homebirths for the last 13 years. She currently co-directs The Rites of Passage Midwife Training (RPMT) program, which is a two-year program provided by the International Center for Traditional Childbearing (ICTC), in Portland, Oregon. RPMT is an African-centered health promotion and midwife training non-profit organization formed in August of 1991. She is also a conference planner and organizer with Midwifery Today.

Nati Steverlynyck, CPM, was born in Argentina and moved to Costa Rica in 1997, where she has been practicing midwifery since 2002. Nati has done intensive clinical practice at the hospital, birth center and home setting in Honduras, Texas and Costa Rica, and she is co-founder of Acompañando Mamás al Nacimiento (AMAN). Nati and Ansu Coto, a doula and massage therapist, offer a childbirth class in Hypno-Birthing. Nati is also a member of Women With Women (www.womenwithwomen.org), an organization that supports woman-centered maternity care in underserved populations around the world. She has a career in Arts and Ceramics and birth appears frequently in her art work.

Jan Tritten is the founder, editor and mother of *Midwifery Today* magazine and *The Birthkit* newsletter. She plans and organizes all Midwifery Today conferences. She became a midwife in 1976 after the homebirth of her daughter. Her mission is to make loving midwifery care the norm for birthing women and their babies in this country and around the world. Meet Jan at our conferences around the world!

Rebecca Turecky, CNM, ND, is a homebirth midwife, raised in the US, but now a Costa Rican dual citizen with licensure as an Enfermera Obstetrica. With her back-

ground in Women's Studies and alternative healing, she worked in Europe and Africa promoting women's health, before she found her natural paradise in Costa Rica. Since 1991 she has been involved in efforts to humanize childbirth in the country through her work with mothers and babies, traditional midwives, government agencies and international organizations. She co-founded Asociacion Mamasol.

Marie Tyndall is a midwife who has worked in diverse settings—from hospitals in Canada and England to rural communities in Iraq and Nicaragua. Originally from Canada, she now resides in Costa Rica where she works with her midwife partner Rebecca Turecky offering holistic homebirth and waterbirth services for intimate and gentle birth. Marie also teaches childbirth classes and works as a consultant for government health care services to help Costa Rica improve the care women receive in hospitals. Marie has been working for several years to support traditional midwives in Central America and currently has a project with a group of 20 traditional midwives in the north of Costa Rica.

Laura Uplinger is an international proponent and educator in the field of conscious conception, pregnancy and birth. Fluent in four languages, she bridges several cultures traveling between Europe and the Americas as a featured speaker for doulas, midwives and obstetricians. In Rio de Janeiro, she has counseled pregnant women in favelas, mansions and maternity wards. Scriptwriter of an award-winning video, *A Gift for the Unborn Children*, she works in close collaboration with the Association for Prenatal & Perinatal Psychology and Health, www.birthpsychology.com.

Gilda Vera is the coordinator of RELACAHUPAN, a network of Caribbean, Central and Latin American midwives. One of the RELACAHUPAN aims, since it was created, is to recognize the potential that professional and traditional midwives have and how important is midwives' role in normal labor.

Naoli Vinaver is a Mexican midwife who combines traditional birth practices with a profound interest in and respect for the physiology of natural birth. She has been attending both waterbirths and births in traditional styles and positions since 1990. Naoli has enjoyed three pregnancies and homebirths of her own in the company of her family. She is in the process of writing and illustrating a couple of children's books about life, pregnancy and birth, while continuing her homebirth practice in both rural and urban Veracruz State, Mexico.

Marsden Wagner, MD, is a perinatologist and perinatal epidemiologist from California and an outspoken supporter of midwifery. He was director of Women's and Children's Health in the World Health Organization for 15 years. From his current home in Takoma Park, Maryland, Marsden travels the world to talk about improving maternity care, including the appropriate use of technology in birth and utilizing midwives for the best outcomes. He raised four children as a single father. His book, *Pursuing the Birth Machine*, is a must-read for anyone involved in birth.

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