

Midwifery Today Conference

Eugene, Oregon & March 17–23, 2005

Pre-Conference March 17, 2005 • Conference March 18–20, 2005 • Post-Conference March 21, 2005
3-day Conference on Traditional Midwifery March 21–23, 2005

*“Honoring Our Roots,
Preserving Our Future”*



Photos
by
Cornelia
Enning
& Jennifer
Rosenberg;
Digital art by
Heather Long

Register early and save!

Speakers include:

Ina May Gaskin
Elizabeth Davis
Marina Alzugaray
Robbie Davis-Floyd
Anne Frye
Barbara Harper
Gail Hart
Jan Tritten
Mabel Dzata
Diane Holzer
Debra Pascali-Bonaro

Learn about:

First, Second and Third Stage Difficulties
Posterior Birth
Traditional Midwifery in the Americas
Visions and Dreams for Midwifery
Massage Techniques from Mexico
Labor Support for Doulas and Midwives
and much more!

Traditional Midwives:

Naolí Vinaver
Doña Irene Sotelo
Angelina Martinez Miranda

*Gain Wisdom about
Birth and Midwifery
at this week-long event!*

“The welcoming and loving atmosphere of this conference just overwhelmed me. It’s really inspiring and heartwarming to see so many women (and men) who truly line up to the calling to love, guide, teach and lift. What an affirming way to start my midwifery journey.

Thank you all so much.”

—Eugene 2003 attendee



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Welcome!

Welcome to this very special conference! It is intended, in part, to follow up on the Mexico conference in September 2003. We encountered so many interesting midwives, ideas and ideals there, that I wanted to bring some of that energy and those learning opportunities to you in Eugene. It is important to glean all we can about midwifery and birth from other cultures. Birth culture in Mexico is rich, as in most of Latin America. You will learn unique practices and approaches from our teachers. We have planned a sort of conference within a conference by scheduling three days to concentrate on traditional midwifery after the regular sessions. I hope you can join us.

We are also taking this time to meet with the Presidents of MANA and ACNM to plan how we can all work together to

further midwifery in its calling of serving birthing women. We are doing this in a very difficult time in history for birth. Brilliant thinking is needed, and we have brought together some excellent teachers to help us work toward our visions and dreams. As always, our goal is to further your education, but also to revitalize your midwifery soul with hope and new ideas. It is our desire to make you feel very welcome. Eugene is a great town, and we are back downtown at the Hilton, which is an excellent conference venue. See you there.

Jan Tritten
LOVE jan tritten

Mother of Midwifery Today

Thursday ♦ March 17, 2005 ♦ Pre-Conference

8:00 am - 5:00 pm

Full-day class

A1 ♦ Beginning Midwifery—*Elizabeth Davis, Holly Scholles, Maryl Smith, Gail Hart, Janice Marsh-Prelesnik, Mabel Dzata and Eneyda Spradlin Ramos*

Learn the art, the essence and the basics of midwifery care in this full-day workshop designed for the aspiring and beginning midwife. Our experienced teachers share their wisdom and love of midwifery in a way that will nurture your interest and make you feel welcomed to the world of birth. They will teach the basics of normal pregnancy, birth and postpartum care.

8:00 am - 9:00 am **The Art of Midwifery**—*Janice Marsh-Prelesnik*

9:00 am - 10:00 am **Normal Labor Physiology**—*Maryl Smith*

10:10 am - 11:10 am **Prenatal Care**—*Gail Hart*

11:15 am - 12:15 pm **Options for Formal Schooling**—*Holly Scholles, Elizabeth Davis, Janice Marsh-Prelesnik, Mabel Dzata*

1:00 pm - 2:00 pm **Emotional Support in Pregnancy and Birth**
—*Eneyda Spradlin Ramos*

2:10 pm - 3:10 pm **Midwifery: With Woman**—*Elizabeth Davis*

3:25 pm - 4:25 pm **Anatomy of a Birth Bag**—*Maryl Smith*

4:30 pm - 5:00 pm **Trusting Yourself to Trust Birth**
—*Eneyda Spradlin Ramos*

9:00 am - 5:00 pm

Full-day class

A2 ♦ Spanish for Midwives, Doulas and Childbirth Educators—

Naoli Vinaver

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, in this participatory class that will assist us in learning correct pronunciation. She will provide a visual and auditory approach, as well as cultural information essential to the practitioner. This class will also help us to understand the Spanish spoken around the conference, some of which will be translated, thus giving additional language training. Don’t miss this great opportunity to speak with native speakers at the conference

9:00 pm - 5:00 pm

Full-day class

A3 ♦ Labor Support for Doulas and Midwives

—*Debra Pascali-Bonaro*

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, acupressure, aromatherapy and the birthing ball will be discussed. Techniques for second stage, such as the support squat, dangle, toilet, “tug of war” and lap squatting will be discussed. Debra will also talk about labor support in difficult labors and births involving epidurals and cesareans, and the strategies to help make these emotionally positive for mother and baby. This intensive course will make us better midwives or doulas. Registrants at our Philadelphia conference raved about it, calling it fun and informative.

9:00 am - 5:00 pm

Full-day class

A4 ♦ Second Stage Seminar—*Marina Alzugaray*

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 the standing, squatting, kneeling, hands-and-knees, supine and other maternal positions and associated birth environments affect childbirth outcomes. Marina shows how to practice hands-on skills to use in a variety of situations that safeguard the integrity, beauty and power of birthing mothers and newborns.

5:00 pm - 6:30 pm

Open to all registrants

Christian Midwives Meeting—*All are welcome*

—*Facilitated by Mabel Dzata and Jan Tritten*

8:00 pm - 9:00 pm

Open to all registrants

Songfest—*All are welcome*

—*Facilitated by Maryl Smith and Janice Marsh-Prelesnik*

Come and see midwives’ other talents revealed.

9:00 pm - 10:30 pm

General session

Birth Stories—*Facilitated by Ina May Gaskin*

From the earliest societies, people have told birth stories and shared personal experiences of strength and healing as a way of transmitting wisdom and confidence as well as trust in the birth process and love for each other. Midwives need to find their common ground to achieve unity. The role of story in culture is a powerful one. Explore how our stories of births, our calling and our love of midwifery can help unify us.

9:00 am - 10:20 am

Opening general session

Honoring Our Roots—*Jan Tritten, Ina May Gaskin, Marina Alzugaray and Doña Irene Sotelo*

We have a rich midwifery heritage. Our roots stem from an ancient wisdom of centuries past. Even our recent *herstories* are beautiful and varied. We will take this time to discuss, acknowledge and give tribute to those roots and discuss how to use them as a strong foundation for our future.

10:30 am - 11:30 am

General session

Visions and Dreams for Midwifery—*Naoli Vinaver, Jan Tritten, Robbie Davis-Floyd, Elizabeth Davis, Marina Alzugaray and Angelina Martinez Miranda*

Presenters and attendees will give their visions of the future of midwifery and birth. We will discuss how we will change the future for mothers and babies. We will ponder our ideals and plan how to get there.

1:00 pm - 2:30 pm

Concurrent sessions B1 through B4

B1 ♦ Breech Birth: Turning Breeches and How to Manage if They Don't Turn—*Mabel Dzata and Doña Irene Sotelo*

Learn the art and science of breech birth. Learn what factors may lead to breech presentations and how to turn them. When others cannot get breech babies to turn, Doña Irene's gentle hands often can. Come learn her suggestions for this important cesarean-preventing skill.

B2 ♦ Massage Techniques from Mexico—*Naoli Vinaver and Angelina Martinez Miranda*

Naoli and Angelina, midwives with a vast knowledge of traditional Mexican massage, will explain some of the many different techniques. Mexican traditional massages are used for everything from fertility treatment to prenatal, birth and postpartum indications. Learn how to turn posterior and other presentations using a *rebozo* and massage.

B3 ♦ From "the Call" to Becoming a Midwife—*Holly Scholles, Elizabeth Davis, Ina May Gaskin, Janice Marsh-Prelesnik and Marina Alzugaray*

Many midwives consider midwifery a calling. Explore your own calling to this noble profession and learn what it means and how it affects you. This panel of speakers will share their journey into midwifery and where it has led them over the years. Several coordinate midwifery education programs you might consider attending.

B4 ♦ Placenta to Newborn Physiology—*Anne Frye*

Most midwives believe that leaving the cord intact after birth is important for the baby. But few understand just how important. This workshop will explore theories, both current and classic, regarding placental transfusion clamping. Any practitioner who has anything to do with clamping the cord will benefit from attending this workshop.

2:45 pm - 4:15 pm

Concurrent sessions C1 through C4

C1 ♦ Whose Birth is This Anyway? Who is in Charge?

—*Elizabeth Davis*

In our zeal to protect women from the excesses and omissions of conventional obstetrics, we may forget our role as handmaidens to the mother's process. How can we uphold our commitment to woman-centered birth? Come share your best examples, as we carefully delineate ways to make sure the mother is always in charge of her experience.

C2 ♦ Natural Remedies From A Cross-Cultural Perspective—

Debra Pascali-Bonaro, Janice Marsh-Prelesnik, Doña Irene Sotelo and Angelina Martinez Miranda

This unique panel will show us 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.

C3 ♦ First Stage Difficulties—*Maryl Smith*

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

C4 ♦ Shoulder Dystocia—*Gail Hart*

Gail will explain and discuss the mechanical, physical and emotional causes of shoulder dystocia. She will describe symptoms and signs used to predict it. She will analyze tools and methods used to overcome panic reactions. She will also teach you active, effective measures to deal with shoulder dystocia by demonstrating treatments using slides/overheads, videos and plastic models. Gail will look in-depth at more than fourteen maneuvers, mnemonics and memory aids.

4:30 pm - 6:00 pm

General session

Traditions and Profession: A Blend That Works—*Naoli Vinaver, Eneyda Spradlin Ramos, Jill Cohen and Heloisa Lessa*

This session will focus on bringing our traditions into the modern world. Our panel draws on a rich tapestry of birth in traditional cultures, blending it with what has been learned from the women and the profession. The panel strives to come up with the best possible blend, always considering each woman unique. Their perspective of birth as an inherently sensual and sexual process and the great love of that process is sure to kindle our passion for birth. They will discuss practical techniques that they have developed through combining the traditional and professional worlds in order to improve our midwifery skills, widen our knowledge and improve overall birth outcomes.

8:00 pm - 10:00 pm

General session

Tricks of the Trade—*Facilitated by Jill Cohen*

A round-table of pertinent tips on a wide variety of topics, from facilitating effective contractions, preventing prolonged labor and preventing perineal tears, to helping the slow-to-start baby, first aid alternatives and drugs. This is always 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.

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Unity of Midwives—*Diane Holzer and Katherine Camacho Carr, short introduction by Mabel Dzata*

Unity among midwives of all types is the only way to secure our future. We must tackle the witch hunt together. We need to acknowledge the excellent attributes different midwives bring to our calling. Let's strategize about how to work together with respect to further midwifery and family-centered care.

The Future of Midwifery

Work session in small groups to work on preserving the future of midwifery. Groups include but are not limited to:

The Bridge Club: ACNM and MANA working together—*Katherine Camacho Carr and Diane Holzer*; **Preserving Traditional Midwifery**—*Doña Irene Sotelo and Angelina Martinez Miranda (Translated)*; **Gentle Hospital Birth**—*Debra Pascali-Bonaro and Marion Toepke-McLean*; **Supporting Sister Midwives Internationally**—*Marina Alzugaray and Jan Tritten*; **Strengthening State Organizations**—*Gail Hart*; **Keeping Midwives' Ability to Help with Twins, Breeches and VBACs**—*Mabel Dzata*; **Politics: How to Make Them Work for Us**—*Ina May Gaskin*; **Waterbirth in Our Future**—*Barbara Harper*; **Supporting and Recruiting Student Midwives**—*Elizabeth Davis*; **Birth Change**—*Robbie Davis-Floyd*; **Making Our Voices Heard**—*Janice Marsh-Prelesnik and Heloisa Lessa*

D1 ♦ Research Results for Midwives—*Gail Hart*

What's new in midwifery? Where is the search for evidence taking us? We will look at the new research on nutrition, supplements, oxygen, protocol revision and new understanding of natural processes and alternative methods of preventing common problems such as GBS, preterm birth and preeclampsia.

D2 ♦ Open and Closed Thought Systems—*Robbie Davis-Floyd*

This class will explore the differences between closed, rigid, tautological belief systems and open, fluid and responsive systems. Robbie will examine the profound difference between experiential and didactic learning, explain how information gets encoded in the brain and compare a number of open systems with closed ones so that the differences, advantages and disadvantages of each will be clear. The goal is to empower health care practitioners to deal with the ever-growing number of diverse beliefs and styles of practice in the health care field and to examine and assess their own practices and beliefs in the interests of continued learning and professional growth.

D3 ♦ Prenatal Care to Prevent Birth Complications

—*Mabel Dzata and Ina May Gaskin*

The relationship between midwife and client helps to create a trusting birth experience. Learn how women's bodies function differently when trust exists. Learn the heart of care during the prenatal period and how that affects the birth. We will explain how our philosophy and elements of care can help to avoid complicated birth beginning in the prenatal period. Birth complications can be prevented by helping women achieve physical, emotional and spiritual well-being.

D4 ♦ Non-Pharmaceutical Methods of Pain Relief—*Debra*

Pascali-Bonaro

Explore the theory, philosophy and physiology of pain in labor. Debra will describe non-pharmacological methods of comfort and pain relief and will explain the gate control theory of pain. She will identify cultural perceptions of pain and explain how the mother's position affects the baby's rotation. We will learn techniques and tricks of the

trade from numerous healing modalities, including physical therapy, acupressure and massage.

E1 ♦ Trusting Birth—*Marina Alzugaray and Ina May Gaskin*

What forces shape our approach to birth? We will learn to bring confidence and positive expectations to birth, not fear and apprehension. We will share how we can develop the trust necessary to allow the patient unfolding of the process through the midwife/mother-baby relationship, while remaining alert and prepared for any problems or complications.

E2 ♦ Tear Prevention and Alternatives to Suturing—*Anne Frye*

What happens if we leave a second-degree tear unstitched? Learn about the technique of using super glue instead of stitches. Scientific analysis and updates on this subject will be covered. Learn ways to facilitate healing with herbal baths and poultices and how to prevent tearing in the first place.

E3 ♦ Third Stage Difficulties—*Marion Toepke-McLean*

While the placenta usually comes out easily and in a timely fashion, there are problems that can occur which demand immediate action. 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.

E4 ♦ Waterbirth: A Primer for Midwives and Doulas

—*Barbara Harper*

Barbara will explain the many benefits and ways of using water in birth and will discuss its unique properties—psychological as well as physical. She 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. This class is packed with an amazing amount of information.

Global Midwifery: Trends Versus Traditions—*Robbie Davis-*

Floyd, Ina May Gaskin, Jan Tritten, Marina Alzugaray, Heloisa Lessa and Angelina Martinez Miranda

There is much to learn from midwives around the world. We will share techniques, systems, political and educational ideas that will help each of us further the midwifery model in our sphere of influence. We can make changes for the better with knowledge of global possibilities.

Song and Dance with Our Latin American Sisters—*Angelina*

Martinez Miranda, Doña Irene Sotelo, Heloisa Lessa and Naoli Vinaver

Dance with Kutsinhira Marimba *Upbeat dance music from Zimbabwe*

Listen and Learn



Learn about Cesarean Section with **Michel Odent**, Tear Prevention with **Anne Frye** and Prolonged Labor with **Gail Hart**. These are just three of the audio tapes now available from the **Eugene 2003** and **Philadelphia 2004** conferences.

For more information:

www.midwiferytoday.com/products/EUPHI.htm

9:00 am - 10:00 am

General session

Keeping Birth Normal—*Ina May Gaskin, Elizabeth Davis and Diane Holzer*

Midwives have an obligation to be protectors of normal birth. Keeping birth normal is the biggest challenge in childbirth today. Learn how nutrition, love, communication, continuity of care, intervention and other factors can affect the normal birth process. Learn why pregnancy care is essential for creating miraculous births.

10:15 am – 11:45 am

Concurrent sessions F1 through F4

F1 ♦ Serving Women in Hospital Births—*Mabel Dzata*

First do no harm. Protecting motherbaby is the essence of our calling in the 21st century. Learn how to create a nurturing environment for women at hospital births. Study the issues, obstacles and concerns. Mabel will speak from her vast knowledge as a midwife who has worked in all settings. Everything she has learned through trust in birth, she now brings to each hospital birth. Plan strategies that protect and nurture women.

F2 ♦ Honoring Women's Ways of Knowing—*Elizabeth Davis*

Learn to identify the cultural influences that affect how women know and learn. Discover the effects that women's ways of learning have on identity and self-development. Compare the different ways in which individual women learn. Research shows that women's approach to learning is different than that of most men. Yet the majority of our educational models are male-oriented and thus largely inappropriate for midwifery instruction. Discover ways to design a midwifery curriculum that cultivates and honors this difference.

F3 ♦ Holistic Midwifery Care—*Janice Marsh-Prelesnik*

The midwife is a key in the natural process of birth and it is her knowledge and keen insight that helps women conquer their fears about birth. From a rich, holistic perspective, we will learn new observational tools for maintaining women in good health and preventing risks. We will discover the missing link in mainstream practice and how to be holistic within every practice. We will explore the psychological and emotional issues.

F4 ♦ Prolonged Labor—*Gail Hart*

How do we get a long labor to progress? 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. Analysis of myth and reality will also be discussed.

11:45 am - 1:30 pm

Lunch buffet provided by Midwifery Today

1:30 pm - 3:00 pm

General session

Mexican Traditions and Techniques—*Naoli Vinaver, Doña Irene Sotelo and Angelina Martinez Miranda*

It is fascinating to observe cultural traditions and their impact on pregnancy and birth. These midwives will discuss nutritional aspects, positioning, remedies, techniques and customs from Mexico. The origin of these techniques and traditions goes back thousands of years. They will discuss the importance of healing touch. 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.

G1 ♦ Induction Epidemic—*Gail Hart*

Throughout North America and the world, practitioners are inducing more and more healthy pregnant women. Induction has become rampant, with more women falling into the trap of an intervention that causes the cascade of intervention. Very dangerous methods, such as using Cytotec, have also become epidemic. This alarming trend affects midwives and our clients. We will examine postdates, what is normal and what has happened in the past twenty years regarding induction of labor.

G2 ♦ Moulding of the Fetal Head—*Anne Frye*

Moulding is largely misunderstood and is a much more complex process than is generally believed. This workshop will explore, in depth, the basic structure of the newborn skull and how the bones and soft cranial tissues are designed to move to facilitate descent as well as what can happen when moulding is excessive. This information will provide a great foundation for understanding the purpose and benefits of osteopathic cranial-sacral adjustments in infancy and beyond.

G3 ♦ Roundtables: Posterior Presentation—*Debra Pascali-Bonaro, Marion Toepke-McLean and Ina May Gaskin*

Many cesareans are caused by 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.

G4 ♦ Birthing Woman, Sacred Ground—*Mabel Dzata*

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.

5:00 pm – 6:00 pm

Closing general session

Keeping Midwifery Alive and Growing—*Jan Tritten, Naoli Vinaver and Mabel Dzata*

This is a challenging time to keep midwifery moving forward. Midwives are some of the strongest people around. In this session, we will tap that strength and craft plans for not only keeping midwifery alive and growing but thriving.

Monday ♦ March 21, 2005 ♦ Post-Conference

9:00 am - 5:00 pm

Full-day class

H1 ♦ Herb Workshop—*Janice Marsh-Prelesnik*

Think like an herbalist. Why does motherwort work on both the heart and uterus? Why is peppermint useful for both the sinuses and the stomach? What are herbal actions and how can the knowledge of these actions be applied to midwifery practice? In this class, we will learn how and why the herbs that have been friends of mothers and midwives throughout time nurture, nourish and give first aid during the childbirth year. We will learn some basic skills for preparing and formulating herbal medicines to treat common conditions and learn to make infusions for internal and external applications. You get more tips and remedies in this single class than most of us get in all of our schooling. Participants will receive an extensive reference book.

3-Day Conference on Traditional Midwifery

In these next three days, we will get to immerse ourselves in traditions, techniques and stories from three profoundly talented traditional midwives. Their teaching is not the medical model, but a traditional-spiritual model that is impossible to find in this country. It could well take several months to gain this much knowledge, even by traveling to Mexico. This is a rare opportunity to expand our understanding of midwifery. Sit by their sides and learn firsthand from three traditional midwives who understand the deep essence of birth and teach astoundingly well. They will impart their immense knowledge of herbs, use of *rebozo* and many hands-on techniques. We will be enriched by their teaching.

Monday ♦ March 21, 2005 ♦ Traditional Midwifery

9:00 am - 5:00 pm

Full-day class - Translated

H2 ♦ Traditional Midwifery in the Americas—*Naoli Vinaver, Doña Irene Sotelo, Angelina Martinez Miranda, Jan Tritten, Marina Alzugaray, Robbie Davis-Floyd, Heloisa Lessa and Diane Holzer*
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 cross-cultural exchange among midwives and issues generated by cultural differences. We will consider strategies for preserving and strengthening midwifery, as well as ways to create more and stronger numbers of 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.—*Naoli Vinaver, Doña Irene Sotelo, Angelina Martinez Miranda, Jan Tritten, Marina Alzugaray, Robbie Davis-Floyd and Diane Holzer*

Share our personal experiences of strength and healing and learn why we need to reclaim the wisdom of centuries of traditional midwifery knowledge. Learn how to restore the central role of the mother and family in birth and recognize the helping role of the midwife.

10:45 am - 11:45 am Barriers to Practice That Traditional Midwives Face—*Angelina Martinez Miranda and Robbie Davis-Floyd*

11:45am - 12:30 pm Traditional Midwifery in the Americas in the 21st Century—*Naoli Vinaver*

What does it mean to practice midwifery in a traditional fashion in modern times in the Americas? What is the value of tradition in midwifery?

12:30 pm - 2:00 pm Break

2:00 pm - 3:00 pm The Importance of Birth Traditions for Keeping Midwifery Culture Alive—*Robbie Davis-Floyd and Naoli Vinaver*

3:00 pm - 4:00 pm Preserving and Strengthening Traditional Midwifery in the Americas—*Angelina Martinez Miranda, Doña Irene Sotelo and Diane Holzer*
4:15 pm - 5:00 pm Birth Change Plans for the Americas—*Naoli Vinaver, Doña Irene Sotelo, Angelina Martinez Miranda, Jan Tritten, Marina Alzugaray, Robbie Davis-Floyd and Diane Holzer*

Tuesday ♦ March 22, 2005 ♦ Traditional Midwifery

9:00 am - 5:00 pm

Full-day class (Translated)

I1 ♦ Prenatal Care—*Naoli Vinaver, Doña Irene Sotelo and Angelina Martinez Miranda*

Identify and examine the clinical, psychological, emotional and spiritual aspects of prenatal care, in the traditional Mexican style. We will explore many approaches from a cross-cultural perspective in order to inform and enhance our ideas on how best to serve expectant women and their babies. We will learn how to evaluate and nurture the emotional, physical and psychological well-being of pregnant and birthing women. We will learn many new old ways of prenatal care. As with all prenatal care, the goal is to have a healthy baby and birth. We will learn some unique ways to facilitate great outcomes in our own practices. We will learn the skills to offer *rebozo* techniques to many of our clients. One of our registrants from Denmark, who attended our conference in Mexico, learned *rebozo* techniques and now offers them regularly in her current hospital practice in Denmark. Many of her clients have enjoyed the results. These are wonderful, natural, safe practices we can incorporate to improve our practices.

Wednesday ♦ March 23, 2005 ♦ Traditional Midwifery

9:00 am - 5:00 pm

Full-day class (Translated)

I2 ♦ Labor, Birth and Postpartum—*Naoli Vinaver, Doña Irene Sotelo and Angelina Martinez Miranda*

We will continue to be immersed in traditional techniques, herbs and massage surrounding birth from these three brilliant midwives. From the first labor contractions to the first days after birth, we will learn how midwives work with both normal birth and problems that arise. We will learn ways to manage breech, move stalled labor along and much more. When anthropologist Robbie Davis-Floyd asked a very experienced traditional midwife at a MANA Mexico conference why she was taking Irene Sotelo's class on how to use a *rebozo*, she replied, “I have eight kinds of techniques I know, but Dōna Irene knows 35 kinds.”

Attend Midwifery Today Conferences Around the World!

Meet with midwives from a variety of backgrounds – share what you know and love!

Thank you, thank you, thank you for organizing this chance to come together, tell our stories, renew our visions and create connections of sisterhood to nourish us on this calling to serve women, babies and families.

—Philadelphia 2002 Conference Attendee



Upcoming International Conferences:

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“Reclaiming the Joy of Midwifery and Birth”
MAY 18 - 22, 2005

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“Sharing the Culture of Birth”
SEPTEMBER 22 - 26, 2005

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Venue Information

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The conference will be held at Hilton Eugene and Conference Center. The hotel, which was the location of the 1996 conference, is in the center of Eugene's downtown district. Located just off the I-5 corridor, in the heart of downtown Eugene, the hotel is adjacent to the Hult Center for the Performing Arts, 12 miles from the Eugene Airport and minutes away from the University of Oregon. Within walking distance of the hotel you will find thirty excellent restaurants and the Fifth Street Public Market/Station Square. Guests benefit from numerous amenities and services, including complimentary covered parking and complimentary round-trip shuttle to and from the airport. Enjoy the exciting new Big River Grille restaurant inside the Hilton Hotel featuring fresh and creative Northwest cuisine. Guestroom key allows access to the indoor pool, exercise facility and outdoor Jacuzzi.

Registrants who call the Hilton Eugene directly at **541-342-2000 or 800-937-6660 by February 14, 2005** will receive the discounted rate. After February 24th, reservations will be accepted based on availability. You must mention that you are participating in the Midwifery Today conference to receive the discounted room rate of \$79.00 for a standard single/double room or \$94.00 for a standard triple/quad room. Group rates will be extended two days prior and two days following the conference dates, based on availability. The hotel accepts requests for room types (e.g. kings, queens, non-smoking) at the time of reservations; however, they cannot guarantee their availability upon arrival. Any reservation canceled within 48 hours of scheduled arrival will be charged a full night's room and tax.

Continuing Education Units

Pending approval, CEUs will be offered for ACNM, MEAC, ICEA and the Oregon Board of Naturopathic Examiners. CEU fees are indicated on the conference registration form.

Children at the Conference

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

Travel Information

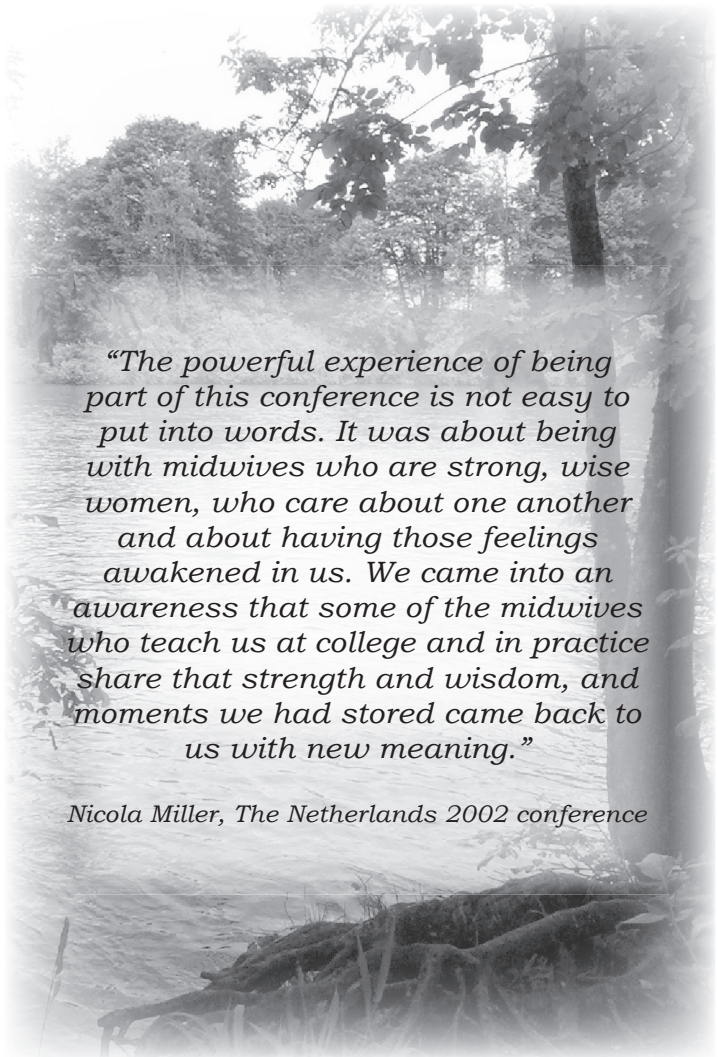
Staying at the Hilton Eugene makes the most sense if you are traveling from outside the area, because conference days are long, and it's fun to relax with other participants at the end of the day. If you need other hotel information however, or other general information about the Eugene-Springfield area, contact the Eugene Chamber of Commerce at (541) 484-1314.

Advertising Opportunities

Take advantage of Midwifery Today's advertising opportunities:

- ✓ Be a sponsor of the conference!
- ✓ Advertise in a conference program.
- ✓ Rent a display table at the conference.
- ✓ Include your catalog or brochure in our registration packets.
- ✓ Advertise in Midwifery Today publications.
- ✓ Advertise in *Midwifery Today E-News*.

For more information, please contact Midwifery Today's Advertising Director by phone at (541) 344-7438 or ads@midwiferytoday.com.



"The powerful experience of being part of this conference is not easy to put into words. It was about being with midwives who are strong, wise women, who care about one another and about having those feelings awakened in us. We came into an awareness that some of the midwives who teach us at college and in practice share that strength and wisdom, and moments we had stored came back to us with new meaning."

Nicola Miller, The Netherlands 2002 conference

The Willamette River flows through the heart of Eugene. Photo by Jennifer Rosenberg along one of Eugene's many footpaths.

Directions to the Hilton Eugene and Conference Center

By Car: Driving north or south on Interstate 5, take exit 194B. Go west for about one mile; take Exit 1. Merge left and follow signs to "City Center/U of O." Get into the right lane, cross the river and then take the downtown exit for The Hult Center/6th Avenue. Get in the left lane. The Hilton Eugene will be one block ahead on your left. The entrance to the underground parking lot is just past the hotel's main entrance.

Amtrak: The train station is just two blocks from the Hilton Eugene. From the station, walk south to 6th Avenue. The hotel will be across the street, to your left.

Airline: Eugene is serviced by America West Express, Horizon Air, SkyWest (the Delta Connection) and United Express.

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 (pre-conference, conference, post-conference or 3-day conference on traditional midwifery) 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, the Conference Coordinator, at (541) 344-7438, or by e-mail at conference@midwiferytoday.com

Speaker Bios for Eugene 2005

Marina Alzugaray, MS, LM, CNM, is an international midwifery consultant and speaker with more than 30 years of experience in women's health care. She received her Master of Science degree from the University of California, San Francisco, where she focused her research on homebirths and birth positions and related maternal-infant outcomes. Marina has facilitated sacred births in homes, hospitals and birth centers. She now offers homebirths and waterbirths in the Florida Keys, where she develops courses and facilitates educational retreats as director of Comadres Institute. Marina is known as a provider of holistic midwifery care; pioneer of water births; developer of the American AquaNatal method, a prenatal water exercise program; and producer of continuing education courses on sacred birthing, women's health and care that empowers clients. She serves as regional representative to MANA (Midwives Alliance of North America). **Contact**—Visit www.comadresinstitute.com and www.aquanatal.com.

Katherine Camacho Carr, PhD, ARNP, CNM, FACNM, is associate professor at Seattle University College of Nursing in the Master of Science in Nursing program. She also works as a nurse-midwife at Highline Midwifery and Women's Health, providing care to a diverse and primarily low-income group of women. Katherine will assume the presidency of the American College of Nurse-Midwives in June 2004 for a three-year term.

Jill Cohen has been a community midwife in Eugene, Oregon, since 1984. She has been with Midwifery Today since 1990, where she is associate editor of *Midwifery Today* and senior editor of *The Birthkit*.

Elizabeth Davis, CPM, is a renowned expert on women's issues. She has been a midwife, women's health care specialist, educator and consultant for over 25 years. 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 & 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.

Publications—Elizabeth has co-authored *The Circle of Life: Thirteen Archetypes for Every Woman*; and *Women's Sexual Passages: Finding Pleasure and Intimacy at Every Stage of Life*.

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 as well as the book *Birth as an American Rite of Passage* (1992). **Publications**—Robbie is co-author of *From Doctor to Healer: The Transformative Journey* (1998) and *The Anatomy of Ritual* (forthcoming). She has co-edited eight collections, including *Childbirth and Authoritative Knowledge: Cross-Cultural Perspectives* (1997); *Daughters of Time: The Shifting Identities of Contemporary Midwives* (a special triple issue of *Medical Anthropology* 20 [2-3/4], 2001); *Reconceiving Midwives: The New Canadian Model of Care*; and *Mainstreaming Midwives: The Politics of Professionalization* (forthcoming). Her research on global trends and transformations in health care, childbirth, obstetrics and midwifery is ongoing.

Mabel Dzata, RN, CNM, is a midwife who lived and trained in Ghana, where she attended over 2,000 births. She has practiced as a homebirth midwife in the U.S. for the past 15 years. Mabel has attended many twin and breech births. She now works as a CNM.

Anne Frye resides in Portland, Oregon, where she devotes her full-time attention to writing and publishing textbooks for the midwifery community. Among them are: *Understanding Diagnostic Tests in the Childbearing Year*, now in its 6th edition; *Healing Passage, A Midwife's Guide to the Care and Repair of the Tissues Involved in Birth*, in its 5th edition; *Quick Reference Cards for Newborns With Problems*; the *Suturing Techniques for Midwives* video; *Holistic Midwifery, A Comprehensive Textbook for Midwives in Homebirth Practice, Vol. I: Care During Pregnancy and Holistic Midwifery, Vol. II*, covering the care of the mother and baby during labor. She holds an independent study BA in Holistic Midwifery and has been a midwife for 23 years.

Ina May Gaskin 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 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.

Barbara Harper RN, is founder and president of Global Maternal/Child Health Association and current director of the Waterbirth International Resource and Referral Service. A childbirth educator, doula and traditional midwife, Barbara has spent 22 years in nursing. She is the author of the book, *Gentle Birth Choices* and producer of the videos *Gentle Birth Choices* and *Birth Into Being: The Russian Waterbirth Experience*.

Gail Hart graduated from a midwifery training program as a Certified Professional Midwife in 1977. She was certified by the Oregon Midwives Council and licensed in 1995. She is now "semi-retired" and no longer maintains her license, but still has a small practice. Gail is strongly interested in ways to holistically incorporate evidence-based medical knowledge with traditional midwifery understandings.

Diane Holzer, CPM, is a homebirth midwife of over 20 years. She also practices as a physician's assistant in a rural healthcare clinic. She has been actively involved with MANA for over 16 years and has been on the faculty at Maternidad La Luz, a midwifery training program, for over 10 years. She has been the regional representative for the Americas and is the current president of MANA.

Heloisa Lessa is a midwife from Brazil. She has successfully organized conferences to help her country recover from the escalating cesarean rate. She has worked with traditional midwives and is interested in international midwifery.

Janice Marsh-Prelesnik has practiced and taught traditional midwifery, massage therapy and herbalism since 1981. Janice loves to watch her students grow while developing their intuition and integrating midwifery and the natural healing arts into their lifestyle. She owns an herbal line called "Granny Janny Herbs" and her book titled, *Natural Mothering Through the Seasons of Pregnancy*, is scheduled for publication in 2005. She has four homebirthed, home-schooled children and lives in southwest Michigan.

Angelina Martinez 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. She owns a birth center, located next to her house, where, for years, she and her apprentices have attended an average of 23 births per month, with excellent outcomes. She is highly respected in her community. She is a long-time member of MANA Mexico and a founding member of a new state organization created by the traditional midwives of Morelos. An accomplished speaker, she has given talks and workshops at international conferences in South America and the U.S. and was one of the two traditional midwives who attended the ICM Congress in Vienna in 2002. She is a strong source of inspiration for the many traditional midwives in Mexico who are working to preserve and revitalize their profession for the future.

Debra Pascali-Bonaro, B. ED, LCCE, CD (DONA), PCD (DONA), is a childbirth educator, doula trainer 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*. Her newest project is a documentary, *An Everyday Miracle*, which looks at pregnancy, labor, birth and the first weeks with a newborn around the world. Debra is part of the leadership team of the Coalitions for Improving Maternity Services (CIMS).

Holly Scholles, MA, CPM, LDM, is the president of Birthingway College of Midwifery in Portland, Oregon. She has been a direct-entry midwife since 1978. She has two exceptional children, both born at home, and has breastfed for a total of nine years. When not catching babies, teaching at Birthingway or tending her herb garden, she lives on her 2-acre farmette with her family, 2 self-important cats, and 22 spoiled-rotten chickens.

Maryl Smith, CPM, LDM, has been in homebirth practice since 1984 and has cared for women from over 16 different nations. Her experience includes staff positions at two freestanding licensed birth facilities and periodic teaching at Birthingway College of Midwifery. She and Madrona Bourdeau have recently opened a new homebirth practice called "A Woman's Point of View," with offices on both the east and west side of the Portland, Oregon, metro area. Maryl has been active in Oregon midwifery politics and has performed several functions for the Oregon Midwifery Council. She especially enjoys creating music about midwives and mothers, and she sings whenever possible.

Dóna Irene Sotelo is a traditional midwife (*partera tradicional*) who lives and works in the community of Juitepec, just outside the city of Cuernavaca, in the state of Morelos, Mexico. She is also a traditional healer (*curandera*), an herbalist, a bonesetter and a specialist in traditional forms of massage. She runs a full-time healing and midwifery practice from her home, which contains a birth center. She sees 10 to 15 clients a day and attends four to six births a month. She has attended thousands of births and is widely recognized as one of the most respected and honored traditional midwives in Morelos.

Eneyda Spradlin Ramos became interested in birth when she was nine, after a midwife resolved a prolonged second stage by simply having the mother blow into a bottle three times. Eneyda attended homebirths 10 years ago in Okinawa, Japan, and is now a third-year student at Seattle Midwifery School. She has been a massage therapist for three years, has a BA in human relations and a pilot's license and homeschools her four children. She was born in Nicaragua and is fluent in Spanish and English.

Marion Toepke McLean, CNM, received her nursing degree from Pacific Lutheran College in 1966 and her midwifery degree from Frontier Nursing Service in 1974. She practiced in Eugene, Oregon, doing homebirths. Since 1976, she has done home, clinic and hospital births. In 1980, she taught a year-long program for local midwives, while also returning to Frontier Nursing Service to teach during the summer. She had a homebirth practice until 1985, when she went to work at the Nurse-Midwifery Birthing Service, a freestanding birth center. Since July 1998, Marion has done vacation relief as a nurse midwife and family nurse practitioner. She has worked in three Oregon hospitals and five different clinics. In June 2000, she completed a BA in International Studies at the University of Oregon with concentrated studies on Mexico. She is a contributing editor to *Midwifery Today*.

Jan Tritten is the founder and editor-in-chief of *Midwifery Today* magazine and *The Birthkit* newsletter. She became a midwife in 1977 after the wonderful homebirth of her own daughter. Her mission is to make loving midwifery care the norm for birthing women and their babies in this country and around the world.

Naolí 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. Naolí 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.