

The Third Annual Women Helping Women Educational Retreat



The Mountain Institute Spruce Knob, WV
www.mountain.org
 September 17th - 19th, 2010

Schedule

Pre-Retreat: Friday

7:15- 8:00 am	Breakfast
8:00 - 10:00am	General Session: Preceptor – Apprentice Relationships --- Ida Darragh
(pA) 10:00 -12:00pm 12:30-6:00 pm OR (pB) 10:00 - 6:00pm	Coyote Teaching: Midwife as Educator --- Ruth Ann Colby Martin & Sarita Bennett Neonatal Resuscitation**** --- Merrily Taylor
6:00-7:00 pm 7:00 -8:00 pm	Dinner Panel Discussion: Balancing the Art & Science of Midwifery --- Facilitated by Dana Rudloff
8:30 pm	Midwifery Games and Entertainment

Retreat: Saturday

6:30-7:45	Yoga
8:00- 9:00 am	General Session: Midwifery Ethics --- Ida Darragh
(A1) 9:15-10:45 am OR (A2) 9:15-10:45 am	Insufficient Milk Syndrome – Real or Perceived? --- Gina Hinkle Sexual Dysfunction and Birth --- Teresa Stire
(B1) 11:00-12:30 pm OR (B2) 11:00 - 12:30pm	Post Partum Hemorrhage --- Dr. Mike Stitely Charting for Midwives --- Ida Darragh
12:30- 1:30 pm	Lunch
1:45-2:45 pm	General Session: VBAC --- Teresa Stire
(C1) 3:00- 4:30pm OR (C2) 3:00 – 4:30pm	Post Partum Hemorrhage --- Dr. Mike Stitely Demystifying NARM's CPM Process --- Ida Darragh
(D1) 4:45- 6:15pm OR (D2) 4:45- 6:15pm	Group B Strep: Can't Eliminate it -Methods to Reduce it - - Dana Rudloff Yoga for Midwives and Pregnant Mamas --- Adrienne Kettering
6:15 -7:00 pm	Dinner and Raffle
7:00 -8:30 pm	General Session: Primitive Birth: Survival of the Species --- Sarita Bennett
8:30pm	Belly Dancing, Campfire & Birth Stories

Post Retreat: Sunday

6:30-7:45	Yoga
7:15-8:00 am	Breakfast
8:00- 9:15 am	General Session: Balancing Life: Understanding Stress and the Primitive Brain --- Sarita Bennett
9:30-11:30 pm	Peer Review: Mock Review Panel & Break-Out Session --- Ruth Walsh
11:30-12:30 pm	Lunch
12:30-2:00 pm OR	Redefining Sexuality for Birth --- Ruth Ann Colby Martin
12:30-2:00pm	Demystifying Statistics --- Ruth Walsh
2:15	Closing Circle

We cordially invite you to enter our "Red Tent". Pampering will be available in the form of:

- *Hair – styling/cutting
- *Massage Therapy
- *Henna Tattooing
- *Nails – Manicure/Pedicure
- *Paraffin Waxing
- *General Relaxation

The Third Annual Women Helping Women Educational Retreat is designed to unite and educate women throughout WV and the surrounding areas who are interested in the childbearing year. Join us for a weekend of education and rejuvenation.

Sponsors: Midwives Alliance of West Virginia; Sacred Mountain Midwifery School; West Virginia Birth Policy Coalition; and West Virginia Friends of Midwives

www.friendsofmidwives.com
www.smmidwifery.com

Cost:

\$25 Thursday Night
 \$100 Friday
 \$215 Friday Night through Sunday

Registration Hours:

Thursday – 6:00-9:00pm
 Friday – During Meals + 4:00-7:00pm
 Saturday –Breakfast & Lunch

PLEASE NOTE:

*Cost includes: Meals, Workshops, T-Shirt, and Lodging (dormitory bunks are first come first served; tents and sleeping bags are available for campers).
 *Nursing babes in arms are welcome. Other children must be accompanied by a care provider; *additional room & board fees will apply.*
 *Raffle donations welcome! All raffle proceeds are donated to scholarships for midwifery students.
 ****Registrants for the Neonatal Resuscitation Class *must* read the book, take and pass the written exam *prior* to class. Details will be emailed upon registration.
You MUST register for this class in advance enough to prepare and test.

(Please cut and return lower portion with your payment.)

Mail to: Ruth Ann Colby Martin, HC 75 Box 20, Circleville, WV 26804
 Please make checks payable to: [Ruth Ann Colby Martin](#)

Please register As Soon As Possible – Space is Limited

Name: _____
 Address: _____
 Phone: _____

Email (for confirmations): _____

* Your contact information will be shared *among attendees only* for networking purposes. If you do NOT grant permission for your information to be shared with attendees, please initial here: _____

* Photos are taken during the weekend. If you do NOT grant permission for your photo to be shared, please indicate by initialing here: _____

> Registration – Select your Workshops <

Thursday Night (\$25): \$ _____

Friday Pre-Retreat (\$100 *All Day Workshop): \$ _____
 pA _____ OR pB _____

Saturday and Sunday (\$215 *Fri Night Included): \$ _____
 A 1 2 OR B 1 2
 C 1 2 OR D 1 2

Additional family members? \$ _____
 \$25/Day for Food; \$15/Day Camping _____

Total Enclosed \$ _____

T-Shirt Size Circle One: S M L XL 2XL
 Red Tent Pampering (list the services you are interested in)

Questions: Please contact Ruth Ann at 304-567-3149 or ruthann@smmidwifery.com

SPEAKER BIOGRAPHIES

Ida Darragh, CPM

Ida is a member of the NARM Board, currently acting as chairman and director of testing. She has been a practicing midwife in Little Rock, Arkansas, since 1980. She travels to many states teaching workshops related to midwifery practice and the politics of midwifery, and represents NARM when speaking to state and national legislators and policy makers. On the local level, she has served on the Midwifery Advisory Board of the Arkansas Dept of Health and in various roles in the Arkansas Association of Midwives.

Dr. Sarita Bennett, DO, Midwife

Sarita has been studying midwifery and birth since her first pregnancy 30 years ago and has experienced birth (both as the mother and as the attendant) in a variety of settings. She is currently a practicing Family Physician and Midwife. She co-founded Sacred Mountain Midwifery School and currently teaches there.

Ruth Walsh, CPM

Ruth has served as past Regional Representative of MANA, past Chair of NARM and past President of the Midwives Alliance of WV. She helped develop the CPM credential, is a Qualified Evaluator, and has served women as a midwife for several decades.

Teresa Stire, MA, ICAN Chapter Leader

Teresa is a PhD student in counseling psychology with a focus on the psychological impact of birth on women and psychological healing following traumatic birth. She serves as Regional Coordinator with ICAN (International Cesarean Awareness Network). She is a doula and a psychotherapist at the Carruth Center in Morgantown, WV. She has four children and is a proud VBA3C homebirth mom.

Gina Hinkle, MS, IBCLC, CLS

Gina has more than 27 years of clinical experience with breastfeeding management. She has been a La Leche League Leader and breastfeeding counselor for the WIC (Women, Infants and Children) Program as well as a childbirth educator. Gina has earned praise for her warmth, enthusiasm and passion for teaching a variety of breastfeeding topics.

Merrily Taylor, RN

Merrilee received her RN in 1977, her Neonatal Resuscitation (NRP) Certification in 1983 and NACOG Certification in OB Specialties. She has served as staff nurse, delivery room resuscitation nurse, and NICU transport nurse. She has worked in L&D, Home Health and has been teaching NRP for 15 years.

Dr. Michael Stitely, MD, FACOG

Dr. Stitely is a board certified OBGYN and Associate Professor in the Department of Obstetrics and Gynecology at West Virginia University. He completed medical school at The University of Pittsburgh and residency training at the Naval Medical Center in Portsmouth, VA. Dr Stitely has published original research and review articles concerning labor induction, medical therapy for first trimester pregnancy failure, and postpartum hemorrhage. His clinical interests include operative vaginal delivery, postpartum hemorrhage, laparoscopic surgery and pregnancy loss.

Ruth Ann Colby Martin, CPM, LM, EMT, CD(DONA)

Ruth Ann earned her CPM via the PEP process, studying with two family practice doctors (MD & DO), a CNM, and two DEM's, receiving a well-rounded education on birth in many settings. She is co-founder of Sacred Mountain Midwifery School and currently teaches there as well as attends homebirths with her business Ecstatic Birth.

Dana Rudloff CPM, LM

Dana has been involved with birthing women since 1978--Bradley and Informed Homebirth Instructor, LLL and Traditional Midwife. She has been a CPM since 1997. For the past 25 years she has served homebirth families and the Plain communities of NW Pennsylvania.

Adrian Kettering, CYT, MA

After graduating Duke University with a BA, Adrian's experience with yoga evolved into a study of the mind, body and spiritual connection to fitness and well-being. She has studied various styles of yoga in Portland, NYC and Boulder, CO. Vinyasa Flow Yoga became her passion, and in 2003 Adrian began her teachers training and certification process. Adrian has two Vinyasa Yoga Teachers Training Certifications, and one Children's Yoga Teachers Training Certification. She has studied with Stephanie Keach, Seane Corn, Dean Lerner, Marlene Mawhinney, and Deb Neubauer.

CLASS DESCRIPTIONS

Neonatal Resuscitation Certification

This is a certification class that includes hands-on skills. We will learn the essentials of NRP in a relaxed and stress-free manner, in a class designed to be useful in homebirth. To complete this course, the book must be read and studied prior to class, and the exam taken via computer. You must register in advance to receive instructions then prepare and test before class.

Beginning Midwifery Skills

We will cover such basics as: How to perform a physical exam, conduct a prenatal, practice informed consent, take vitals, keep records, pack your birth bag, assess labor progress, newborn exam, postpartum care and more. Class designed to fulfill participant's needs.

Preceptor-Apprentice Relationships

This session is designed to meet the needs of both preceptors and apprentices to help avoid common problems in the preceptor-apprentice relationship. Discussion includes the role and responsibility of the preceptor and apprentice, advantages and disadvantages to the apprenticeship model of education, avoiding common misunderstandings between preceptors and apprentices, and documenting the apprenticeship for the NARM application process.

Coyote Teaching: Midwife as Educator

Based on an understanding of how native people teach their children, which involves learning as part of daily life, utilizing the teachable moment, incorporating the Socratic method and learning through doing rather than memorization and regurgitation. Experiential education empowers one to learn on many levels and with personal investment in the lesson, it is not so easily forgotten. Midwives are educators on many levels, from our clients to our apprentices, and knowledge of how to effectively pass information strengthens our work on all levels.

Balancing the Art & Science of Midwifery

This panel of midwives will discuss how they balance their midwifery practice between the art and science, traditional and modern techniques, medical and natural. . . there is plenty to be discussed and shared!

Midwifery Ethics

This workshop explores the ethical issues that face midwives in today's world, as well as strategies for resolving these issues. Participants will discuss the ethical issues relating to accountability, autonomy, confidentiality, informed consent, and the use of technology. Specific examples of ethical dilemmas will be discussed by the participants.

Insufficient Milk Syndrome--Real or Perceived?

A new mother's milk may have come in well in the beginning only to apparently die off, or it may simply never have come in well at all. The process of determining if there is a problem and where the problem(s) may lie is necessary in order to form the best strategy for the mother and baby. This session will follow the process of elimination, including investigating hormonal causes and enlisting the help of a health care provider when indicated.

Charting for Midwives

Midwives often view documentation as a necessary chore, but one that is not as important as providing hands on care. Yet documentation is one of the most critical skills that a midwife will perform. Although we tend to approach documentation casually, our entire career could depend upon the accuracy and completeness of our charting. How much should be charted and why? We need to keep in mind the possible legal and ethical issues surrounding how we document our care. Documentation is also a key component of verifying apprenticeship training. All preceptors and apprentices should be familiar with NARM requirements for charting and documentation of apprenticeship.

Sexual Dysfunction & Birth

As sexual beings, we develop sexual issues and sometimes, sexual dysfunction. These issues, whether we acknowledge them or not, affect the birth process. Working with clients in therapy I have recognized various sexual dysfunctions such as anorgasmic, lack of knowledge, how to talk about it, etc. Many clients wish their providers were more comfortable discussing this topic and would educate themselves on how to process and deal with these issues. We will in this session. Content R rated.

Post Partum Hemorrhage

We will discuss the emergency management of post-partum hemorrhage in the non-hospital setting. The didactic session will introduce the learner to emergency management techniques that will then be practiced during the hands-on simulation session that follows.

General Session: What's the big deal about VBACs?

Midwives ask: "What makes a VBAC different than any other birth? Don't VBAC moms want to be treated like every other client? Do I really need special tools and tricks of the trade working with a VBAC mom? How do I help her maximize her chances of achieving a vaginal birth?" We'll explore these and other relevant VBAC - related issues as well as examining the most recent research on this "hot topic."

Yoga for Midwives & Pregnant Mamas

Prenatal yoga can be quite different from regular yoga, so for this session we will examine bullet points and discuss prenatal yoga, then transition into a regular yoga class, discussing beneficial poses for midwives.

Demystifying NARM's CPM Process

This workshop explains the development of the NARM process and the requirements for CPM certification. The session is designed for apprentices who intend to apply for CPM certification and for the preceptors who will train them to meet these requirements. It is also a very valuable workshop for anyone who is interested in seeking legislation to license midwives using the CPM process as a basis for licensure. Participants will become familiar with all routes of entry into the CPM process, how the criteria for certification were determined, and how each element of the process contributes to the reliability and validity of the credential.

"GBS---Can't Eliminate It---Methods to Reduce It!"

This workshop will examine Group B Streptococcal from its background to different changes in practices for mom and baby. Guidelines for the prevention of perinatal GBS from the CDC to holistic approaches will be explored.

Primitive Birth - Survival of the Species

This session will explore the hormonal physiology of birth as well as the hard wiring of the female brain and the importance of understanding its implications for the future of the human species. Sit back and enjoy this spirited explanation of how our mommy brain works.

Balancing Life: Understanding Stress and the Primitive Brain

This session will discuss how stress affects our brains and how to balance our primitive brain responses in today's high-tech world. No matter what type of work you do, this topic impacts how you live both in terms of how well and how long.

Peer Review – Mock Review for Learning Purposes

This workshop will explore the process of peer review, a tool used to assess a midwife's practice and to offer input and guidance on problem cases or circumstances a midwife may encounter. Participants will receive a copy of MAWV's peer review process as well as an outline of a mock review. Participants will examine the following aspects of peer review - examination of assessment and decision-making, consideration of alternative choices to common pregnancy problems, importance of consensus decision-making, and the positive versus the punitive outcomes of the peer review process.

Redefining Sexuality for Birth

Inspired by Mexican midwife Naoli Vinaver and based in part on the information she imparted, we will take a look at how we need to redefine sexuality for ourselves as midwives and to help our clients do the same for their birthing. This session will include some powerful stories and personal experience, shared ideas, labor tea and rebozo techniques for warming up and moving energy for birth.

Demystifying Statistics

We want to provide evidence-based care as midwives. Learning to read and evaluate scientific articles and studies is thus a key skill to develop. We will begin building an understanding of how to read and understand scientific articles. We will practice evaluating articles for content, credibility and scientific method.

NOTE: Please understand that due to the unpredictability of midwives and midwifery, all of the workshops and events are subject to change without notice.