



# Birthingways

Winter 2010  
Volume 14, Issue 3

The Newsletter of Birthingway College of Midwifery

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## Admissions

Here we go on the wild ride of the midwifery program admissions season! Our application deadline has just passed and we received 34 applications from which we will select the 2010 matriculating class of 16 students.

We have an amazing, enthusiastic group of current Birthingway students and staff members ready to put in their time in this effort. Big thanks goes out to them for being willing to be a part of this difficult and exciting process!

Applicant interviews will begin in late October and will culminate with the Meet and Greet from 11:00am - 2:30pm on November 20 at the Pleasant Valley Grange. This is a Birthingway community-wide event with all students and staff attending. Faculty and graduates are also welcome to come. There will be a delicious harvest potluck and an opportunity to meet new friends, greet those you already know, and have some input into the members of next year's class.



## Donation Thank You's

We would like to thank our Librarian, **Kathryn Constant**, instructor **Cari Nyland**, and President, **Holly Scholles** for their generous donations of books for our library.

Another thanks goes out to **Holly Scholles** for supplying various snacks and food for both the staff and students.

Thanks also to 2<sup>nd</sup> year student, **Melissa Maureen** for donating a large collection of herbs from her shop to Birthingway.

Finally, we would like to thank the **generous area midwives** and community members who have continued to provide our students with expired and/or unneeded supplies for hands on practice in the students skills classes.

These donations help us continue to provide our students with quality education while keeping tuition as low as possible! Thank you.



## Calendar

|                                        |                  |
|----------------------------------------|------------------|
| Meet & Greet                           | 11/20            |
| Winter Community Registration Day      | 11/20            |
| Thanksgiving (School closed)           | 11/26            |
| Winter Community Registration Deadline | 12/4             |
| Fall Term Ends                         | 12/18            |
| Winter Break                           | 12/19 - 1/3/2010 |
| Winter Term Starts                     | 1/4              |



## Specialized Program News



Birthingway's Breastfeeding Clinic

### Lactation Consultant Program News

Have you ever considered working with families to support them during their breastfeeding relationship?

Birthingway has a number of different educational options to help you on your way. We have recently earned approval by the Accreditation and Approval Review Committee on Education in Human Lactation and Breastfeeding (AARC) for our Lactation Specific Educational Program. This 45 hour program meets the International Board of Lactation Consultant Examiners (IBLCE) educational requirements for Pathways 1 and 3 for IBCLC exam eligibility. Give us a call or email with questions: 503-760-3131 or [nichole@birthingway.edu](mailto:nichole@birthingway.edu).

### Clinic News

Our AARC Approved Lactation Program is up and running and many students have completed the academic portion and will be joining our Practicum to work in our free Breastfeeding Clinic.

Birthingway has opened our Breastfeeding Help Line, 503-762-1632. Anyone in need of breastfeeding support can call and receive referrals and basic counseling from Birthingway Lactation Consultant program participants.

Our free Breastfeeding Clinic will be open for in-person consultations this fall. Clinic Services are closely supervised by IBCLCs with student assistance. For information, please email us at [breastfeeding@birthingway.edu](mailto:breastfeeding@birthingway.edu).

### Please Donate!

Our free Breastfeeding Clinic is going to be a fabulous resource to help families in Portland provide the perfect beginning for babies' nutritional, emotional and health needs. Birthingway is a 501(c)3 non-profit organization and any donations to our free Clinic are needed, welcomed, and fully tax deductible.

Your \$25 donation will provide the resources for one woman to receive a full hour lactation consultation with an IBCLC and Lactation Program Student. We would also welcome in-kind donations.

**Currently we need** a breastfeeding pillow, such as a "Boppy" or "My Breast Friend." We are also in need of breastfeeding supplies or gift certificates to baby supply stores. We also hope to provide a baby clothes exchange and would be happy to receive any gently loved baby clothes to begin our program.



## Specialized Program News (cont.)

### Childbirth Educator Program

We have recently completed another fun and information-packed Childbirth Educator Training.

The students in the course will soon be entering our Practicum, ready to teach low or no-cost mentored classes, so keep checking out our Student Childbirth Educator page on our website for these resources.

Also, don't forget to refer to our certified educators and doulas!

### Postpartum Doula

Our most recent postpartum doula training has inspired the following doulas to join our practicum:

**Crystalyn Tadano**  
**Kathryn Weeks**

Crystalyn has flown through our practicum, serving the families in need of postpartum care with excellence.

Congratulations on your certification, Crystalyn!

### Labor Doula

Birthingway College of Midwifery is thrilled to welcome the following students to our practicum:

**Sarah Stivers**  
**Georgia Lewis**  
**Dana Comperchio**

We would also like to acknowledge the hard work and dedication the following doulas have exhibited to get certified as a labor doula:

**Carrie Cohen**  
**Nicole Benotoff**  
**Sarah Christiansen**  
**Desiree Lang**



### Join Birthingway's Official Site on Facebook!

Hello Birthingway Community! We wanted to extend an invitation to all of you to join Birthingway on Facebook! This is the “official” site (there is another site for students and alum).

Just go onto Facebook and type “Birthingway College of Midwifery” and become a fan, invite someone you know to become a fan, or submit your loving sentiments.

Please contact Stacey if you have any questions or if you are having trouble getting on the site.

### Birthingway announces the Labor Doula Scholarship Program!

The Labor Doula Scholarship was created to serve the needs of mothers in the greater Portland area who do not speak English as their first language and to increase career opportunities for first language speakers of diverse cultural groups. Our program offers scholarships to a limited number of bilingual persons (fluency in another language plus English) who show both enthusiasm for doula work and the ability to bring this work back to their traditional communities. Birthingway College is committed to improving birth outcomes and choices for all birthing women. The Labor Doula Scholarship Program reflects this commitment to serve diverse groups of women.

If you are interested, or know someone you think should apply, contact Birthingway at 503-760-3131 for more information.

## Untitled

This exaggerated hip swing,

The rocking of my own cradle;  
Relaxin relaxes my joints into soft sensual submission,

Allowing me to open, open, open.

How did I get here?  
Oxytocic orgasm,  
Estrogen and Progesterone, mounting, mounting, mounting,  
Leaving me cry, cry, crying, over spilt milk.

How did I know I was here?

HCG whispered it in my ear

Two blue lines, in parallel  
The tell tale sign, that every woman anticipates and fears.

Oxytocin awakes me at 2am,  
I feel the pulling  
The downward force  
My body is moving...without my permission.

Still, it says yes, and asks for more.  
More oxytocin...more...More pain, more force.

The hours go by...I pace and dance With my relaxin hip swing.

I feel the baby drop down

Down

Down

Prostaglandins are massaging my cervix,  
Softer, thinner,  
Creating gentle passage for my child.  
Down and through he slides...

Just when I think I can take no more,  
When I can do no more to birth my child...  
Endorphin release...Things get less sharp...The sights, the sounds, the pain.  
Suddenly it is just me And him...Working together, a team.

Finally the time is coming  
Rushes of oxytocin are overwhelming,  
I feel a rush of urgency and fear  
Catecholamines.

Noradrenaline is telling me to get this baby out...

So I push...My heart pounds and I push...

And I push...

And the child bursts forth, and lies before me...Shakes his head and begins to scream.

I feel something come over me,  
Something I never knew I could feel  
Overwhelming love, intoxicating...

I hold my baby boy on my chest,  
He slowly bobs towards my breast.  
I watch him with tears in my eyes.  
Prolactin and oxytocin bring me so close to my child.

These hormones have made me a mother today.







### Life's Gifts

Time in each moment  
Here  
Now  
To see what is in front of you

Focus without straining  
Energy without work  
Sight without seeing  
This is the essence of life

-Melissa Maureen (2<sup>nd</sup> Year Student)

## New Faculty Bios

### Rachel Martinez, BA, IBCLC

Rachel is teaching Breastfeeding I and II. She is a Board Certified Lactation Consultant who began working with breastfeeding families in 2004. She teaches prenatal breastfeeding classes and works with families in the hospital inpatient and outpatient settings.

In addition, she has had experience providing home visit consultations and facilitating a breastfeeding support group. Her most rewarding experience continues to be volunteering with the Nursing Mothers Counsel of Oregon as both a peer counselor and the New Member Training Coordinator.

Rachel is an active member of the Oregon Washington Lactation Association (OWLA) and the International Lactation Consultant Association (ILCA).

### Jennifer Warnock, CPM, BSM

Jennifer is co-teaching our new elective, Pelvic Floor Health. Jen graduated in 2008 after earning her Betty of Science in Midwifery degree. She works at a homebirth practice, Nest Midwifery, with two other Birthingway graduates, Kimberly Kincade, LDM, and Laurie Perron-Mednick, CPM. She also teaches conscious movement ([www.EcstaticDancers.com](http://www.EcstaticDancers.com)).

Jen got fired up about the female pelvic floor while writing her research paper, *Correct Assessment of Pelvic Floor Tone: A Necessary Component of Individualized Care*. She is thrilled to pursue her learning of this topic by teaching a course on it. Jen has two fabulous teenaged daughters, a steller partner, one loving cat, one annoying cat, and a sweet little organic garden.



### Pamela Echeverio, CPM, LDM

Mother and grandmother, Pamela, is teaching Pharmacology, Postpartum and Suturing, as well as Pelvic Floor Health with Jennifer Warnock. Pamela has been involved with homebirth since 1977 when her first child was born at home. She was a doula until 2000 when she started at Birthingway, graduating in 2004. She co-founded Alma Midwifery and left this year to start a private practice.

**We are very excited to have these 3 lovely teachers as part of our faculty!**

# Childbirth Educator Training

**Birthingway's distinctive biodynamic approach to childbirth**

This course constitutes one step towards Birthingway's Childbirth Educator Certification

Taught by Nichole Reding, MA, CD

Ten Sessions - Sunday Evenings

Date: Sunday evenings - January 10 through March 14, 2010

Time: 1/10, 1/17, 1/24, 2/28, 3/7, 3/14: 5:00pm - 9:00pm

1/31, 2/7, 2/14, 2/21: 5:00pm - 8:00pm

Birthingway College of Midwifery - Carlton House

12108 SE Carlton St., Portland, OR 97266 ~ P) 503.760.3131 ~ F) 503.760.3332

info@birthingway.edu ~ www.birthingway.org

Cost: Workshop - \$595, Readings Binder (Required) - \$50\*

Or take it as a 2-credit course for \$980 (you will be expected to do more work)

~ Full payment and completed form (below) is needed to register ~ Sorry, No Walk-ins.

There is a \$75 non-refundable late registration fee after December 4, 2009.

\*The Readings Binder will be available for pick up after the registration deadline at Birthingway College of Midwifery, Mon-Fri 8:30am-4:30pm. Binder articles must be read before the first class session. Please Note: If you register late, you may not have enough time to read everything before the workshop starts. Please allow enough time to complete all the readings.

REFUND POLICY: Written notice of refund request must be received no later than seven days prior to first day of class to receive a 95% refund; then 80% of the course or audit fee will be refunded up to the first class day. Readings Binder fee will not be refunded if you drop after the registration deadline. No refund or credit voucher will be given on or after the first class day. Sorry, no exceptions. Late registration fee is nonrefundable. Minimum class is 5 students. If the minimum class enrollment is not achieved by the registration deadline, the class will be canceled and all fees will be refunded.

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**Please register me for the Childbirth Educator Training – Deadline is December 4, 2009**

- I am paying the \$595 workshop fee.....\$ \_\_\_\_\_
- I would like to take the 2-credit course for \$980.....\$ \_\_\_\_\_
- Readings Binder (required) add \$50. Add \$6.00 postage/handling if you want it sent to you.....\$ \_\_\_\_\_
- Oops, it's after December 4, 2009. I have included the \$75 late registration fee.....\$ \_\_\_\_\_
- I am enclosing a check or money order with my registration form. Total \$ \_\_\_\_\_
- I am paying with a credit card through PayPal (see below) and mailing or faxing my registration form.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_ E-MAIL or additional contact number \_\_\_\_\_

Please make check/money order payable and mail to: Birthingway College of Midwifery, 12113 SE Foster Road, Portland, OR 97266. Fax: 503.760.3332. Credit card payments are accepted through PayPal - please go to <http://birthingway.org/payment.html> for details. You don't need a PayPal account to pay with your credit card. The name on the credit card/PayPal account must match the person taking this workshop. Sorry, no exceptions.

**Community News**



**Weddings**

**Bronwen Halsey-Murch** (extension student) and her sweetheart, **Mickey Murch** were married on their farm in Bolinas with several Birthingway ladies in attendance. If anyone is ever in the area, they'd love for you to stop by and see them.

**Dionne Frey** (extension student) was married to her long-time fiancé, **Amergin O’Kai** in a small ceremony at Eagle Fern Park near Estacada on September 9, 2009. Dionne will also be featured in December as a “Monthly Friend” in the newsletter of GladRags, a local company that makes reusable menstrual pads. Visit <http://newsletters.gladrags.com/> to see it.

We are extremely excited to announce that **Julia Reid**, our Administrative Programs Coordinator, and her partner, **Kirk Jansen**, got engaged over the summer break. They plan on having their wedding next summer.

**Recent Student-Preceptor Relationships**

**Stephanie Elliott** (1<sup>st</sup> year student) has started working with **Kate Howe, Kori Pienovi**, and Birthingway graduate, **Stephanie Sherman**, at Alma Midwifery

homebirth, 10/10 APGARS - both of which he seemed to enjoy immensely.”

**Janine Dale** (2<sup>nd</sup> year student) and her husband and son are filled with joy to be growing a new baby. He will be ready for the outside world sometime in May.

**Pregnancies and Births**

**Jesica Dolin** (Birthingway graduate) gave birth to her son **Xolani** at home on September 17, 2009, with mama as midwife, assisted by 8 others, including midwives and Birthingway alumni Pamela Echevario, Monica Wood, and Lucina Armstrong, and Jennifer Gallardo and Katherine Greer of Andaluz, and Birthingway student Jennifer Sanders, as well as a manager from OHSU, and a 10 year employee of L & D at St. Vincent.

**Carli Head** (local midwife and Birthingway graduate) and her husband, **Scott** welcomed their daughter, **Mosaia Rose** into their hands on October 21. She weighed 9 lbs. Big brother, **Solomon** slept peacefully through the night while Carli labored. He awoke shortly before Mosaia emerged into the water at 6:51am. The first year students have had the good fortune to have Carli guest lecture about rebozo use in labor and have also gotten to know her little belly being as she has been a “belly model” in their skills class. We are excited that all is well with the happy family.

Jesica says, “Labor was shorter than imagined (10 hrs), more painful than imagined (attendants had some hearing loss), but no major complications. Xolani attended his first State Senate Health Care Committee Meeting at 13 days old, and attended his first birth at 3.5 weeks old - a planned primip breech

**Congratulations to all of you!**

Congratulations to **Brandee Grider, Angela Truby, Lorell Miller** and **Allison Casler** who passed NARM in August and are in the process of graduating from Birthingway!

**Belly Models**  
We need women who are at least 20 weeks pregnant to be belly models for us throughout the fall term. The class, which is from 2:30pm – 4:30pm on Tuesday afternoons, provides an opportunity for first year students to get practice doing noninvasive prenatal skills. We pay \$20 per session and offer you a gentle foot rub. Please call Rhonda at Birthingway if you would like more information.

# The Labor Doula

## Assisting Women with Birth

Readings, lecture, and practical skills for providing emotional and physical support for women in labor and immediate postpartum. This course constitutes one step towards Birthingway's Labor Doula Certification, and also meets our prerequisite for admission to our midwifery program.

INSTRUCTOR: Adrienne Fuson, LMT, CD

**4 Sessions (two weekends) ~ 2/20/10 & 2/21/10, 3/6/10 & 3/7/10**

**Time: 9:00am - 5:00pm**

This workshop is held at Birthingway College of Midwifery, 12113 SE Foster Road, Portland, OR 97266  
P) 503.760.3131 ~ F) 503.760.3332 ~ info@birthingway.edu ~ www.birthingway.edu

**Cost: Workshop - \$485, Readings Binder (Required) - \$55\***

Full payment and completed form (below) is needed to register ~ Workshop minimum is 5, maximum is 16  
There is a \$75 non-refundable late registration fee after 1/23/10 ~ Sorry, No Walk-in's.

\*The Readings Binder will be available for pick up after the registration deadline at Birthingway College of Midwifery (Mon-Fri 8:30am-4:30pm). Binder articles must be read before the first class session. Please Note: If you register late, you may not have enough time to read everything before the workshop starts. Please allow enough time to complete all the readings.

**The following books must be read prior to attending the workshop (but are not required to be owned):**

- Kitzinger S. The Complete Book of Pregnancy and Childbirth. 4th ed. Alfred A. Knopf, Inc; 2003.

**The following books will be read during the workshop (but are not required to be owned):**

- England P and Horowitz R. Birthing from Within. Albuquerque: Partera Press; 1998.
- Gaskin IM. Ina May's Guide to Childbirth. Bantam Dell Publishing Group; 2003.
- Renfrew M, Fisher C, Arms S. Bestfeeding - How to Breastfeed Your Baby. Celestial Arts; 2004.

REFUND POLICY: Written notice of refund request must be received no later than seven days prior to first day of class to receive a 95% refund, then 80% of the course or audit fee will be refunded up to the first class day. Readings Binder fee will not be refunded if you drop after the registration deadline. No refund will be made on or after the first class day. Late registration fee is nonrefundable. Minimum class is 5 students. If the minimum class enrollment is not achieved, the class will be canceled and all fees will be refunded.

> > > Please detach lower portion and include with payment < < <

**Please register me for The Labor Doula workshop – Deadline is January 23, 2010.**

- I am paying the \$485 workshop fee.....\$ \_\_\_\_\_
- Readings Binder (required) add \$40. Add \$6.00 postage/handling if you want it sent to you.....\$ \_\_\_\_\_
- Oops, it's after January 23, 2010. I have included the \$75 late registration fee.....\$ \_\_\_\_\_
- I am enclosing a check or money order with my registration form. Total \$ \_\_\_\_\_
- I am paying with a credit card through PayPal (see below) and mailing or faxing my registration form.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY STATE ZIP PHONE E-MAIL or additional contact number

Please make check/money order payable and mail to: Birthingway College of Midwifery, 12113 SE Foster Road, Portland, OR 97266. Fax: 503.760.3332. Credit card payments are accepted through PayPal - please go to <http://birthingway.org/payment.html> for details. You don't need a PayPal account to pay with your credit card. The name on the credit card/PayPal account must match the person taking this workshop. Sorry, no exceptions.



## Library News



### Birthingway Library is online!

During the summer, the library's electronic catalog was added to our website. You can now access the library catalog from wherever you are or from the library catalog computer in the library. You can even place a hold!

Visit

<http://birthingway.org/library.html> and use Birthingways favorite password to login. You know, that 5 letter word for women who provide labor support that starts with a d.

**The library has a new All Region DVD player!** Come to the library to watch birth-related DVDs from sources worldwide. See the French release DVD, *Premier Cri*, and watch birthing with dolphins! This release is not available in the US region format, but you can watch it at Birthingway's Library!

And if that's not enough exciting Library news...a completely new AMA Guide 10<sup>th</sup> ed.- is available complete with a HUGE electronic resources section. Available on the Remote Research Wiki, <http://birthingway.wetpaint.com/>

### New Books:

Raffelock, Roundtree, and Hopkins. *Natural Guide to Pregnancy and Postpartum Health*. 2002.

Fassa, Lynda. *Green Babies, Sage Moms: the Ultimate Guide to Raising Your Organic Baby*. 2008.

Dolan, Zissu. *Complete Organic Pregnancy*. 2006

Greene, Alan. *Raising Baby Green: The Earth-friendly Guide to Pregnancy, Childbirth and Baby Care*. 2007.

Symonds, Patricia. *Calling In The Soul: Gender and the Cycle of Life in a Hmong Village*. 2005.

Hallett, Elisabeth. *Stories of the Unborn Soul: The Mystery and Delight of Pre-birth Communication*. 2002.

Callais-Germain, Blandine. *Female Pelvis Anatomy & Exercises*. 2003.

Pryor & Huggins. *Nursing Mother, Working Mother*. 2007.

Baily & Murray. *Ethics and Newborn Genetic Screening: New Technologies, New Challenges*. 2009.

### New DVD just released and already on Birthingway's shelf:

*Tongue-Tie: Impact on Breastfeeding Complete Management Including Frenotomy*.

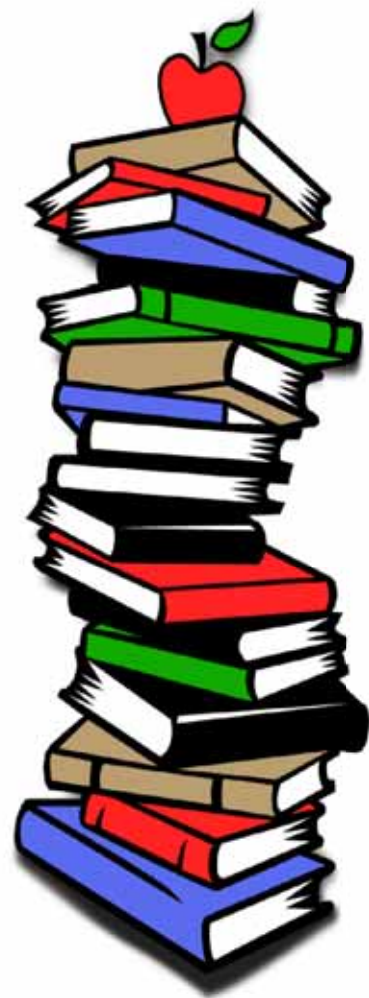
### Regular Library Hours:

**Mon 12pm - 6pm**

**Tue – Thurs 10am - 6pm**

Please call ahead and/or check the home page calendar of the website for holiday or other scheduled closures.

If you are a student or faculty member that doesn't have a picture ID with a new barcode, please stop by and we'll make one for you. You'll need it to check items out!



### Community Library Cards

Everyone is welcome to come browse the library, read a book, or watch a video. Community members who'd like to borrow materials may purchase a community library card:

\$15 for three months

\$25 for six months

\$40 for the entire year

## Winter 2010 Community Course Offering

**Registration Start Date: NOVEMBER 20, 2009. Registration Deadline: DECEMBER 4, 2009**

*PLEASE COMPLETE THE ATTACHED REGISTRATION FORM AND RETURN WITH YOUR TUITION AND FEES NO LATER THAN **DECEMBER 4, 2009**. REGISTRATION AND/OR PAYMENT AFTER THAT DATE WILL INCUR A **\$75 LATE FEE**. CLASSES ARE LIMITED TO 16 STUDENTS (unless otherwise noted) AND ARE FIRST COME, FIRST SERVED.*

**Supplemental Courses** – Open to members of the community. Prerequisites, fees, and text requirements are noted.

- ◆ **Breastfeeding I (BF241) 1 credit hour. Course-pack \$37. Textbook required - see Text Order Form.** Five sessions. Covers prenatal education and the normal course of breastfeeding. Taught by Rachel Martinez, BA, IBCLC  
Date: Friday mornings – January 8, January 14, January 29, February 12, February 26, 2010.  
Time: 9:30am – 12:30pm
- ◆ **Breastfeeding II (BF242) 1 credit hour. Prerequisite: Breastfeeding I. Course-pack fee \$26. Textbook required - see Text Order Form.** Five sessions. Breastfeeding problems and special situations. Taught by Dixie Whetsell, MS, IBCLC  
Date: Monday afternoons – January 18, January 25, February 8, February 15, March 1, 2010.  
Time: 1:00pm to 4:00pm
- ◆ **Infancy (IN241) 1 credit hour. Textbooks required - see Text Order Form.** Five sessions. Covers newborn behavior, development, bonding and attachment, and child rearing from an ethnopediatric perspective. Taught by Heather Hack, LDM  
Date: Friday afternoons – January 15, January 29, February 12, February 26, March 12, 2010.  
Time: 1:00 – 4:00pm
- ◆ **Introduction to Other Modalities (MOD341) 1 credit hour. Course-pack \$22. Lab Fee \$5.** Five sessions. Survey of a variety of alternative healing modalities including chiropractic, flower essences, aromatherapy, body work, and hydrotherapy. Taught by Cari Nyland, ND  
Date: Wednesday evenings – January 13, January 20, January 27, February 3, February 10, 2010.  
Time: 5:30pm to 8:30pm
- ◆ **Pharmacology (PHM441) 1 credit hour. Prerequisite: Basic Skills II or a current apprentice. Lab fee \$30. Course-pack \$13. Textbook required - see Text Order Form.** Five sessions. Legend drugs and devices used in midwifery practice; injection techniques. Taught by Pamela Echeverio, CPM, LDM .  
Date: Tuesday evenings– February 9, February 16, February 23, March 2, March 9, 2010. Make up day: 3/16/10.  
Time: 5:30-8:30pm
- ◆ **Plant Medicine III (PM343) 1 credit hour. Prerequisite: Plant Medicine II. Lab fee \$25. Course-pack \$5. Textbook required – see Text Order Form.** Five sessions. Preparation of syrups and elixirs. Creating herbal formulas and prescriptions. Taught by Cari Nyland, ND  
Date: Friday afternoons – January 8, January 22, February 5, February 19, March 5, 2010.  
Time: 1:00 – 4:00pm

**Elective Courses** – Open to members of the community. Prerequisites, fees, and text requirements are noted.

- ◆ **Birth Stories in Life and Literature (BSL371) 1 credit hour. Course-pack \$5. Textbook required - see Text Order Form.** Five sessions. Read, write, and tell birth stories while learning and exploring effective storytelling techniques. **Limited to eight students.** Taught by Kathryn Constant, MLS  
Date: Thursday evenings – January 28, February 4, February 11, February 18, March 4, 2010. Make up day: 3/18/10.  
Time: 5:30pm to 8:30pm
- ◆ **Childbirth Educator Training (CBE 271) 2 credit hours. (see separate registration form in this packet for details).**
- ◆ **Massage for Midwives (MAS271) 1 credit hour. Course-pack \$7. Lab fee \$20. Textbook required - see Text Order Form.** Three sessions. Psychology of touch. Introduction to basic massage techniques with emphasis on pregnancy and postpartum. This is a weekend format. Bring a brown bag lunch. **Maximum class size of eight.** Taught by Bonnie McAnnis, LMT .  
Date: Friday, Saturday, Sunday – February 5, 6, and 7, 2010.  
Time: February 5: 6-9pm, February 6 and February 7: 9:00am – 4:00pm

**Winter 2010 Community Course Offering**

Registration Start Date: NOVEMBER 20, 2009. Registration Deadline: DECEMBER 4, 2009.

| <b>SUPPLEMENTAL COURSES: Tuition = \$490 per credit. Audit Fee = \$300 per credit**</b>                 |                                                                                                                      |                                          |         |
|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|------------------------------------------|---------|
| <b>Breastfeeding I (BF241)</b> 1 credit X \$490 per credit + \$37 Course -pack =                        | \$527 for credit                                                                                                     | <input type="checkbox"/> I wish to audit | \$      |
| <b>Breastfeeding II (BF242)</b> 1 credit X \$490 per credit + \$26 Course-pack =                        | \$516 for credit                                                                                                     | <input type="checkbox"/> I wish to audit | \$      |
| <b>Infancy (IN241)</b> 1 credit X \$490 per credit =                                                    | \$490 for credit                                                                                                     | <input type="checkbox"/> I wish to audit | \$      |
| <b>Intro. to Other Modalities (MOD341)</b> 1 credit X \$490 per credit +\$22 Course-pack + \$5 Lab Fee= | \$517 for credit                                                                                                     | <input type="checkbox"/> I wish to audit | \$      |
| <b>Pharmacology (PHM441)</b> 1 credit X \$490 per credit + \$13 Course-pack + \$30 Lab Fee =            | \$533 for credit                                                                                                     | <input type="checkbox"/> I wish to audit | \$      |
| <b>Plant Medicine III (PM343)</b> 1 credit X \$490 + \$5 Course-pack + \$25 Lab Fee =                   | \$520 for credit                                                                                                     | <input type="checkbox"/> I wish to audit | \$      |
| <b>ELECTIVES: Tuition = \$490 per credit. Audit Fee = \$300 per credit**</b>                            |                                                                                                                      |                                          |         |
| <b>Childbirth Educator Training (CBE271)</b> 2 credits x \$490 per credit =                             | Please use separate registration form in newsletter                                                                  |                                          |         |
| <b>Birth Stories in Life and Literature (BSL371)</b> 1 credit x \$490 per credit + \$5 Course-pack =    | \$495 for credit                                                                                                     | <input type="checkbox"/> I wish to audit | \$      |
| <b>Massage for Midwives (MAS271)</b> 1credit X \$490 per credit + \$7 Course-pack + \$20 Lab Fee =      | \$517 for credit                                                                                                     | <input type="checkbox"/> I wish to audit | \$      |
| <b>TEXTBOOKS:</b>                                                                                       |                                                                                                                      |                                          |         |
| <b>Birth Stories in Life and Literature (BLS371)</b>                                                    | <i>The Power of Personal Storytelling: Spinning Tales to Connect with Others</i> J. Maguire. 1998.                   | \$19                                     | \$      |
| <b>Breastfeeding I (BF241)</b>                                                                          | <i>Counseling the Nursing Mother: A Lactation Consultant's Guide</i> , Lauwers, Shiniskie, 4 <sup>th</sup> ed, 2005. | \$71                                     | \$      |
| <b>Breastfeeding II (BF242)</b>                                                                         | <i>Counseling the Nursing Mother: A Lactation Consultant's Guide</i> , Lauwers, Shiniskie, 4 <sup>th</sup> ed, 2005. | \$71                                     | \$      |
| <b>Infancy (INF241)</b>                                                                                 | <i>Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent.</i> M. Small.1999.                        | \$17                                     | \$      |
|                                                                                                         | <i>Your Amazing Newborn.</i> Klaus & Klaus. 2000.                                                                    | \$20                                     | \$      |
|                                                                                                         | <i>The Vital Touch</i> Sharon Heller.1997.                                                                           | \$17                                     | \$      |
| <b>Massage for Midwives (MAS271)</b>                                                                    | <i>Mother Massage</i> Elaine Stillerman. 2006.                                                                       | \$17                                     | \$      |
| <b>Pharmacology (PHM441)</b>                                                                            | <i>Pharmacology for Midwives</i> Poznar J., 2 <sup>nd</sup> ed 2002.                                                 | \$20                                     | \$      |
| <b>Plant Medicine III (PM343)</b>                                                                       | <i>The Herbal Medicine Maker's Handbook: A Home Manual</i> Green J. 2000.                                            | \$14                                     | \$      |
|                                                                                                         | <b>REGISTRATION FEE(non-refundable)</b>                                                                              |                                          | \$50.00 |
|                                                                                                         | <b>Late registration fee after deadline of December 4, 2009- \$75 (in addition to registration fee)</b>              |                                          |         |
|                                                                                                         | <b>TOTAL ENCLOSED</b>                                                                                                |                                          |         |

\* NO TEXTBOOK ORDERS OR CANCELLATIONS WILL BE ACCEPTED AFTER THE REGISTRATION DEADLINE – DECEMBER 4, 2009 \*  
ALL TUITION, FEES, AND TEXTBOOK COSTS ARE PAYABLE AT THE TIME OF REGISTRATION

**\*\*Auditing a class:** You may audit a class for \$300 per course credit hour. Please indicate in the checkbox if you would like to audit. You will not receive college credit. You are not required to do homework or take tests when you audit a class. Instructors will not review any homework or tests that you choose to complete. Course-pack or textbook purchase is not required when you audit. If you would like a course-pack or textbook, please indicate on your order form and include the course-pack fee or textbook cost stated for the course.

|                 |            |                     |
|-----------------|------------|---------------------|
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| Mailing address | City       | State               |
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**CANCELLATION CLAUSE** - Should you decide to cancel this agreement **in writing** within three business days, you are entitled to a full refund of all fees and tuition. Textbook costs are not refundable. **After the three-day cancellation period, should you decide to cancel your registration and not attend, refunds will be made per policy.**

**REFUND POLICY** - You are expected to attend all classes for which you register. IF YOU DO NOT ATTEND OR STOP ATTENDING AND FAIL TO DROP WITHIN THE REFUND PERIOD, YOU REMAIN RESPONSIBLE FOR ALL TUITION AND FEES. For credit courses, you may cancel registration by providing signed and dated written notice to Birthingway and receive a refund of tuition per schedule below. 95% of the audit or course fee for non-credit, audit only courses, or workshops will be made upon written request, up to seven days prior to the first class day, 80% of the audit or course fee will be refunded up to the first class day. No refund for non-credit or audit only courses or workshops will be made **on or after** the first class day. **Registration fees and textbook costs are non-refundable.** Allow four to six weeks for receipt of refund.

| WITHDRAWAL DATE                                           | TUITION REFUND AMOUNT | WITHDRAWAL DATE                                           | TUITION REFUND AMOUNT |
|-----------------------------------------------------------|-----------------------|-----------------------------------------------------------|-----------------------|
| On or before 1st day of term                              | 100%                  | 22 <sup>nd</sup> day through 28 <sup>th</sup> day of term | 44%                   |
| 2 <sup>nd</sup> day through 7 <sup>th</sup> day of term   | 86%                   | 29 <sup>th</sup> day through 35 <sup>th</sup> day of term | 30%                   |
| 8 <sup>th</sup> day through 14 <sup>th</sup> day of term  | 72%                   | 36 <sup>th</sup> day through 42 <sup>nd</sup> day of term | 16%                   |
| 15 <sup>th</sup> day through 21 <sup>st</sup> day of term | 58%                   | Day 43 through end of term                                | <b>No Refund</b>      |

**I have completed this form, and have read and understand the refund policy and three-day cancellation period clause.** Payment in full is included with this form (please make checks payable to Birthingway College of Midwifery). We must receive this completed registration form and full payment to register for your class. Credit card payments are accepted through PayPal – please go to <http://birthingway.org/payment.html> for details. You don't need a PayPal account to pay with your credit card. The name on the credit card/PayPal account must be the same as the person taking this workshop. Sorry, no exceptions.

STUDENT SIGNATURE

DATE



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