A Day in the Life of a Midwifery Student

7:00 AM My alarm went off and I was still in my own bed. Our client at 41 weeks having contractions all day yesterday still did not call? Or did I miss the birth?!? Okay, where's my phone?! No, here it is. I didn't miss it. No call.

8:30 AM A free morning! I am so thankful when life works out this way. I am in two apprenticeships, but even so I am not always that busy and that’s the way I like it. Sleeping and gardening are essential to my life, so I make sure I get to do both every now and then.

10:00 AM Out the door to go to my nanny job and I get a call from my doula client. She’s starting to have contractions, 8-10 minutes apart. It’s her first baby, so I am not too concerned. She could be doing that for days, right?

12:00 PM Lunch for the kids. Screaming at the table. Just for fun. Do I try to make them shut up? Will that squelch their little spirits? I let them scream. Until my midwifery preceptor calls. Our client’s contractions are picking up. She wants me to stop by on my way to class that afternoon. I decide it will be okay if I am a little late to class. I haven’t missed any yet. Should be fine.

2:00 PM Quiet time for the kids. I can get some reading done for class, in between bringing them books, water, and puzzles, and reminding them they are supposed to stay on their respective couches. (“Quiet time” is completely inappropriate for what this time sounds like to me. Maybe we should call it “less noisy relative to the constant screaming that goes on at lunch time.”)

5:15 PM Check in with this client and my doula client calls again. Her water just broke! “I’ll call you back.”

6:00 PM Check in on my client. I get to do my first vaginal exam! And I found the cervix! Oops, I forgot to feel for the baby’s head. Next time.

7:00 PM In class. Called doula client and they are heading to the hospital and will check in when they get there. My preceptor texts, they are at the birth. Come when I can.

7:30 PM Leave class early to go to the birth. (I learned that you cannot miss too much class even for births, even though you are in midwifery school. Class comes first if you are near missing 25%. Those credits are just way too expensive. Go to class!)

9:13 PM Baby born! It’s a girl! (meanwhile my phone is buzzing…doula client…) I hang around for the placenta, then rush off to the hospital.

12:00 AM Doula client is 6cm when she got here and has dilated to 9cm already!

2:05 AM Crowning…episiotomy…Baby born! Another girl.

4:00 AM Wow! She’s exhausted, I’m exhausted. Baby is doing well. I’m heading home. First prenatal is not until noon tomorrow. Thank you, universe, for that.

Maura Jansen is an extension student. She works as a nanny, a postpartum doula at a birth center, a labor doula, and has clinical training in two relatively slow homebirth practices. Not every day is like this day, but plenty are.
Biodynamic Resuscitation of the Newborn Initial Training

Biodynamic Resuscitation of the Newborn - Initial Training – March 9, 2012 – 9:00am - 5:30pm
Birthingway College of Midwifery - Carlton House 12108 SE Carlton St., Portland, OR 97266

Cost:

**Neonatal Resuscitation Initial fee:** $105
Registration Deadline: March 2, 2012 at 4:30pm. After this date and time, an additional $75 late registration fee (non-refundable) is required. Sorry, no walk-in registrations on the day of the workshop will be accepted.

**Required Course-pack / Equipment**
Course-pack Required: $10

**Refund Policy:**
Written notice is required to receive a refund. If written notice is received up to seven calendar days prior to the first day of class, you will receive a 95% refund of the course fee. After that point, 80% of the course fee will be refunded **up to the first class day. No refund will be given on or after the first class day.** Late registration and course-pack fees are non-refundable. If the minimum enrollment of 5 is not achieved, the course will be canceled and you will receive a 100% refund. Please allow four to six weeks for receipt of refund.

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**Please detach registration form here.**

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**Winter 2012 Biodynamic Resuscitation of the Newborn Initial Training – Registration Deadline 3/2/12 at 4:30pm**

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<td>Biodynamic Resuscitation of the Newborn Initial Training fee: $105 + $10 Course-pack (required)</td>
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**Name** (First, Middle Initial, Last)

**Address, City, State, Zip**

**Phone**

- We must receive this completed registration form AND full payment to register you for this workshop.
- Please make check/money order payable and mail to the address below.
- Credit card payments are accepted through PayPal by visiting [http://www.birthingway.edu/payment.htm](http://www.birthingway.edu/payment.htm). You don’t need a PayPal account to pay with your credit card. By paying through PayPal, you agree to the terms and conditions on our payment page. You must include a copy of your PayPal payment confirmation with your registration form.
- Birthingway cannot accept third-party PayPal payments. The name on the credit card/account must be the same as the student taking this workshop.

**OFFICE USE ONLY**

Date/time/payment/initial__________

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Community and Student News

New Teaching and Staff Additions

Melissa Cole, IBCLC, RLC is a registered, board certified lactation consultant who has been offering breastfeeding support since 2002. Through her work in private practice with Luna Lactation, Melissa believes it is a great honor to support families as they work towards their breastfeeding goals. She is a longtime La Leche League Leader and is also active with several lactation and health care professional associations. She teaches Advanced Breastfeeding Skills for the Associates in Lactation Consultation program. Melissa, her husband, Bryon and their three children enjoy living in the beautiful Pacific Northwest.

Amari Fauna recently joined Birthingway as the new Operations Coordinator. She comes from many years of working in community counseling and HIV prevention and hospice care. She recently accepted a Basic Rights Oregon “Equality Champion” award in trans justice and has an active interest in permaculture design and sustainability. She is exhilarated by Birthingway's systematic approach to NVC in the workplace. Welcome Amari!

Babies!

Faculty member, Adeline Kell, is excited to announce the her big news: baby Hazel Azalia was born on July 26 on their back porch, weighing in at 8 pounds 6oz!

Birthingway graduate, Melissa Cole Curry, welcomed a baby girl, Sophia Clementine, born at home into her papa’s hands at 4:12pm on April 3rd, 2011 after a very reasonable 11 hour labor. Melissa writes, “We were overjoyed by her arrival, which broke all of my midwife biases (born a week early, during the daytime, and after a relatively short first time labor!) She weighed 7lbs. 7 oz, was 21 and a half inches long, and is mighty cute.”

Third year student, Colleen Schafer, welcomed Abigail Eileen Schafer, who was born at home on September 11, 2011 weighing 9lbs 4oz. She was caught by her daddy Jack and midwife and Birthingway faculty member Heather Hack-Sullivan. A photo of Abigail is below.

Midwifery Clinical Training

Extension student, Danielle Kitt, is working with Joy Jech at Andaluz. Jacqueline Lynch, an extension student, is working with Augustine Colebrook in Medford, Oregon. Melissa Maureen, an extension year student, is working with Cynthia Luxford. Third year student, Angela Beach, is working with Kate Howe at Andaluz. Melissa Wiseman is working with Jesica Dolin at Andaluz. Second year student, Chelsea Campbell-Martin, is working with Melissa Gordon-Magnus at Alma. Third year student, Divya Za, is working with Celeste Kersey. Extension student, Micaela Schulten, is working with Pamela Echeverio.

Lactation Clinical Training

First year, Associates in Lactation students, Lisa Keres, Anne Tegtmeier and Catherine Shelton are working with our lactation preceptors to provide care to clients at our FREE Breastfeeding Center. Congratulations on your great work!
The Labor Doula
Assisting Women with Birth

Lecture, readings and practical skills for providing emotional and physical support for women in labor and immediate postpartum. This course constitutes one step towards Bithingway's Labor Doula Certification and also meets the prerequisite for admission to our midwifery program. Instructor: Stacey Marshall, CD (DONA), PCD, BC, CBE

Date / Time / Location:
Sundays on 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/4/12 - 3:00pm - 6:00pm
Bithingway College of Midwifery - Carlton House 12108 SE Carlton St., Portland, OR 97266

Cost:
Workshop fee: $485  Registration Deadline: 12/19/11 at 4:30pm. After this date and time, an additional $75 late registration fee (non-refundable) is required. Sorry, no walk-in registrations on the day of the workshop will be accepted.

Required Course-pack / Books
Course-pack fee (non-refundable): $67  Course-pack will be available for pick-up at Bithingway, Monday - Friday, from 8:30am - 4:30pm after the registration deadline. Course-pack must be read before the first class session.

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

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

Refund Policy:
Written notice is required to receive a refund. If written notice is received up to seven calendar days prior to the first day of class, you will receive a 95% refund of the course fee. After that point, 80% of the course fee will be refunded up to the first class day. No refund will be given on or after the first class day. Late registration and course-pack fees are non-refundable. If the minimum enrollment of five is not achieved, the course will be canceled and you will receive a 100% refund. Please allow four to six weeks for receipt of refund.

Please detach registration form here.

Winter 2012 Labor Doula Workshop Registration Form (9 session) – Registration Deadline 12/19/2011 at 4:30pm

Labor Doula Workshop fee:  $485 + $67 course-pack fee (non-refundable) = $552

Please send the course-pack to me. I have included $6 postage and handling.

$75 Late Registration fee (non-refundable) if registration is received after 4:30pm on 12/19/2011

TOTAL

Payment method: (please circle)  Check/Money Order  Cash  PayPal (please see below)

Name
Address, City, State, Zip

Phone  Email

- We must receive this completed registration form AND full payment to register you for this workshop.
- Please make check/money order payable and mail to the address below.
- Credit card payments are accepted through PayPal by visiting http://www.bithingway.edu/payment.htm. You don’t need a PayPal account to pay with your credit card. By paying through PayPal, you agree to the terms and conditions on our payment page. You must include a copy of your PayPal confirmation with your registration form.
- Bithingway cannot accept third-party PayPal payments. The name on the credit card/account must be the same as the student taking this workshop.

OFFICE USE ONLY

Date/time/payment/initial

Please route in this order: ____ FIN  ____ REG  ____ FIN  ____ LRC  ____ OPS  ____ SPC  ____ File

Amount needed to clear registration: $  Amount Paid: $  Date/Time:

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Specialized and Lactation Program News

Childbirth Educator Program

Our spring workshop was jammed-packed with wonderful information and enthusiastic students.

We would like to welcome Leah Rupp into our Childbirth Educator Program. Keep up the good work, Leah!

Postpartum Doula Program

Birthingway College of Midwifery's Postpartum Doula Workshop was full of eager students this spring!

A warm welcome to those who recently joined the Practicum!

Susanne Cook
Renata Austin
Calina Brooke
Catherine Shelton
Catherine Waxenfelter

Quick Tip

Top 5 Ways to Support a Postpartum Family:
1. Bring food
2. Wash dishes
3. Take the family dog for a walk
4. A quick trip to the grocery store
5. Talk to the family’s other children – ask them how they are feeling.

Lactation Program News

Birthingway's FREE Breastfeeding Center has a new look and a new Facebook page. Please visit www.birthingway.edu often for updates about our center and the Lactation Program. For those who are on Facebook, you can find the most up to date breastfeeding news and information on our new page!

It's not too late to apply for the Lactation Program at Birthingway for 2012. The application deadline is Thursday, December 1, 2011.

Review information about the application process and download an application on our Web site.

If you have any questions about the application deadline or the process please call or email Stacey Marshall, program coordinator, at Stacey@birthingway.edu.

Labor Doula Program

Our Labor Doula Workshops continue to thrive! Summer and fall workshops were full of women excited to support families during their pregnancy and birth.

Our program is bigger than ever and continues to meet the needs of the communities it serves. We would like to welcome these amazing students to our Practicum:

Sylvie White
Katie Rose Alexander
Jordanna MacIntyre
Cayce Ryan
Kristin Laxson
Michelle Cushing
Maggie Bennett
Allison Filderman
Emily Bilderback
Erin Hendricks

Check out their pictures and bios on our Web site, birthngway.edu/sld.htm.

We would also like to congratulate Georgia Lewis, Helen Hill, and Corinne Friedrich for completing the Practicum and certifying as labor doulas. Thank you so much for all your hard work!
Are you curious about universal and local culture and politics around breastfeeding?

Breastfeeding Politics and Policy (LPOL121q)

Day and Time:
Wednesdays, 1-4pm

Dates:
January 11, 18, 25, February 8, 15, and March 7 and 14

Instructors:
Rita Aparicio, MA, IBCLC and Carrie McCormick, MPH

This course dissects WHO recommendations and implementation; Federal Programs such as WIC; history of artificial feeding; social and cultural issues around breastfeeding; and ideas for being agents of change in the area of breastfeeding. Includes historical and contemporary topics with theory and action-oriented projects.

To register for this course, complete the registration form in this newsletter.
Community Spotlight

Adrienne Fuson, IBCLC, LMT, CD
Birthingway Faculty Member
Zenana Spa Lactation Services

What inspired you to become a teacher?

I've always liked teaching. I think that it's the best way to keep learning. I got my first experience teaching with Women's Strength as a volunteer teaching self-defense to women. That was a great experience because I could work through my nervousness being in front of a group of people. Also, my grandmother was a teacher and my mother is a professor who teaches teachers so I guess it's in my blood. My sister is a teacher as well.

When did you start teaching at Birthingway? What did you teach? What was your background?

I actually don't remember exactly when I started at Birthingway so you can tell it's been a little while. I remember that I was pregnant with Asha so it was at least 10 years ago. I started by teaching the labor doula workshop which I taught up until last year when I started taking on more of the lactation education classes. I held onto the labor doula class for a while longer than I probably needed to just because I really enjoyed teaching it.

How have you and your teaching style changed since you began at Birthingway?

I've changed myself quite a bit in that I became a mother of 3 over the course of my time at Birthingway, and of course, I sat for my IBCLC a couple of years ago so my career outside Birthingway has also changed.

My teaching style has always been as kinesthetic as I can make it as that is how I learn best, so group activities, changing rooms, mixing it up are things I focus on in every class. I also still emphasize thinking for yourself, critical thinking, following your instincts because my students are going to be out there in the field making judgment calls, and I want them to have practice on how to do that from the get-go.

Over time, I think that my teaching style has changed as my understanding of the biodynamic model has deepened. I also am way into sharing the latest research findings with my students and exploring where to go when they have questions.

Interested in applying for the Lactation program in 2012? Applications deadline is

December 1, 2011.

If you have questions, please email Stacey at Stacey@birthingway.edu or check our Web site at www.birthingway.edu

What are you teaching now?

This quarter, I am just finished Pregnancy & Breastfeeding which was a brand new course that I really enjoyed. I am teaching Breastfeeding I and II, too, and enjoying getting to know the students and having a lot of fun.

We are excited about the new Associates Degree in Lactation Consultation. Will you share your thoughts on teaching future lactation consultants?

The field of lactation is so interesting to me because it's a lost art that we are learning more and more about. So the research that is coming out is new and fascinating. The most up to date theories on things like latch are actually very biodynamic in that they emphasize the hormonal connections between mom and babe and facilitate their innate abilities. I am excited for students in the lactation program to graduate from here and know things that most IBCLCs don't really know yet or aren't really practicing.

What words of wisdom can you share with new or current students?

Have as much fun learning as you possibly can, remember that it's OK to be a beginner and don't be too hard on yourself. Beginners have the strength of having open minds and fresh, loving hearts and that is huge.

Breastfeeding Center Warmline
503-762-1632

Our Breastfeeding Center is a fabulous resource for families in Portland and the surrounding area. Our phone line and free lactation consultation services provide help for any breastfeeding questions and concerns.
Library News

Please check out the new Library section of the Web site. We’ve added new pages and sections to help you connect with library resources, databases, and services. Please remember to bring your library card with you. It is necessary to check out books.

You can access an online librarian 24/7 through the Oregon Library Net. Find a link from the Library Resources Web page!

New Items in the Library

DVDs

Biological Nurturing: Laid-back Breastfeeding. 2011
Birth with Gloria Lemay. 2010.
Doula! The Ultimate Birth Companion. 2010.

Books

Between XX and XY: Intersexuality and the Myth of Two Sexes 2009.
Into These Hands: Wisdom From Midwives. 2011.
Medicine For The Outdoors: The Essential Guide to First Aid and Medical Emergencies. 2-009.
The placenta: From Development to Disease. 2011.

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

Library Hours

Monday
12pm-6pm
Tuesday – Thursday
10am-6pm

Please call ahead and/or check the home page calendar of the Web site for holiday or other scheduled closures.
ADVANCED BREASTFEEDING SKILLS I (LADS221q) 2 credit hours. 6 sessions. Prerequisite: Breastfeeding III (BRF313g) and Breastfeeding Skills (BFS411q) This course is designed for lactation students to learn about advanced assessment skills, care plan implementation and proper breastfeeding device usage. During the course we will focus on honing and implementing clinical skills that pertain to lactation. This class is a pre-requisite to Advanced Breastfeeding Skills II.

Date: Tuesdays on 1/31, 2/7, 2/14, 2/21, 2/28, 3/6/12 Time: 1:00pm – 5:00pm Location: Carlton House

BOTANICALS III (BOT313g) 1 credit hour. 5 Sessions. Prerequisite: Botanicals II (BOT 332q) Study specific herbs that are versatile and effective for a variety of conditions in women’s health and in midwifery applications. Students create treatment plans for “client” classmates using botanical medicine, modifying as necessary and charting appropriately. Taught by Mindy Cash, ND

Date: Fridays on 1/6, 1/13, 1/20, 1/27, 2/3/12 Time: 9:00am – 11:30am Location: Foster House

BREASTFEEDING II (BRF222q) 2 credit hours. 5 sessions. Prerequisite: Breastfeeding I (BRF211q) Students expand on their knowledge from BRF211 to assess and treat breastfeeding problems. Students utilize case studies and research projects to develop skills such as how to take a breastfeeding history of mother and baby, identification of presenting problems, and integrating counseling and education strategies into their breastfeeding support. Taught by Adrienne Fusion, BA, IBCLC, LMT, CD

Date: Mondays on 1/9, 1/23, 2/6, 2/20, 3/5/12 Time: 9:30am – 1:30pm Location: Carlton House

BREASTFEEDING POLITICS AND POLICY (LPOL121q) 2 credit hours. 7 sessions. WHO recommendations and implementation, Federal programs such as WIC, history of artificial feeding, social and cultural issues around breastfeeding, ideas for being agents of change in the area of breastfeeding. Includes historical and contemporary topics, with theory and action-oriented projects. Taught by Rita Aparicio, MA, IBCLC and Carrie McCormick, MPH

Date: Wednesdays on 1/11, 1/18, 1/25, 2/8, 2/15, 3/7, 3/14/12 Time: 1:00pm – 4:00pm Location: Carlton House

CHINESE MEDICINE (CHM311q) 1 credit hour. 5 sessions. An introduction to Traditional Chinese Medicine as a healing modality and its relevance to midwifery. Practices include moxibustion and acupressure. Taught by Mindy Cash, ND

Date: Fridays on 2/10, 2/17, 2/24, 3/1/12 Time: 9:00am – 11:30am Location: Foster House

COMMUNICATIONS II (COM312q) 1 credit hour. 4 Sessions. Prerequisite: Communication I (COM311q). The second course in the communication series continues the development of self and one-on-one communication skills. The emphasis in this course is on working with preceptors and clients. Taught by Sarah Peyton, BA

Date: Thursdays on 1/5, 1/12, 1/19, 2/2/12 Time: 1:30pm – 4:30pm Location: Carlton House

COMMUNICATIONS III (COM313q) 1 credit hour. 4 sessions. Prerequisite: Communication II (COM312q). The final course in the communication series continues development of communication skills with an emphasis on working with peers and other health care providers. Taught by Celeste Kersey, BA

Date: Thursdays on 2/16, 2/23, 3/8, 3/15/12 makeup on 3/22/12 Time: 1:00pm – 4:00pm Location: Carlton House

COMPLEX SITUATIONS I (CPX341g) 4 credit hours. 12 sessions. Prerequisites: Antepartum (ANT251q), Intrapartum (INT251q) Fetal Assessment (FET211q). Using lecture, discussion and case studies, this course covers anemia, clotting issues (thrombophilies, deficiencies, DIC), respiratory issues (asthma, amniotic fluid embolism, pulmonary embolism), energy issues (diabetes, hypoglycemia, eating disorders), liver problems (HELLP, acute fatty liver, intrahepatic cholestasis), thyroid issues, and dermatologic conditions (PUPPP, HG). Taught by Holly Scholles, MA, CPM, LDM

Date: Wednesdays, 1/4 – 3/21/12 for 12 weeks Time: 1:30pm – 5:00pm Location: Foster House

DIFFERENTIAL DIAGNOSIS (DIF431g) 3 credit hours. 12 sessions. Prerequisites: All midwifery core courses, and Fetal Assessment (FET211q), Sexually Transmitted Infections (STI311q). We recommend all midwifery courses are complete or in progress before taking this course. Using student created Signs and Symptoms book and protocols, students present case studies for differential diagnosis by their classmates. Students also create practice guidelines for antepartum, intrapartum, postpartum, and well-woman gynecology, as well as develop risk assessment guidelines and client care checklists. Taught by Holly Scholles, MA, CPM, LDM

Date: Tuesdays, 1/3 – 3/20/12 for 12 weeks Time: 2:15pm – 5:00pm Location: Foster House

HEMATOLOGY SKILLS (HEM321q) 2 credit hours. 12 sessions. Prerequisite: Prenatal Skills (PRE221q) Skills covered include hemoglobin, hematocrit, and glucose evaluations with in-office devices. Venipuncture skills are also covered, including vacutainer, syringe and butterfly devises, as well as introduction to IV skills. Taught by Denise Clark, BA, EMT-P

Date: Wednesdays, 1/4 – 3/21/12 for 12 weeks Time: 9:00am – 11:00am Location: Foster House

HOMEOPATHY I (HOM221q) 2 credit hours. 5 sessions. An introduction to the concepts and laws of homeopathy, focusing on the use of homeopathic medicine in first aid and midwifery. This is primarily a lecture-based class, with some hands on learning experiences. Taught by Jennifer Means, ND

Date: Wednesdays on 1/18, 2/1, 2/15, 2/29, 3/4/12 Time: 9:30am – 1:30pm Location: Carlton House

INFANCY (INF221q) 2 credit hours. 7 sessions. From an ethnepediatric perspective, this course covers newborn behavior, development, bonding and attachment, and childrearing including attachment parenting. Taught by Heather Hack-Sullivan, BSM, CPM, LDM

Date: Wednesdays on 1/4/12, 1/11, 1/25, 2/8/22, 3/7, 3/21/12 Time:9:00am – 12:00pm Location: Carlton House
MASSAGE FOR MIDWIVES (MAS321q) 2 credit hours. 3 sessions. An introduction to the psychology of touch, we learn basic massage techniques with an emphasis on pregnancy and postpartum. Taught by Bonnie McAnnis, BA, LMT  
Date: Friday 1/13 5:00pm – 9:00pm, Saturday 1/14 9:00am – 5:00pm, Sunday 1/15 9:00am – 5:00pm  
Location: Carlton House

MATERNAL COMPLEX BREASTFEEDING (LMCS231q) 3 credit hours. 10 sessions. Prerequisite: Breastfeeding III (BRI231q) This course covers a variety of more complicated physiologic scenarios for mother including: breast surgery (reductions, enlargements and cancer); nipple issues (flat, inverted etc.); genetic disorders; milk production; drug interactions. In addition, it covers psychosocial issues, such as socioeconomic issues, literacy issues, social support (lack thereof), teen moms, cultural issues in US, grief, family transition, anorexia nervosa and other eating disorders, and Perinatal Mood Disorders. Taught by Rita Aparicio, MA, IBCLC  
Date: Tuesdays, 1/3 – 3/6/12 for 10 weeks.  
Time: 9:30am – 12:30pm  
Location: Carlton House

PHARMACOLOGY (PHR421q) 2 credit hours. 7 sessions. Registration for this course limited to midwifery program students, midwives and approved community students. Basic pharmacology theory, legend drugs and devices used in a midwifery practice, and administration of medications including injection techniques. Course meets Legend Drugs and Devices educational requirements for Pharmacology and Medications by Injection required for Oregon midwifery licensure. Taught by Pamela Echeverio, BS, CPM, LDM  
Date: Tuesdays, 1/24 – 3/6/12 for 7 weeks. Makeup 3/13/12  
Time: 6:00pm – 9:00pm  
Location: Foster House

PLANT MEDICINE III (PLM323q) 2 credit hours. 7 sessions. Prerequisite: Plant Medicine I (PLM322q). Learn preparation of syrups, cordials and elixirs, as well as lozenges and suppositories, oxymels and electuary. Create herbal formulas and prescriptions. This course includes a field trip. Taught by Carrie Nyland, ND  
Date: Fridays, 2/3 – 3/16 for 7 weeks.  
Time: 1:30pm – 4:30pm  
Location: Carlton House

POSTPARTUM (PTM251q) 5 credit hours. 12 sessions. Prerequisites: Antepartum (ANT251q), Intrapartum (INT251q). Co-requisite: Postpartum Skills (PTM221q). This course covers unique fetal anatomy and physiology, fetal transformation, newborn examination and age assessment. In addition, learn neonatal procedures; behavioral states; breastfeeding; infant postpartum assessment, care and complications; maternal assessment and care; maternal postpartum complications; postpartum emotional disorders. Taught by Lucina Armstrong, BA, CPM, LDM  
Date: Thursdays, 1/5 – 3/22/12 for 12 weeks  
Time: 9:00am – 1:15pm  
Location: Foster House

POSTPARTUM SKILLS (PTM221q) 2 credit hours. 12 sessions. Co-requisite: Postpartum (PTM251q). Skills covered include newborn physical and gestational age exam and evaluation, use of growth charts, blood estimation, placenta examination. Taught by Heather Hack-Sullivan, BSM, CPM, LDM  
Date: Thursdays, 1/5 – 3/22/12 for 12 weeks  
Time: 3:00pm – 5:00pm  
Location: Foster House

PRACTICE PROTOCOLS BOOK (PRP411q) 1 credit hour. 5 sessions. Prerequisites: All required midwifery program courses must be completed or in progress. In this capstone course, students apply the practice they've created throughout the midwifery curriculum to practice scenarios with a standardized patient. Taught by Jacqueline Meyer, CPM  
Date: Mondays on 1/2, 1/16, 1/30, 2/13, 3/5/12  
Time: 4:45pm – 7:00pm  
Location: Carlton House

RESEARCH PROJECT (RSP411q) 1 credit hour. Prerequisite: Research Methods (RSM411q). This course focuses on the design and implementation of a research project, including definition of a topic, literature review, creation of bibliography and the production of a research paper. Please download a Research Project Registration Packet at www.birthway.edu/registration.htm or request one in the front office. A completed Research Project Registration Form must be turned in (with payment) by the first day of the term to register.

RUNNING A MIDWIFERY PRACTICE (RUN441q) 4 credit hours. 12 sessions. This course explores developing and structuring a practice, including deciding which products and services to offer. Covers business management and bookkeeping, informed consent, malpractice, legal concepts and requirements. Also includes getting reimbursed, working with insurance companies and HIPAA compliance. Students produce a complete Business Plan and a community resource tool. Taught by Susan Moray, CPM, LDM  
Date: Tuesdays, 1/3 – 3/20/12 for 12 weeks  
Time: 9:00am – 12:15pm  
Location: Foster House

SURVEY OF OTHER MODALITIES (SOM321q) 2 credit hours. 7 sessions. A survey study course, covering a variety of alternative healing modalities, including chiropractic, flower essences, aromatherapy, body work and hydrotherapy, with indicators for referral. Taught by Carrie Nyland, ND  
Date: Wednesdays, 2/8 – 3/21/11 for 7 weeks  
Time: 5:30pm – 8:30pm  
Location: Foster House

UNDERSTANDING MEDICAL LITERATURE (UML221q) 2 credit hours. 6 sessions. Basic statistical concepts, types of medical literature, critical analysis, evidence-based medicine. Taught by Kathryn H. Constant, MLS and Nancy Longatan, MEd  
Date: Wednesdays, 1/4 -2/8/12 for 6 weeks  
Time: 5:30pm – 9:00pm  
Location: Foster House

Birthingway College of Midwifery
### Tuition:
$369 per credit. To audit ($369 per credit) please see [www.birthingway.edu/for-students/registration.htm](http://www.birthingway.edu/for-students/registration.htm)

<table>
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<td>Independent Study (IND311q)</td>
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**Midwifery Program Students Only:**

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**Running a Midwifery Practice (RUN441q) 4 credits X $369 per credit + $75 course-pack= $1551 $1551**

**Do you intend to register for Clinical Training Credit this term?**

- [ ] Yes
- [ ] No

If “Yes”, please schedule a meeting with the Faculty Coordinator to discuss the graduation process.

### Registration Fees (Required for all students):

<table>
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<th>Fee</th>
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<tr>
<td>TECHNOLOGY FEE</td>
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<td>REGISTRATION FEE</td>
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<tr>
<td>LATE REGISTRATION FEE</td>
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<td>(due in addition to the Registration Fee if received after 4:30pm on December 9, 2011)</td>
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<td>TOTAL</td>
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Several courses have readings and/or assignments due the first day of class. Please check with the front office for the availability of the syllabus and/or course-pack ten days before the start of each course.

> > PLEASE COMPLETE THE REVERSE SIDE OF THIS FORM < <
Registrations will be date/time stamped in order of receipt. Registrations received BEFORE registration begins will be date/time stamped after 4:30pm on registration day, in order of receipt. Registrations received AFTER 4:30pm on the registration deadline will incur a $75 late registration fee.

CANCELLATION CLAUSE:
Should you decide to cancel this agreement within three business days, you are entitled to a full refund of all fees and tuition. After the three-day cancellation period, should you decide to cancel your registration and not attend, refunds will be made per the refund policy below.

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. If you wish to drop a course, please fill out a Withdrawal/Drop Form (available on our website or in the front office) and either mail, fax, or hand it in to the front office. You will receive a refund of tuition per the refund schedule below. Registration Fee, Late Registration Fee, and Technology Fee are non-refundable. Equipment Kit Fees, Course-pack Fees, and Lab Fees are non-refundable after the Registration Deadline. Please allow four to six weeks for receipt of refund. The dates below are based on calendar days.

<table>
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<tr>
<th>WITHDRAWAL DATE</th>
<th>TUITION REFUND</th>
<th>WITHDRAWAL DATE</th>
<th>TUITION REFUND</th>
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<tbody>
<tr>
<td>On or before 1st day of term</td>
<td>100%</td>
<td>22nd day through 28th day of term</td>
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<tr>
<td>2nd day through 7th day of term</td>
<td>86%</td>
<td>29th day through 35th day of term</td>
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<tr>
<td>8th day through 14th day of term</td>
<td>72%</td>
<td>36th day through 42nd day of term</td>
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<td>15th day through 21st day of term</td>
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<td>Day 43 through end of term</td>
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Payment of tuition and fees is due at the time of registration for each term unless you are eligible for a financial aid disbursement in the term (have a complete FAFSA on file and signed award letter with an anticipated disbursement in this term) Financial Aid is only available for eligible Midwifery or ALC Degree Students. Equipment kit charges are due when ordered, unless you are on financial aid and you have authorized payment from your financial aid disbursement. All overdue amounts are subject to finance charges of 15% APR with a $5 minimum per month. A student must be in good financial standing to register for a new term. Any costs incurred to collect these amounts are the responsibility of the student.

Credit card payments are accepted through PayPal by visiting http://www.birthingway.edu/payment.htm. You don’t need a PayPal account to pay with your credit card. By paying through PayPal, you agree to PayPal and Birthingway’s terms and conditions. You must include a copy of your PayPal payment confirmation if paying by PayPal, or your registration will be incomplete and delayed until confirmation is received. Birthingway cannot accept third-party PayPal payments. The name on the card/account must be the same as the student taking this workshop.

By signing below, I agree that I have read and understand all policies stated above.

STUDENT SIGNATURE (Required to process your registration.) ____________________________ DATE ____________

An unsigned registration form will delay your registration until signed.

OFFICE USE ONLY

Date/time/payment/initial

Please route: ________ FIN ________ REG ________ FIN ________ LRC ________ FAC ________ TECH ________ MPC ________ LPC ________ SPC ________ File

____ Has Financial Aid (cleared).  Amount needed to clear registration: $__________  Amount Paid: $__________ Date/Time: __________________________

Method: __________________________  Reference #: __________________________
**TEXTBOOK ORDER FORM**

Winter textbook order/cancel deadline: **December 9, 2011 at 4:30pm**

**Student Name:** (required)

To cancel any textbooks you ordered and to receive a refund, please fill out a *Textbook Drop Form* (which you can get from the front office) by **December 9, 2011 at 4:30pm**. Textbook cancellations or additions will not be accepted after this date. You are responsible to pay for and pick up your books, even if you drop the course after the deadline.

The cost for the textbooks below will not necessarily reflect the lowest price. Online prices change often. You are not required to order textbooks through Birthway; you may choose to order texts on your own.

Textbooks should be available the week of December 26th, but times may vary. Please contact the Learning Resources Coordinator with any questions, concerns, or to check on the status of your order. You can contact her via phone or at brittany@birthingway.edu.

You must provide payment with this form, unless you are eligible for a disbursement of financial aid in the term AND have signed at the bottom of this form.

---

*Any textbook listed below that contains asterisks is used in at least one other course offered during this term*

Be sure to double check your order. Birthway does not check for repeat orders and cannot be held responsible for any mistakes made by the student.

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<tr>
<th>Course</th>
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<th>ISBN #</th>
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<td>Genna CW. Selecting and Using Breastfeeding Tools: Improving Care and Outcomes. 2009.</td>
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<td></td>
<td>Genna CW. Supporting Sucking Skills in Breastfeeding Infants. 2nd ed. 2011.</td>
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<td>&quot;Lauwers J, Swisher A. Counseling the Nursing Mother: A Lactation Consultant's Guide. 5th ed. 2010.&quot;</td>
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<td>&quot;Rosenberg MB. Nonviolent Communication: A Language of Life. 2nd ed. 2003.&quot;</td>
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<td>Siegel D. The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are. 2001.</td>
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<td>&quot;Frye A. Understanding Diagnostic Tests in the Childbearing Year. 7th ed. 2007.&quot;</td>
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0763718564 153

Homeopathy I (HOM322q)  
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8170213290 5

Infancy (INF221q)  
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073820188X 20

Small MF. Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent. 1996.  
0385483627 18

Massage for Midwives (MAS321q)  
Stillerman E. Mother Massage. 2006.  
0440507022 17

Maternal Complex Breastfeeding (LMCS231q)  
07637226X 73

Plant Medicine III (PLM323)  
9780895949905 23

Postpartum (PTM251q)  
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"Frye A. Holistic Midwifery Volume II: Care During Labor and Birth. 2004."
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"Frye A. Understanding Diagnostic Tests in the Childbearing Year. 7th ed. 2007."
1891145568 65

0979002001 36

"Varney H. Varney’s Midwifery. 4th ed. 2003."
0763718564 153

Postpartum Skills (PTM221q)  
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Running A Midwifery Practice (RUN441q)  
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1587612216 33

Survey of Other Modalities (SOM321q)  
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Understanding Medical Literature (UML221q)  
0520257464 25

0520252225 22

TOTAL for textbooks------ $  

Courses with no required textbooks:  
Pharmacology (PHR421q), Research Project (RSP411q), Practice Protocols (PRP411q)

Printed Name:  
By signing below, I am agreeing to pay for the above textbook order either by providing payment with this complete form or by authorizing use of my student aid funds for the charges listed on this form. I understand any charges not covered by aid will be due upon receipt of a statement.

Signature (required): ________________________________ Date: __________

Office Use Only:  
Date/Time/Payment/Initial ________________________________

Please route in the following order:  
________FIN _______LRC _______FILE

Birthway College of Midwifery ~ 503-760-3131 ~ www.birthway.edu ~ 12113 SE Foster Road Portland, OR 97266
Community News Continued

Calling all Creative Birthingway Community Members!

Birthingway’s 20th anniversary is March 2013.

We’re looking for ideas for a theme for our anniversary celebration, something inspirational that reflects Birthingway’s values and culture. The theme will be used on our 20th year anniversary poster, fliers, invitation and other celebration materials.

We want to showcase amazing birth art from artists in our community, to celebrate biodynamic birth, and honor the sacred practice of all fields in the midwifery arts and sciences. We’re planning an exhibit of midwifery and other related art in conjunction with our anniversary celebration.

Clay, popsicle stick sculpture, water color, stencil, papermache, photography.... we would love to see it all!

If you would like to submit artwork or find out more about this opportunity, please contact Jena Novotny, Outreach Coordinator, at 503-760-3131 or jena@birthingway.edu

Donation Thank yous!

We are so grateful for all the wonderful donations we receive on a regular basis. All of the donations help provide our students with a quality education.

Kathryn Constant, our fabulous Librarian, donated art and food supplies to the school.

Extension student Jess Elliott donated swabs.

Calina Brooke, second year student, donated kitchen implements, bake ware, crock pot, and a food processor.

Without these donations, we would not be where we are today. We are a 501c3 and all donations are tax deductible.

If you have anything you would like to donate, please contact the College at 503-760-3131 or info@birthingway.edu.

A New Way to Keep up with News from Birthingway

Would you like to hear about what’s happening at Birthingway in-between newsletters?

Sign up for e-news and information updates. Go to our website and click the e-news link.
If you receive this newsletter via email and you would prefer to receive it by mail, please contact the College at info@birthingway.edu or 503-760-3131

Also, don't forget! You can download all of the registration forms from www.birthingway.edu