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Calendar Winter 2012/13

Meet and Greet	11/16/12
Fall Term Ends	12/7/12
Winter Break	12/8/12-1/6/13
Winter Term Starts	1/7/13
Winter Term Ends	3/29/13
Plant In	3/7/13
Spring Break	4/1 -4/10/13
Spring Term Begins	4/11/13

Birthingway Culture: The Ritual of Eating Together



Second Year Midwifery Students Eating Lunch Together

For a small community like Birthingway, culture consists of the total system of values, beliefs, attitudes, traditions, and standards of behavior that regulate life within a particular group. Our culture specifically consists of Core Beliefs as delineated in our Student Handbook and Catalog. These include adherence to the biodynamic birth model and Non-Violent Communication.

In addition, we are relationship based, emphasizing face to face interactions; we honor multi-vocality and encourage all members of our community to share their ideas; we learn together and from each other, students and teachers alike; we teach to a variety of learning and knowing modalities, encouraging development of intuition, empiricism, and analytical thinking as equally vital components of the midwifery arts and sciences; and we avoid rewards and punishments and do not believe that one person can motivate another to learn.

Whether it's making lunch for each other or sharing food with potlucks at large community-wide events,

Birthingway has integrated food sharing into many of our activities.

This idea is based firmly in the biodynamic approach. Because we recognize that physiological processes are often dominated by hormones, and that oxytocin is one of the hormones that impacts many human functions, we seek ways to enhance oxytocin levels in our day to day lives. Oxytocin, the hormone of human connection, is released when we share food together, so it follows that we think it is important to integrate the sharing of food into our culture. We also enjoy the opportunity to enhance our nutritional knowledge by sharing cooking tips and ways to prepare foods for special diets such as vegan, and gluten and dairy free.

In addition to a grand plan to enhance oxytocin levels in the general population, we recognize that food is an important feature of nearly all cultures. It is something that brings people together in celebration. It provides an opportunity for connection, for fun and for nourishment.

Birthingway Non-credit Workshop:	Description:
<h1>The Labor Doula</h1> 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 Birthingway'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 ~ 1/13, 1/20, 1/27, 2/10, 2/17, 2/24, 3/3/13 ~ 1:00pm - 5:00pm
 Birthingway College of Midwifery - Carlton House 12108 SE Carlton St., Portland, OR 97266

Cost:

Workshop fee: \$485 Registration Deadline: 12/7/12 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): \$30 Course-pack will be available for pick-up at Birthingway College during office hours after the registration deadline. Please call ahead to confirm availability.

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

- Penny Simkin. *Pregnancy, Childbirth, and the Newborn: The Complete Guide*, 4th Edition
- Gaskin IM. *Ina May's Guide to Childbirth*. Bantam Dell Publishing Group; 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, NM: Partera Press; 1998.
- Klaus MH, Kennell JH, Klaus PH. *The Doula Book*. Cambridge, MA. Perseus Publishing. 2002.
- Newman J and Pitman T. *The Ultimate Breastfeeding Book of Answers*. New York: Crown Publishing. 2006.

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.

Fall 2012 Labor Doula Workshop Registration Form – Registration Deadline 12/7/12 at 4:30pm

Labor Doula Workshop fee: \$485 + \$30 course-pack fee (non-refundable) = \$515	\$
Please send the course-pack to me. I have included \$6 postage and handling.	\$
\$75 Late Registration fee (non-refundable) in addition to the workshop fee if registration is received after 4:30pm on 12/7/12	\$
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.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 confirmation with your registration form.
- If you fax your registration, please call to confirm that we have received it.
- Please see our Student Handbook and College Catalog for college policies available at <http://www.birthingway.edu/for-students/college-catalog.htm>

OFFICE USE ONLY

Date/time/payment/initial _____

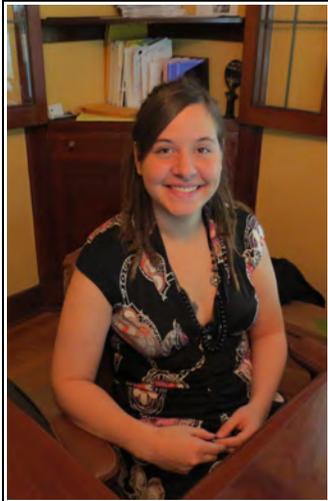
Please route in this order: _____ FIN _____ REG _____ FIN _____ TECH _____ LRC _____ OPS _____ SPC _____ File

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

Method: _____ Reference #: _____

Community and Student News

New Staff



Lauren Edholm recently joined Birthingway's team as Operations Coordinator. A newcomer to Portland, she moved to the area from Pullman, Washington where she had been attending Washington State University (WSU) for a Bachelor of Arts in Women's Studies, with focuses on political science and GLBT studies. Her interest in higher education administration began while working for WSU's New Student Programs as an Orientation Counselor and as an undergraduate Teaching Assistant for the Department of Critical Culture, Gender, and Race Studies. When not at Birthingway, Lauren can usually be found reading books and blogs, jamming on her djembe, or making homemade dog treats for her puppy. She is thrilled to jump right in to the Birthingway community and to start exploring all that Portland has to offer.

Thank You Volunteers!

On August 4, 2012, the Birthingway Breastfeeding Center was a host for the **Big Latch On** event! World-wide, 8862 mamas and babies joined us to break the world record for simultaneous nursing. A big thank you to our lactation student volunteers **Lulu Rudolph, Erin Huskey, Sarah Longwell, Elka Sundwall, Krystal Key, Catherine Shelton, Lisa Keres** and mid-wifery student, **Kyla Carstensen**, for making this a wonderful world record breaking celebration!

Many excited community members came to Birthingway for two special events: **So, you Want to Be a Midwife?** on August 26 and **So, You Want to Be a Lactation Consultant?** on September 24. We were thrilled to see so many wanting to learn about their options to become midwives and lactation consultants.

We couldn't have had such success without our wonderful student volunteers and panelists! Thank you to mid-wifery students **Jamie Oller, Helen Hill, Megan Coppack, and Kyla Carstensen** and our lactation students **Lisa Keres, Elka Sundall and Sarah Longwell.**

Campus Updates



View of the renovated Carlton space

This past summer, Birthingway renovated the basement classroom in the Carlton House (see the photo above)! We are thrilled with the results. The space now has refinished floors, a more spacious floor plan, added window for more light, and a kitchenette with new counters, sink, stove/oven, storage space with designated equipment, herb racks, and two movable cutting block/storage islands for plant medicine classes. It also has new a/v equipment and two different screens with ceiling mounted projector and speakers.

Come take a class and check it out!



**Birthingway College of Midwifery
1993-2013**



**Save the Date!
Saturday, June 8, 2013**

Please join us in celebrating our **20 year anniversary!**

Oaks Park Pavilion
Portland, OR

Bring the entire family!
Suggested donation: \$5 per person or \$20 per family.
Proceeds support Birthingway's programs and students.

More details to come. If you have any questions, please contact
Jena@birthingway.edu or 503-760-3131

Community and Student News Continued

Weddings and Births

First year midwifery student, **Emily Born**, was married in Olympia, WA at her parents house to her middle school sweetheart, Brett Creeley, on August 4th.

Extension student, **Susan Buckley**, married her sweetie from college, Jerry Turner, on October 20th in Salem. He's a math teacher at the Sheridan Japanese School and they are currently living in McMinnville. Birthingway **extension student, Jules Moon**, was Maid of Honor.

Third year student, **Nicole Bendotoff**, was married to Ethan Smith on September 15th in a beautiful garden . They are due to have a baby in early February.

Extension student, **Maura Jansen**, was married on February 29. The ceremony was August 11 at Oxbow Park with extension student, **Casandra Breer** as the officiant.



Xavi Garcia, Micki's son

Micki Garcia, third year midwifery student, welcomes Xavi Garcia! Born on August 22, at 5:07 am, he came so fast only two out of my four amazing midwives made it to greet all 7lbs, 15oz. "I would love to thank the entire community for all of the support throughout pregnancy and postpartum."

Third year midwifery student, **Robyn Leeds** welcomed baby boy Rogan Leeds at home on September 24,

Sarah Kinsel, staff member, welcomed Daniel Jacob Kinsel Guynn, 7lbs 6 oz, 20.5 inches long, on September 24 at home.

Midwifery Clinical Training

Second year student, **Sharon Evans** is working with **Linda Glenn**. **Desi Lang**, second year student, is working with **Susie Corcoran**. Extension year student, **Jules Moon**, is working with **Pamela Echeverio**. Second year student, **Suzanne Koenig**, is working with **Laura Erickson** at Alma. **Amy MacDonald**, extension student, is working with **Katherine Greer** at Andaluz. Third year student, **Iara Sapoznikow**, is working with **Nicole Tucker** in Eastern Oregon. **Elizabeth Schroeder**, extension student, is working with **Desiree LeFave** at Bella Vie. Second year student, **Megan Coppock**, is working with **Laurie Mednick** and **Kim Kincade**. **Courtney Holmes**, third year student, is working with **Jamie Burke** at Alma.

Library News

Library Hours

We are happy to announce that we have extended library hours! The library is now open six days a week during academic terms.

New Library Hours:

Monday – Thursday 10:00 - 6:30
Friday 10:00 - 5:00
Saturday 11:00 - 2:30



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

Birthingway Non-credit Workshop:	Description:
<h1>Biodynamic Resuscitation of the Newborn Initial Training</h1>	Birthingway certification in neonatal resuscitation including use of bag/valve/mask. For practitioners who have never been certified in neonatal resuscitation, who want a thorough review, or whose previous training was over two years ago. This certification meets requirements for Oregon licensure and NARM certification. Instructor: Denise Clark, BA, EMT-P

Date / Time / Location:
Friday, March 8, 2013 ~ 9:00am - 5:30pm
Birthingway College of Midwifery - Foster House 12113 SE Foster Rd., Portland, OR 97266

Cost:
Workshop fee: \$105
 Registration Deadline: 2/28/13 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 fee (non-refundable): \$20 Course-pack will be available for pick-up at Birthingway College during office hours after the registration deadline. Please call ahead to confirm availability.

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.

Please detach registration form here.

Winter 2013 Biodynamic Resuscitation of the Newborn Initial Training – Registration Deadline 2/28/13 at 4:30pm	
Biodynamic Resuscitation of the Newborn Initial Training fee: \$105 + \$20 Course-pack (required) = \$125	\$
Please send the course-pack to me. I have included \$6 postage and handling.	\$
\$75 Late Registration fee (non-refundable) in addition to the workshop fee if registration is received after 4:30pm on 2/28/13	\$
TOTAL	

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

Name (First, Middle Initial, Last) _____

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.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.
- If you fax your registration, please call to confirm that we have received it.
- Please see our Student Handbook and College Catalog for college policies available at <http://www.birthingway.edu/for-students/college-catalog.htm>

OFFICE USE ONLY	
Date/time/payment/initial _____	
Please route in this order: _____ FIN _____ REG _____ FIN _____ LRC _____ OPS _____ SPC	
Amount needed to clear registration: \$ _____ Amount Paid: \$ _____ Date/Time: _____	
Method: _____ Reference #: _____	

My Story of Support: Providing Postpartum Support for New Families



**by Calina Brooke
Midwifery Student and
Certified Postpartum
Doula**

I have provided postpartum support for just a handful of families since I have become Birthingway certified. It has already been such a beautiful journey. My role with these new and growing families has felt more like that of an honored witness than a caregiver. I feel so blessed to be a part of the first days of life for a new human being. My experiences have been full of tender moments such as mother and baby nursing for the first few times, meeting each other again, locking eyes and learning each other's faces. And a curious toddler who loves being a brother so much that he wants to read to his sister even when she is asleep.

I helped support a mother with twins who wanted to do it all and did, before her daughters were born, but had been newly diagnosed with a serious autoimmune disease, which meant she had to drastically adjust her life and slow down.

This mother needed to rest, be fed and encouraged more than anything so she could be a rock star at tandem nursing.

My last client was a first time mother who tried for many years to get pregnant. When it finally happened, she was overjoyed and felt totally prepared. However, her birth plan and postpartum did not happen the way she imagined and, when we met, she was trying to recover from a cesarean. Later, it was discovered her sweet baby had a genetic disorder. My work was cut out for me in this case I could provide solid resources, help with errands, cook up a storm of healing meals, and provide the companionship which she clearly craved.

I have learned so much from all of the families I have attended. Most of all, I have learned what it means and how important it is to provide individualized care. The variety of family dynamics and needs that I have already encountered amazes me. Although needs differ vastly, the need to nurture and be nurtured encompasses all.

One of my very favorite parts about being a postpartum doula is the moment you walk up and the door opens with a family member or friend greeting you saying "we are so glad you are here."

Also, when I am taking my leave for the day and the mother turns to me and says "thank you so much, I am so happy we have you here!"

My last client even asked me jokingly if I would move in and, who knows, if she was serious I may have been persuaded by promises of more cuddling with her adorable, sweet baby. I guess I have a lot of favorite parts about postpartum doula work. Never have I had a job that offers so much appreciation and sacredness.

Thank you to all who have supported me on this path: my wonderful husband Aaron, my sweet and supportive mentor **Sadie Eck**, my amazing and wise teacher **Kimberly Bepler**, lovely **Stacey Marshall** for getting me my first paying client and Birthingway College for giving me such an incredible education. I would not be the doula I am today without you all.

**Are you interested in
providing support to
moms and babies?**

To learn more about
Birthingway's
Postpartum Doula
program or how you can
join the practicum,
please visit
Birthingway.edu or
contact
Sadie Eck at
Sadie@birthingway.edu
or call 503-760-3131

Reflections: Following Where the Path Leads



By Melissa Maureen

Being a midwife was a dream I held since the age of 15 – as a teenager, I just knew that one day I would be a midwife. I have raised two children and watched grandchildren come into the world and grow. It was a dream worth holding onto for it led my heart to natural medicine, and the world of healing hands and listening ears and an open heart.

Before I started apprenticing I knew, without a doubt, that being a midwife was where I was being led. However, after a year of apprenticing, I felt like something was amiss. What I realized while falling in love with women, pregnant uteruses, and newborn babies, was that I missed natural medicine in a huge way and felt as though I was not offering all I was meant to offer. So in considering these feelings and looking at them and all that I had learned through Birthingway, I asked myself where am I supposed to be in my practice and what am I being led to do?

Well, I realized that being a medicine woman is who I am on all levels and while part of that is being a midwife, there is so much more.

So, after four years of school at the ripe old age of 51, I applied to med school at Oregon College of Oriental Medicine (OCOM) and have been accepted.

I wondered and asked myself if I was losing interest in midwifery or if I had wasted four years of my life studying something I may not ever do. But what I realized was that all I have learned in the past four years was not just out of books or from hands on training. What I learned most about was myself as a woman, a human being, and a healer. I learned to stand up for myself, even though others did not agree. I learned to open my heart to those around me even when I was afraid of what others might think. I learned that not everyone I like is meant to be my friend and vis-versa. But I believe one of the most important things I have learned is to be completely true to myself no matter what comes. These things some people learn early on in life and some never learn it at all.

I believe that being in the company of woman for four years on a very regular basis, sharing, loving, disliking (sometimes even hating), some of the things I was experiencing, has helped me become more of who I am meant to be. This has not been an easy road by any means.

It has been fun, and painful, has brought strength, depth, and awareness that may not have come if this road had not been traveled.

In sharing this, I am hoping that those women who travel through Birthingway and end up changing paths either midstream, earlier or later, do not feel like they have failed or lost something valuable. I want to say that it is not giving up nor is it letting go of dreams. Rather your dreams are expanding beyond what was originally dreamt and the universe opening up to show you where you are meant to go, and who you are meant to be, if you are willing to do the work and listening to your heart.

So, after four years of Birthingway, I am going to OCOM for another four years and once all is done I will be able to offer the midwifery community more than I originally thought I would be able to. I will be a doctor of oriental medicine and acupuncture, which will allow me to help the whole family, from birth to death. I am looking forward to the path and all that will come of it.

So all of you who have traveling the path of being a midwifery student. I encourage you to celebrate who you are and where you are being led.

**Do you have a story
of reflection
to share?**

**Please send your
submissions to
Jena Novotny at
Jena@birthingway.edu**

Birthingway College of Midwifery

TEXTBOOK ORDER FORM – Winter textbook order/cancel deadline: Friday, December 7th, 2012 at 4:30pm

Student Name: (required) _____

Textbook cancellations or additions will not be accepted after **December 7th, 2012 at 4:30pm**. After this date you are responsible to pay for and pick up your books, even if you drop the course.

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 Birthingway, but the books listed below are required. You may choose to order texts on your own.

Textbooks should be available the first week of January, 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 financial aid disbursement in the term AND have signed at the bottom of this form.

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

Course	Title of Required Textbook	ISBN #	Price	Order \$
Advanced Lactation Skills - Maternal (ADS221q)	Cadwell K. <i>Maternal and Infant Assessment for Breastfeeding and Human Lactation : A Guide for the Practitioner</i> . 2 nd ed. 2006.	763735779	\$62.00	
	Genna CW. <i>Selecting and Using Breastfeeding Tools: Improving Care and Outcomes</i> . 2009.	0982337914	\$33.00	
	Genna CW. <i>Supporting Sucking Skills in Breastfeeding Infants</i> . 2 nd ed. 2012.	1449647367	\$69.00	
	Lauwers J, Swisher A. <i>Counseling the Nursing Mother: A Lactation Consultant's Guide</i> . 5 th ed. 2010.	763780529	\$99.00	
	Wilson-Clay B, Hoover K. <i>The Breastfeeding Atlas</i> . 4 th ed. 2008.	967275857	\$59.00	
Advanced Lactation Case Studies (ACS221q)	Cadwell K, Turner-Maffei C. <i>Case Studies in Breastfeeding: Problem-solving Skills and Strategies</i> . 2003.	763726001	\$73.00	
Botanicals III (BOT313q)	Gladstar R. <i>Herbal Healing for Women</i> . 1993.	671767674	\$17.00	
Breastfeeding II (BRF222q)	Lauwers J, Swisher A. <i>Counseling the Nursing Mother: A Lactation Consultant's Guide</i> . 5 th ed. 2010.	763780529	\$99.00	
Breastfeeding Politics and Policy (POL121q)	Palmer G. <i>The Politics of Breastfeeding: When Breasts are Bad for Business</i> . 3 rd ed. 2009.	190517716X	\$18.00	
Chinese Medicine (CHM211q)	Selections from Frye A. <i>Holistic Midwifery Volume II: Care During Pregnancy</i> . Selections include only the <u>required</u> readings for the Chinese Medicine course for Community students and Lactation Consultant students. Midwifery students should already have this book. If you still wish to purchase the <u>entire</u> book, please mark one of the below options for <i>Holistic Midwifery Volume II</i> .		\$11	
Communications II (COM112qa)	Rosenberg MB. <i>Nonviolent Communication: A Language of Life</i> . 2 nd ed. 2003.	1892005034	\$20.00	
	Siegel D. <i>The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are</i> . 2 nd ed. 2012.	146250390X	\$55.00	
Communications III (COM113qa and COM113qb)	Rosenberg MB. <i>Nonviolent Communication: A Language of Life</i> . 2 nd ed. 2003.	1892005034	\$20.00	
Complex Situations I (CPX341q)	Davis E. <i>Heart and Hands: A Midwife's Guide to Pregnancy and Birth</i> . 4 th ed. 2004.	1607742438	\$35.00	
	Frye A. <i>Holistic Midwifery Volume I</i> . 1998/2010.	189114555X	\$80.00	
	Frye A. <i>Holistic Midwifery Volume II</i> . 2004.	1891145606	\$130.00	
	Frye A. <i>Understanding Diagnostic Tests in the Childbearing Year</i> . 7 th ed. 2007.	1891145568	\$65.00	
	Gruenberg BU. <i>Birth Emergency Skills Training: Manual for Out-of-Hospital Midwives</i> . 2008.	979002001	\$36.00	
	Varney H. <i>Varney's Midwifery</i> . 4 th ed. 2004.	763718564	\$160.00	
	Weatherby D, Ferguson S. <i>Blood Chemistry and CBC Analysis: Clinical Laboratory Testing from a Functional Perspective</i> . 2004.	976136716	\$65.00	
Differential Diagnosis (DIF441q)	Frye A. <i>Holistic Midwifery Volume I</i> . 1998/2010.	189114555X	\$80.00	

Hematology Skills (HEM311q)	Kiechle F. <i>So You're Going to Collect a Blood Specimen: An Introduction to Phlebotomy</i> . 13 th ed. 2010.	930304985	\$25.00	
	Varney H. <i>Varney's Midwifery</i> . 4 th ed. 2004.	763718564	\$160.00	
Homeopathy I (HOM121q)	Gerachty B. <i>Homeopathy for Midwives</i> . 1997.	443057087	\$61.00	
	Yingling WA. <i>The Accoucheur's Emergency Manual</i> . 2000.	8170213290	\$23.00	
Infancy (INF121q)	Heller S. <i>The Vital Touch</i> . 1997.	805053549	\$20.00	
	Klaus MH, Klaus PH. <i>Your Amazing Newborn</i> . 1999.	073820188X	\$20.00	
	Small MF. <i>Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent</i> . Reprinted ed. 1999.	385483627	\$18.00	
Information Literacy (INL111q)	Spencer S. <i>Google Power Search</i> . 2011.	1449311563	\$13.00	
Massage for Midwives (MAS121q)	Stillerman E. <i>Mother Massage</i> . 1992.	440507022	\$17.00	
Maternal Complex Breastfeeding Situations (MCS231q)	Lauwers J, Swisher A. <i>Counseling the Nursing Mother: A Lactation Consultant's Guide</i> . 5 th ed. 2010.	763780529	\$99.00	
Nutrition (NUT131q)	Selections from Frye A. <i>Holistic Midwifery Volume I: Care During Pregnancy</i> . Selections include only the required readings for the Nutrition course for Community students and Lactation Consultant students. Midwifery students should already have this book. If you still wish to purchase the <u>entire</u> book, please mark one of the above options for <i>Holistic Midwifery Volume I</i> .		\$11.00	
Plant Medicine III (PLM223q)	Green J. <i>The Herbal Medicine-Maker's Handbook: A Home Manual</i> . 2000.	895949903	\$23.00	
Postpartum (PTM251q)	Davis E. <i>Heart and Hands: A Midwife's Guide to Pregnancy and Birth</i> . 4 th ed. 2004.	1607742438	\$35.00	
	Frye A. <i>Holistic Midwifery Volume II</i> . 2004.	1891145606	\$130.00	
	Frye A. <i>Understanding Diagnostic Tests in the Childbearing Year</i> . 7 th ed. 2007.	1891145568	\$65.00	
	Gruenberg BU. <i>Birth Emergency Skills Training: Manual for Out-of-Hospital Midwives</i> . 2008.	979002001	\$36.00	
	Varney H. <i>Varney's Midwifery</i> . 4 th ed. 2004.	763718564	\$160.00	
Postpartum Skills (PTM211q)	Frye A. <i>Holistic Midwifery Volume II</i> . 2004.	1891145606	\$130.00	
Running a Midwifery Practice (RUN331q)	Sohnen-Moe CM. <i>Business Mastery: A Guide for Creating a Fulfilling, Thriving Business and Keeping it Successful</i> . 2008.	962126578	\$36.00	
Survey of Other Modalities (SOM321q)	Kent T. <i>Wild Feminine: Finding Power, Spirit & Joy in the Female Body</i> . 2011.	1582702845	\$17.00	
Using Medical Literature (UML111q)	S Woloshin, et al. <i>Know Your Chances: Understanding Health Statistics</i> . 2008.	520252225	\$25.00	
	Best J. <i>Stat-spotting: a Field Guide to Identifying Dubious Data</i> . 2008.	520257464	\$28.00	
TOTAL for textbooks-----			\$	

Courses with no required textbooks:

**Lactation Consultant Practice Protocols (LPP211q) Practice Materials (PRP411q),
Pharmacology (PHR421q), Research Project (RSP411q)**

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Birthingway College of Midwifery ~ Winter 2013 Registration

Registration for enrolled students (Midwifery or Lactation Consultant Program) begins November 19, 2012 at 8:30am

Registration for Community Students begins November 26, 2012 at 8:30am

REGISTRATION DEADLINE: December 7, 2012 at 4:30pm After this point, an additional \$75 late fee is required.

Tuition: \$381 per credit. To audit (\$381 per credit) please see www.birthingway.edu/for-students/registration.htm		
Advanced Lactation Case Studies (ACS221q) 2 credits X \$381 per credit + \$12 course-pack =	\$ 774	\$
Advanced Lactation Skills (ADS221q) 2 credits X \$381 per credit =	\$ 762	\$
Botanicals III (BOT313q) 1 credit X \$381 per credit =	\$ 381	\$
Breastfeeding II (BRF222q) 2 credits X \$381 per credit + \$6 course-pack = <small>This is one of a 4-part sequence required to complete Birthingway's AARC approved lactation education program. To be in the program, you must register for all four courses separately.</small>	\$ 768	\$
Breastfeeding Politics and Policy (POL121q) 2 credits X \$381 per credit + \$20 course-pack =	\$ 782	\$
Chinese Medicine (CHM211q) 1 credit X \$381 per credit + \$7 course-pack =	\$ 388	\$
Communications II (COM112q) 1 credit X \$381 per credit + \$9 course-pack =	\$ 390	\$
Communications III (COM113qa) 1 credit X \$381 per credit + \$3 course-pack =	\$ 384	\$
Communications III (COM113qb) 1 credit X \$381 per credit + \$3 course-pack =	\$ 384	\$
Homeopathy I (HOM121q) 2 credits X \$381 per credit + \$44 lab fee =	\$ 806	\$
Infancy (INF121q) 2 credits X \$381 per credit =	\$ 762	\$
Information Literacy (INL111q) 1 credit X \$381 per credit + \$8 course-pack =	\$ 389	\$
Lactation Consultant Practice Protocols (LPP211q) 1 credit X \$381 per credit =	\$ 381	\$
Massage for Midwives (MAS121q) 2 credits X \$381 per credit + \$20 lab fee =	\$ 782	\$
Maternal Complex Breastfeeding Situations (MCS231q) 3 credits X \$381 per credit + \$22 course-pack =	\$1165	\$
Nutrition (NUT131q) 3 credits X \$381 per credit + \$19 course-pack =	\$1162	\$
Pharmacology (PHR421q) 2 credits X \$381 per credit + \$10 course-pack + \$30 lab fee =	\$ 802	\$
Plant Medicine III (PLM223q) 2 credits X \$381 per credit + \$18 course-pack + \$25 lab fee =	\$ 805	\$
Survey of Other Modalities (SOM321q) 2 credits X \$381 per credit + \$16 course-pack + \$5 lab fee =	\$ 783	\$
Using Medical Literature (UML111q) 1 credit X \$381 per credit + \$4 course-pack =	\$ 385	\$
Midwifery Program Students Only:	Please note: SSDBR Fee is Signs and Symptoms Documentation Book Review Fee	
Complex Situations I (CPX341q) 4 credits X \$381 per credit + \$32 course-pack =	\$1556	\$
Differential Diagnosis (DIF441q) 4 credits X \$381 per credit + \$9 course-pack =	\$1533	\$
Hematology Skills (HEM311q) 1 credit X \$381 per credit + \$9 course-pack + \$80 lab fee =	\$ 470	\$
Postpartum (PTM251q) 5 credits X \$381 per credit + \$90 course-pack =	\$1995	\$
Postpartum Skills (PTM211q) 1 credit X \$381 per credit + \$20 lab fee =	\$ 401	\$
Practice Materials (PRP411q) 1 credit X \$381 per credit + \$40 lab fee =	\$ 421	\$
Running a Midwifery Practice (RUN331q) 3 credits X \$381 per credit + \$44 course-pack =	\$1187	\$
Research Project (RSP411q) 1 credit To register, you must turn in a <i>Registration Form for Research Project</i> and payment by the first day of the term. This form is available here: www.birthingway.edu/registration.htm .	Please use separate form.	
<input type="checkbox"/> I intend to register for Clinical Training Credit this term. To register, you must turn in a completed Clinical Training Credit Registration Form available at www.birthingway.edu/registration.htm If this is your first time registering for Clinical Training credit, please contact your Program Coordinator.		
<input type="checkbox"/> I am working with this preceptor: _____ <small>(Preceptor Name)</small>		
>> PLEASE TELL US WHO YOU ARE WORKING WITH EVEN IF YOU AREN'T TAKING CREDITS. Your preceptor must be approved by Birthingway. If you're not sure, please check with the Faculty Coordinator.		
Do you intend to graduate in this term or the next? (please circle one) Yes No <small>If "Yes", please schedule a meeting with your Program Coordinator to discuss the graduation process.</small>		
Registration Fees (Required for all students):		
TECHNOLOGY FEE	\$	15.00
REGISTRATION FEE	\$	50.00
LATE REGISTRATION FEE \$75 (due in addition to the Registration Fee if received after 4:30pm on December 7, 2012)		
TOTAL		\$

Registrations are accepted by mail or fax; walk-in's are accepted during office hours only (please see www.birthingway.edu for listing). If you fax your registration (503) 760-3332 please call to confirm receipt. Registrations that are received before registration begins will be processed after 4:30pm on registration day, in order of receipt. Several courses have readings 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 <<

Birthingway College of Midwifery COURSE OFFERING – Winter 2013

~ All course have a minimum of 5 students and a maximum of 16 students unless otherwise noted. ~

Advanced Lactation Case Studies (ACS221q)	2 Cr	6 Sessions	Tuesdays ~ 1/8/13 – 2/12/13	1:30pm – 5:00pm	Carlton House
Prerequisite: All Lactation Program coursework complete or in progress. Students will have an opportunity to create their own cases to present to their peers, as well as solving differential diagnosis scenarios. Includes all pieces of the consultant's practice such as history taking, charting, plan development and follow-up. Taught by Melissa Cole, IBCLC					
Advanced Lactation Skills – Maternal (ADS221q)	2 Cr	6 Sessions	Thursdays ~ 2/21/13 – 3/28/13	1:00pm – 5:00pm	Carlton House
Prerequisite: Breastfeeding Skills (BFS211q) Students have the opportunity to work with models who are experiencing more complex breastfeeding situations, such as babies or mothers with physiologic complications discussed in the Complex Breastfeeding theory courses. Taught by Melissa Cole, IBCLC					
Botanicals III (BOT313q)	1 Cr	5 Sessions	Fridays ~ 1/11/13 – 2/8/13	9:00am – 11:30pm	Foster House
Prerequisite: Botanicals II (BOT332q) 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. Botanicals III will be offered as a one credit course in winter 2013 and will be offered as a two credit course beginning winter 2014. The 2012 matriculating class must meet the two credit hour requirement. Taught by Mindy Cash, ND Maximum course size – 20 students.					
Breastfeeding II (BRF222q)	2 Cr	5 Sessions	Wednesdays ~ 2/13, 2/20, 3/6, 3/13, 3/20/13	12:30pm – 4:30pm	Carlton House
Prerequisite: Breastfeeding I (BRF111q) 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 Fuson, IBCLC, LMT, CD					
Breastfeeding Politics and Policy (POL121q)	2 Cr	7 Sessions	Mondays ~ 1/21/13 – 3/4/13	5:30pm – 8:30pm	Foster House
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, also both theory and action-oriented projects. Taught by Rita Aparicio, MA, IBCLC, and Cari McCormick, MPH					
Chinese Medicine (CHM211q)	1 Cr	5 Sessions	Fridays ~ 2/15, 3/1, 3/8, 3/15, 3/22/13	9:00am – 11:30am	Foster House
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					
Communications II (COM112q)	1 Cr	4 Sessions	Mondays ~ 3/4/13 – 3/25/13	9:30am – 12:30pm	Foster House
Prerequisite: Communication I (COM121q) 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					
Communications III (COM113qa)	1 Cr	4 Sessions	Wednesdays ~ 1/9, 1/23, 1/30, 2/13/13 (2/20/13 make up day)	9:00am – 12:00pm	Carlton House
Communications III (COM113qb)	1 Cr	4 Sessions	Wednesdays ~ 2/27, 3/6, 3/13, 3/20/13 (3/27/13 make up day)	9:00am – 12:00pm	Carlton House
Prerequisite: Communication II (COM112q) 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, CPM, LDM					
Complex Situations I (CPX341q)	4 Cr	12 Sessions	Thursdays ~ 1/10/13 – 3/28/13	9:00am – 12:30pm	Foster House
Prerequisites: Intrapartum (INT251q), Fetal Assessment (FET211q) Using lecture, discussion and case studies, this course covers anemia, clotting issues (thrombophilias, deficiencies, DIC), respiratory issues (asthma, amniotic fluid embolism, pulmonary embolism), energy issues (diabetes, hypoglycemia, eating disorders), liver problems (HELLP, acute fatty liver, intrahepatic cholestasis (ICP), thyroid issues, and dermatologic conditions (PUPPP, HG). Taught by Nichole Reding, MA, CPM					
Differential Diagnosis (DIF441q)	4 Cr	12 Sessions	Wednesdays ~ 1/9/13 – 3/27/13	9:00am – 12:15pm	Foster House
Prerequisites: All midwifery core courses, Fetal Assessment (FET211q), Sexually Transmitted Infections (STI311q), Human Genetics (GEN231q), Breastfeeding II ((BRF222q) We recommend all midwifery courses are complete or in progress before taking this course. Using student created <i>Signs and Symptoms</i> book and protocols, students present and chart case studies for differential diagnosis by their classmates. Students also create practice guidelines for antepartum, intrapartum, postpartum, and wellwoman gynecology, as well as develop risk assessment guidelines and client care checklists. Taught by Holly Scholles, MA, CPM, LDM					

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Hematology Skills (HEM311q)	1 Cr	12 Sessions	Thursdays ~ 1/10/13 – 3/28/13	3:00pm – 5:00pm	Foster House
Prerequisite: Prenatal Skills (PRE211q) Skills covered include hemoglobin, hematocrit, and glucose evaluations with in-office devices. Venipuncture skills are also covered, including vacutainer, syringe and butterfly devices, as well as introduction to IV skills. Taught by Denise Clark, BS, EMT-P					
Homeopathy I (HOM121q)	2 Cr	5 Sessions	Mondays ~ 1/14 – 2/18/13 (no class 2/11/13)	9:30am – 1:30pm	Foster House
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					
Independent Study					
Student led independent research with an approved faculty member. Students interested in pursuing an Independent Study must initially complete an <i>Intent Form</i> designating the proposed topic, advisor and credit value. Please meet with your program coordinator or the Faculty Coordinator for more information. Allow seven weeks prior to the term in which you will pursue the Independent Study to complete all preparatory steps. Course number will be determined by the Academic Coordinator based on rigor and amount of work.					
Infancy (INF121q)	2 Cr	7 Sessions	Fridays ~ 1/11, 1/25, 2/8, 2/22, 3/8, 3/22, 3/29/13	9:00am – 12:00pm	Carlton House
From an ethnopediatric perspective, this course covers newborn behavior, development, bonding and attachment, and childrearing including attachment parenting. Taught by Heather Hack-Sullivan, BS, CPM, LDM					
Information Literacy (INL111q)	1 Cr	5 Sessions	Tuesdays ~ 1/15/13 – 2/19/13 (no class on 2/12/13)	6:00pm – 8:30pm	Foster House
This course explores how to obtain, evaluate, and use information, and how one can best base decisions on validated information. Taught by Kathryn Constant, MLS					
Lactation Consultant Practice Protocols (LPP211q)	1 Cr	4 Sessions	Tuesdays ~ 2/26/13 – 3/10/13	9:30am – 12:30am	Foster House
Prerequisite: All Lactation Program courses must be completed or in progress. A capstone course in which we review our protocols, informed choice agreements and info sheets, and create a final binder of these. Taught by Adrienne Fuson, IBCLC, LMT, CD					
Massage for Midwives (MAS121q)	2 Cr	3 Sessions	2/8/13 5:00pm – 9:00pm; 2/9/13 and 2/10/13 9:00am – 5:00pm		Carlton House
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. Maximum course size – 8 students.					
Maternal Complex Breastfeeding Situations (MCS231q)	3 Cr	10 Sessions	Thursdays ~ 1/17/13 – 3/21/13	9:30am – 12:30pm	Carlton House
Prerequisite: Anatomy and Physiology for Birth and Lactation Professionals (ANP151q), Breastfeeding III (BRF213q) 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; Cesarean birth; 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, tandem nursing, anorexia nervosa and other eating disorders, and Perinatal Mood Disorders. Taught by Rita Aparicio, MA, IBCLC					
Nutrition (NUT131q)	3 Cr	10 Sessions	Fridays ~ 1/11/13 – 3/22/13 (no class on 2/22/13)	12:30pm – 3:30pm	Foster House
Overview of nutrition concepts including macro- and micro-nutrients, use of supplements, diet analysis, and applications for pregnancy and postpartum. Nutrition will be offered at 2 credit hours in Spring 2012, and will be offered at 3 credit hours beginning Fall 2012. Taught by Mindy Cash, ND					
Pharmacology (PHR421q)	2 Cr	7 Sessions	Wednesdays ~ 1/9/13 – 2/20/13	6:00pm – 9:00pm	Foster House
Prerequisites: All first year midwifery core courses must be complete. 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 initial educational requirements for Pharmacology and Medications by Injection required for Oregon midwifery licensure. Taught by Pamela Echeverio, BS, CPM, LDM. Maximum course size – 19 students.					
Plant Medicine III (PLM223q)	2 Cr	7 Sessions	Mondays ~ 2/4/13 – 3/18/12 (make up class 3/25)	1:30pm – 4:30pm	Carlton House
Prerequisite: Plant Medicine II (PLM222q). Learn preparation of syrups, cordials and elixirs, as well as lozenges and suppositories, oxymels and electuaries. Create herbal formulas and prescriptions. This course includes a field trip. Taught by Cari Nyland, ND.					

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Postpartum (PTM251q)	5 Cr	12 Sessions	Tuesdays ~ 1/8/13 – 3/26/13	9:00am – 1:15pm	Foster House
Prerequisites: Intrapartum (INT251q). Co-requisite: Postpartum Skills (PTM211q). 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					
Postpartum Skills (PTM211q)	1 Cr	12 Sessions	Tuesdays ~ 1/8/13 – 3/26/13	3:00pm – 5:00pm	Foster House
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					
Practice Materials (PRP411q)	1 Cr	5 Sessions	TBD	5:00pm – 7:00pm	Carlton House
Prerequisites: All required midwifery program courses must be completed or in progress. For Midwifery students who matriculated 2011 or earlier. This capstone course brings together student work created throughout the midwifery curriculum, compiled into a resource used in practice scenarios with a standardized patient. Taught by Jackie Meyer, CPM					
Research Project (RSP411q)	1 Cr	n/a	n/a	n/a	n/a
Prerequisite: Research Methods. Registration for this course limited to midwifery program students. 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.birthingway.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 (RUN331q)	3 Cr	11 Sessions	Wednesdays ~ 1/9/13 – 3/20/13	2:45pm – 5:00pm	Foster House
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					
Survey of Other Modalities (SOM321q)	2 Cr	7 Sessions	Thursdays ~ 2/14/13 – 3/28/13	5:30pm – 8:30pm	Foster House
A survey style course, covering a variety of alternative healing modalities, including chiropractic, flower essences, aromatherapy, body work and hydrotherapy, with indicators for referral. Taught by Cari Nyland, BA, ND					
Using Medical Literature (UML111q)	1 Cr	4 Sessions	Thursdays ~ 2/28, 3/7, 3/14, 3/21/13	5:30pm – 8:30pm	Carlton House
Basic statistical concepts, types of medical literature, critical analysis, "evidence-based" practice. Taught by Gretchen Kraig-Turner, MST					
FIRST YEAR MIDWIFERY PROGRAM LUNCH			Tuesdays ~ 1/8/13 – 3/26/13	1:15pm – 2:00pm	Foster House
FIRST YEAR MIDWIFERY PROGRAM COHORT			Tuesdays ~ 1/8/13 – 3/26/13	2:00pm – 3:00pm	Foster House
SECOND YEAR MIDWIFERY PROGRAM LUNCH			Thursdays ~ 1/10/13 – 3/28/13	12:30pm – 1:30pm	Foster House
SECOND YEAR MIDWIFERY PROGRAM COHORT			Thursdays ~ 1/10/13 – 3/28/13	1:30pm – 3:00pm	Foster House
THIRD YEAR MIDWIFERY PROGRAM LUNCH			Wednesdays ~ 1/9/13 – 3/20/13	12:15pm – 1:15pm	Foster House
THIRD YEAR MIDWIFERY PROGRAM COHORT			Wednesdays ~ 1/9/13 – 3/20/13	1:15pm – 2:45pm	Foster House
LACTATION PROGRAM COHORT			Wednesdays ~ 1/9, 1/23, 2/6, 2/20, 3/6, 3/20/13	12:30pm – 1:30pm	Foster Skills
LACTATION PEER REVIEW			Fridays ~ 1/25, 2/22, 3/29/13	1:30pm – 3:30pm	Carlton House

Moving? Let us know! If you receive this newsletter via mail and you would prefer to receive it by email, please contact the college at info@birthingway.edu or 503-760-3131

Don't forget! You can download all of the registration forms from at www.birthingway.edu



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