

## Come rejuvenate and refresh in the beauty of rural Vermont

Midwifery, the sacred work that it is, has stood the test of time. Midwives have their own body of knowledge that is distinct in this era. We look now to integrate the old ways, modern knowledge, skills and time-tested complementary and alternative healing modalities so we can best serve women and their families. We work on resurrecting our old wisdom, adding the new knowledge we develop to our practices.

Sometimes a simple shift in perspective makes all the difference. Sometimes it's a specific technique. Come to the conference to learn and share about both!

Root Wisdom. Sustainability. This is our theme, a good one for these times.

Our keynote speaker, Aviva Jill Romm is doing just this. An experienced herbalist and now a medical doctor, she brings the holistic perspective to the scientific, integrating them for the best care for patients.

Keynote Speaker Aviva Jill Romm:  
*The Midwife as Community Healer*

Before becoming a physician, Aviva Romm, a recognized expert in midwifery, women's health, and women's and pediatric botanical medicine, practiced as a homebirth midwife and herbalist for 20 years, becoming one of the first CPMs in the US and writing her now classic books *The Natural Pregnancy Book* and *Naturally Healthy Babies and Children*.

A graduate of Yale School of Medicine, Aviva is completing a residency in internal medicine, creating the first Women's Health Internal Medicine Residency program at Yale where she has also been instrumental in creating Yale's first integrative medicine curriculum. Aviva's goal is to continue to serve as a bridge between the alternative and conventional medical communities, fostering the growth of a truly integrative, trans-disciplinary health care model, and promoting greater access to health care.



### Location:

The conference is being held at Gove Hill, a Christian Retreat facility specializing in warm hospitality nestled in the Eastern, Central Vermont. Gove Hill has spectacular views of the surrounding mountains. On a clear day even Mount Washington in New Hampshire can be seen! They have hiking trails to enjoy, a three acre pond suitable for swimming or for taking out one of their small watercraft.

### Lodging:

Sleeping is dorm style bunks. The cabins have electricity, toilet and shower and holds 10. The Adirondack shelters do not have utilities ~ one of the "walls" is all screen. Cabins and shelters will be reserved on a first come, first served basis. You can reserve linens (see registration form for this option) or bring your own bedding.

### Meals:

Friday dinner through Sunday brunch is included in full conference fee and meals for partial attendance are included in the conference day fee. Snacks and beverages provided throughout the conference. There will always be a vegetarian option. Saturday dinner is a cook out. If you come earlier on Friday or are taking intensives, you may purchase lunch for \$15 (see registration form to check this option) or bring your own. Special dietary or other needs? Let us know!

For more information on Gove Hill Retreat Center, please visit: <http://www.govehillretreat.org>

Vermont Midwives Alliance  
MANA Conference Region 1  
C/O Anji Church  
PO Box 125  
West Chesterfield, NH 03466

Sponsored by MANA Region 1  
and the Vermont Midwives Alliance



With Keynote speaker:  
Aviva Jill Romm, CPM, Herbalist, MD

## Pre-conference ~ Friday Intensives:

The intensive sessions are apart from the main conference program and require an additional fee. Pre-registration is required by May 7 as classes will not run unless we have a minimum number of participants.

\* **Neonatal Resuscitation ~ Karen Strange**, (8am – 5pm): This workshop includes the latest from NRP, evidence based updates and studies regarding such specifics as the use of 100% O2 in the resuscitation of newborn babies, suctioning for babies born through meconium stained waters, etc. (minimum 18) ~ \$210 (\$100 deposit to reserve your place)

\* **Intravenous Training and Certification ~ Jill Johnson and Daniel Likens**, (9am – 5pm): This course is designed to provide midwives and other health care providers with the knowledge and skill to identify when the need for IV therapy exists and successful methods for establishing a peripheral IV. While our focus is on midwives, particularly those who practice in the home birth theater, anyone who wishes to learn basic IV skills or improve existing skills will benefit. (minimum #10) ~ \$250 ~ Early Bird \$200 (\$100 deposit to reserve your place)

\* **Midwifery Skills Practice ~ Bonne Dunham**, (9:30am – 5pm): Discussion on the different pathways towards becoming a midwife or doula: peek into a midwife's prenatal and birth bag, discussion of prenatal care, what we do at each visit, why it's important and hot topics in selected tests such as gestational diabetes screening and GBS, labor and birth, cardinal movements, postpartum care, as well as hands on skills such as taking blood pressure, venipuncture and gloving, injections, palpation and measurement, Q&A. Bonne is a member of MANA, and the Vermont Midwives Alliance. She is a Professionally Certified Midwife (CPM) and licensed in the state of Vermont (LM). (minimum #5) ~ \$60 (\$25 deposit to reserve your place)

Lunch is \$15 (see registration form), or bring your own.

## Conference Schedule:

Friday, June 18, 2010:

5:45 pm: Welcome

6 pm: Dinner and Ice cream social

7 pm: **"Open Space" discussions** ~ The Open Space Technology approach for "self-organizing meetings" was discovered by Harrison Owen in the 1980's. Participants set the agenda according to what they are passionate about. The approach is characterized by five basic mechanisms: (1) a broad, open invitation that articulates the purpose of the meeting; (2) participant chairs arranged in a circle; (3) a "bul-

letin board" of issues and opportunities posted by participants; (4) a "marketplace" with many breakout spaces that participants move freely between, learning and contributing as they "shop" for information and ideas; and (5) a "breathing" or "pulsation" pattern of flow, between plenary and small-group breakout sessions.

### **Evening entertainment**

Saturday, June 19, 2010:

9~9:20: Announcements

9:30~11:30 am: Session 1

a. **Sexual and Domestic Violence Awareness During Maternal Care ~ Melissa Deas**: Learn what are typical symptoms or behaviors of a woman who is suffering from Sexual or Domestic Abuse. Understand the common profile of men who batter. Know how to offer help without creating safety issues for the woman. Melissa Deas, LM, CPM, has been in practice for over 30 years and is a professional mediator.

b. **Creating Effective Team Strategies to Enhance Care and Safety in Midwifery Practice: A Team STEPPS Approach ~ Adrienne Trahnstrom & Jade Kaplan**: This dynamic workshop will introduce participants to the Team STEPPS process of tools and strategies to enhance client care, communication, collaboration, and safety for midwifery practice in the out-of-hospital setting. We will explore the importance of effective teamwork, creating a working system within your midwifery practice, and working toward a culture of safety within this model. Adrienne Trahnstrom, LM, CPM & Jade Kaplan, CNM, MSN, MPH

c. **Women's Anatomy of Arousal ~ Sheri Winston**: Babies, bliss and bonding system: anatomy and function of sexual-reproductive attachment system. Homebirth and birth center CNM; gyn care in private and clinic practice; Wholisitic Sexuality Curriculum; Center for the Intimate Arts; author.

Noon~1 pm: Lunch

1:30~2:30 pm Keynote ~ Aviva Jill Romm, CPM, herbalist, MD:  
**The Midwife As Community Healer**

2:45~4:45 pm: Session 2

d. **Vaginal Ecology ~ Sheri Winston**: Concept of, states of, major influences on vaginal ecology, signs of imbalance.

e. **The Midwife's Basket: Understanding, Preventing, and Resolving Difficulties of Labor ~ Aviva Jill Romm**: The physiology of normal labor, pathophysiology of the difficult labor, and the many reasons for and non-surgical, non-pharmacologic approaches to dystocia.

f. **Fertility Awareness ~ Gilian Daley**: Using the body's observable signals to avoid or achieve pregnancy and gauge gynecological health naturally.

Gilian Daley is a homebirth midwife, herbalist, fertility awareness instructor and group coordinator.

5~6 pm: Regional Meeting

6~7 pm: Dinner

7:15~11 pm: Solstice Celebration: bonfire, storytelling, music by Women Sing.

Sunday, June 20, 2010

9~11:00 am: Session 3

g. **Breech Birth at Home ~ Tanya Rapinchuk**: Types of, risks, benefits, informed consent with, management of breech birth at home. Sacred Birth Midwifery, Northampton MA; Tanya Rapinchuk, LM (VT)

h. **TBA**

i. **Healthy Babies: When Simple Care is the Best ~ Chris Malcolm**: Just like moms, babies benefit from care that trusts in their bodies to be healthy and heal. In this workshop we'll discuss simple care for babies, including herbal medicine, home remedies, massage, homeopathic remedies and more. The newest research on natural newborn care will be reviewed. Clinical decision making for sick babies will also be covered. CNM, FNP, MSN; Now practicing as a family nurse practitioner in Johnson VT.

11~12 Noon: Brunch

12:15~2:15 pm: Session 4

j. **Aromatherapy for birth ~ Anji Church**: Safe use and choice of essential oils, how-to and preparation of an aromatherapy product. CPM, LM VT, CM NH; two-year program in aromatherapy; own herbal product line, two-year herbal program; one-year herbal apprenticeship; currently studying Aviva Jill Romm's Herbs for Women's Health.

k. **Hypnosis for Midwives and Mamas ~ Erin Ryan**: Hypnosis is a narrowed state of concentration, the exact state of laboring women as well as midwives. This class will teach you how to incorporate deep relaxation for better birth outcomes and how midwives can use it to support themselves at birth and beyond. Homebirth midwife LM VT; CPM; teacher for Aviva Institute; consultant for National Midwifery Institute; mother of three homebirth boys.

l. **Midwifing Miscarriage ~ Jill Breen**: Causes, concerns, staying home, alternative treatments for and recovering from, analysis of case studies.

2:20 pm: Closing

## MANA Conference ~ Region 1: June 18-20, 2010

### Registration Form

Please fill out the form and include your check made out to Vermont Midwives Alliance (VMA). Send to: Anji Church, MANA Conference Region 1, PO Box 125, West Chesterfield, NH 03466 or register online at: [www.vermontmidwivesalliance.org](http://www.vermontmidwivesalliance.org)  
The Vermont midwives look forward to seeing you!

First Name \_\_\_\_\_  
Last Name \_\_\_\_\_  
Phone number 1 \_\_\_\_\_  
Phone Number 2 \_\_\_\_\_  
Email \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_  
Zip \_\_\_\_\_

Please circle your choices:

Conference fees include lodging and meals unless stated otherwise.

Early bird registration: \$ 245

Full Conference ~ after May 7th: \$275

Student Discount: \$225

Full conference, no lodging, meals only: \$200

Sat only \$150 ~ meals only, no lodging

Sun Only \$125 ~ brunch included

MEAC CEUs \$20

Lodging: Circle the one you want:

Main building Cabin (sleeps 10)

Adirondack shelters (sleeps 8) Tent (bring your own)

Linens (\$7.00) Y N

Childcare for children under 3 years old: \$6 / hour ~ more than 1 child: \$4 / hour / child # of children \_\_\_\_\_

Meals: Specify any dietary needs \_\_\_\_\_.

Friday Intensives: Circle (no meals included)

NRP (minimum #18) – \$210 (or \$100 deposit)

IV Certification (minimum #8) – \$250 Early Bird – \$200 (or \$100 deposit)

Skills Practice (minimum #5)- \$60 (or \$25 deposit)