

# The Second Annual Women Helping Women Educational Retreat



The Mountain Institute Spruce Knob, WV

[www.mountain.org](http://www.mountain.org)

September 11<sup>th</sup> - 13<sup>th</sup>, 2009

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

Sponsors: West Virginia Birth Policy Coalition; Midwives Alliance of West Virginia; and West Virginia Friends of Midwives  
[www.friendsofmidwives.com](http://www.friendsofmidwives.com)

## Schedule

### Pre-Retreat: Friday

9:00 am-5:00 pm	(pA) Neonatal Resuscitation – Merrily Taylor and Sarita Bennett OR (pB) Beginning Midwifery Skills – Stacie Hunt & Angy Nixon
5:30 pm	Dinner
6:30-7:30 pm	Panel Discussion: Pathways to Midwifery, Facilitated by Sarita Bennett
7:30 pm	Midwifery Games and Entertainment

### Retreat: Saturday

7:30- 8:15 am	Breakfast
8:15- 9:00 am	General Session: Birth and Roots of Violence – Danette Condon
(A) 9:15-10:30 am 10:45-12:00 pm	Postpartum Care– Martha White Unfortunate Outcomes – Dr. Sam Roberts
OR (B) 9:15-12:00 pm	Complementary Modalities – Dr. Pamela Colby and Dr. Sherri Collett
12:00- 1:00 pm	Lunch
1-2:00 pm	General Session: VBAC – Teresa Stire
2:15-3:45 pm	(C) Shoulder Dystocia – Dr. Sarita Bennett OR (D) Post Partum Hemorrhage – Dr. Mike Stitely
4:00-5:30 pm	(E) Twins – Stacie Hunt and Danette Condon OR (F) Healing PTSD Workshop – Teresa Stire
5:30-7:00 pm	Dinner and Raffle
7:00-8:00 pm	Henhouse Play, then Stories and Campfire

### Post Retreat: Sunday

8:00-9:00 am	Breakfast
9:00- 10:45 am	Peer Review:Policing our Own, Facilitated by Ruth Walsh
11:00-12:15 pm	(G) Placentas – Ruth Ann Colby Martin OR (H) Midwives as Small Business Entrepreneurs – Angy Nixon
12:15-1:30 pm	Lunch and Clean Up
1:30-2:30 pm	Closing Circle

## Speakers/Educational Leaders:

- Teresa Stire, MA, ICAN Chapter Leader
- Stacie Hunt, CPM, LM
- Danette Condon, DEM, CDVA
- Samuel Roberts, MD
- MerrilyTaylor, RN
- Pamela Colby, ND
- Sherri Collett, DC
- Ruth Ann Colby Martin, CPM, LM, EMT, CD(DONA)
- Angy Nixon, CNM
- Ruth Walsh, CPM, RN, BSN, MA
- Martha White, DEM
- Michael Stitely, MD, FACOG
- Sarita Bennett, DO, Midwife

## Cost:

\$25 Thursday Night  
\$85 Friday  
\$200 Friday Night through Sunday

\*Cost includes: Meals, Workshops, and Lodging (dormitory bunks are first come first served; tents and sleeping bags are available for campers).  
\*Childcare will be offered for children under three: \$20 per child per day. Children three and over must be accompanied by a care provider.

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

Mail to: Ruth Ann Colby Martin, HC 75 Box 20, Circleville, WV 26804  
Please make checks payable to: Ruth Ann Colby Martin

**Please register As Soon As Possible – Space is Limited**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email (for confirmations): \_\_\_\_\_

> Registration – Select your Workshops <

Thursday Night (\$25): \$ \_\_\_\_\_

Friday Pre-Retreat (\$85 \*All Day Workshop): \$ \_\_\_\_\_  
pA \_\_\_\_\_ OR pB \_\_\_\_\_

Saturday and Sunday (\$200 \*Fri Night Included): \$ \_\_\_\_\_  
A \_\_\_\_\_ OR B \_\_\_\_\_  
C \_\_\_\_\_ OR D \_\_\_\_\_  
E \_\_\_\_\_ OR F \_\_\_\_\_  
G \_\_\_\_\_ OR H \_\_\_\_\_

Childcare \$20 per day (per child under 3) \$ \_\_\_\_\_  
How many \_\_\_\_\_ Ages \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Questions: Please contact Ruth Ann at 304-567-3149 or [racm@artabuse.com](mailto:racm@artabuse.com).

## SPEAKER BIOGRAPHIES

### Dr. Sarita Bennett, DO, Midwife

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

### Martha White, DEM

Martha has practiced midwifery care for over 20 years, providing home birth services, hospital assistance, and childbirth education. She has extensive experience working as a home visitor, working with pregnant women and mothers of pre-school children in several federally funded and privately funded programs.

### Ruth Walsh, CPM

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

### Dr. Pamela Colby, ND

Pamela graduated from National College of Naturopathic Medicine, Portland, OR with a Doctorate of Naturopathy and a Certificate in Homeopathy. She specializes in Homeopathy and Biotherapeutic drainage. Her family practice focuses in pediatrics and pregnancy.

### Teresa Stire, MA, ICAN Chapter Leader

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

### Stacie Hunt, CPM

Stacie practices as a midwife at The Farm in Summertown, TN. She has practiced midwifery for over 12 years. She has worked in a hospital setting, assisting with nearly 1000 births (including over 400 C-sections), but prefers serving women as a homebirth midwife. Stacie is a licensed massage therapist, Level 1 Reiki practitioner and Certified Herbalist. She teaches midwifery workshops at The Farm and all over the U.S.

### Angy Nixon, CNM

Angy earned her master's degree in nursing in 1998 and has been certified by the American College of Nurse-Midwives (ACNM) since 1998. Certified in neonatal resuscitation and CPR, she currently holds licensure in WV and OH, and active memberships in both the national and local chapters of ACNM, the Midwives' Alliance of North America (MANA), and Doulas of North America (DONA). She is the secretary of MANA.

### Merrily Taylor, RN

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

### Dr. Sherri Collett, D.C.

Dr. Sherri received her B.S. in Sports Medicine/Athletic Training from Shepherd College, Shepardsstown, WV. She attended Life University, in Marietta, GA and completed her Doctorate of Chiropractic. She emphasizes care for the pregnant mother and children's care.

### Dr. Michael Stitely, MD, FACOG

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

### Danette Condon, DEM, Certified Domestic Violence Advocate

Danette is a life-long activist for civil rights, peace, and non-violence. She has worked for 18 years as a victim advocate and community educator for domestic violence and sexual assault program. She has 20 years experience supporting homebirth. Danette was drawn to midwifery as a civil rights issue and by women in her community requesting help with home births. She became a DEM with the support of her community and the Midwives Alliance of West Virginia apprenticeship model.

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

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

### Dr. Samuel Roberts, MD

Dr. Roberts attended homebirths with his father as a child. He has a busy family practice and provides the midwifery model of care and attends hospital deliveries, having attended several thousand to date. He travels to Peru and Haiti often to provide essential medical care and supplies to peoples there.

## CLASS DESCRIPTIONS

### Neonatal Resuscitation Certification

This is an 8-hour certification class, including hands-on skills and exam. We will learn the essentials of NRP in a relaxed and stress-free manner, in a class designed to be useful in homebirth. To complete this course, the book must be read and studied prior to class, and the exam taken via computer.

### Beginning Midwifery Skills

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

### Post Partum Care

This workshop will instruct participants in developing a method and a schedule of postpartum care. This invaluable service increases the success rate for the breastfeeding couple, improves the mother's recovery from birth, guards the newborn's well-being, and reduces the family's feelings of isolation.

### Complementary Modalities: Homeopathic and Chiropractic Care in the Childbearing Year

Taught by an ND and DC, this workshop will incorporate the midwifery approach with structural medicine to discuss optimizing health in pregnancy by utilizing complementary modalities that are not mainstream. Chiropractic care for the pregnant woman will be discussed. Homeopathic remedies for common complications in pregnancy, labor and postpartum as well as understanding the basics of how homeopathy works will be explored.

### Midwives as Small Business Entrepreneurs

A midwife's experience with starting a home birth midwifery service - from finding the right resources and consulting experts (attorneys, accountants, billing services, office help), to sample chart forms, client contracts, HIPAA compliance, and informed consent. Setting a realistic timeline, bringing in associates and partners, learning about the law, networking within the business community... and more!

### Placentas

We will examine the placental transfusion and studies done concerning the timing of cord cutting. We will discuss the function of the placenta and the myriad of ways a placenta can be used and honored after birth. Placentas will be examined in session.

### Unfortunate Outcomes

This workshop will discuss when the outcome of pregnancy is not ideal – miscarriage, abnormalities, stillbirth, neonatal deaths and maternal deaths will be discussed as well as ways of healing and supporting all involved. Personal experiences with providing medical care in Haiti and Peru will also be shared.

### Hands-on Healing Post-Traumatic Stress Disorder

This session will be a hands-on healing session. We will explore techniques such as the Emotional Freedom Technique, art projects, and cognitive behavior approaches that you can implement with clients who are healing and/or grieving from trauma while going through their current pregnancies.

### Post Partum Hemorrhage

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

### Peer Review – Mock Review for Learning Purposes

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

### Shoulder Dystocia

We will examine what "shoulder dystocia" is and how to deal with it. We will explore how to stay calm in a crisis by understanding the anatomy and physiology and knowing what to do. Techniques will be practiced in hands-on simulation.

### Twins

This workshop will cover prenatal, birth and postpartum considerations of care when attending twins delivered out-of-hospital. We will discuss nutrition needs, risk factors, the birth team, birth set-up and post-partum care.

### Birth and the Origins of Violence

A look at some of the root causes of violence in our societies. A look at how in utero, birth, and early childhood experiences can help or hurt human beings and their development. We'll explore research on human development and how it impacts emotional and physical health.

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

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