



Modified Certification for Educators Currently Certified with Another Childbirth Organization

1. Write an **autobiographical essay** (4 -5 pages double spaced).
 - What is your general philosophy about childbirth?
 - What are the reasons you chose to become a Birth Works childbirth educator? Include any life events that have impacted your decision.
 - How will these experiences influence your facilitation of Birth Works classes?
 - What previous experiences have you had teaching in a group setting?
 - What experiences do you have with birth (your own and/or observed)
2. **Read** the following required readings and write a description using specific examples of how you believe the content is or is not in accordance with Birth Works® philosophies/beliefs:

Required Reading:

- *Let Birth be Born Again* by Jean Sutton
- *Birth Reborn* OR *The Scientification of Love* by Michel Odent
- *Ended Beginnings* by Claudia Pauthos **OR** *When survivors give Birth* by Penny Simkin (highly recommended to read both)
- *Birthing Normally*, by Gayle Peterson
- *Rediscovering Birth* by Sheila Kitzinger **OR** *Ina May's Guide to Birth* by Ina May Gaskin
- *Birthing in the Spirit* by Cathy Daub

Highly Recommended Reading:

- *Silent Knife* by Nancy Wainer Cohen
- *Scientification of Love* by Micheal Odent
- *The Oxytocin Factor* by Kerstin Moberg
- *Immaculate Deception II* by Suzan Arms
- *Birth as an American Rite of Passage* by Robbie Davis-Floyd
- *Womanly Art of Breastfeeding*
- *Nursing Mother's companion*
- *The Latch* (or any other Jack Newman book)
- *Thinking Woman's Guide to a Better Birth* by Henci Goer
- *Essential exercises for the Childbearing Year* by Elizabeth Noble
- *Active Birth* by Janet Balaskas
- *Sit up and Take Notice* by Pauline Scott
- *Your Amazing Newborn* by Klaus and Klaus

- The Tentative Pregnancy by Barbara Katz Rothman
- Mothering the Mother by Klaus et all.
- The Cesarean Myth by Mortimer Rosen M.D.
- The Caesarean by Michel Odent MD
- The Farmer and the Obstetrician by Michel Odent MD
- Obstetric Myths Versus Research Realities by Henci Goer
- Five Standards for Safe Childbearing by D. Stewart
- Creating A Joyful Birth Experience by Lucia Capacchione & Sandra Bardsley
- Gentle Birth Choices by Barbara Harper

3. Send in a copy of the **hospital surveys** you have completed for your previous certifying organization (surveys can not be older than three years) **OR** Take a tour of the maternity floor in two local hospitals (one can be a birthing center) and 1) conduct an interview with a representative from each facility (can be a nurse, doctor, certified professional midwife) and 2) Interview a homebirth midwife.

- Complete the Survey of Maternity Services for both hospitals provided in your new entrant packet.
- Write a report on the interview with the homebirth midwife.
- Write a summary of all three interviews including what you learned. (2 - 3 typed pages double spaced)

4. **Topic Papers:** Study of 2 topics must be completed.

- Answer questions thoroughly by using at least three resources (two must be from reputable medical journals and the other from well-researched childbirth education publications).
- What did you learn that you didn't know before?
- Each topic paper must be 5 - 6 pages, double spaced

Topic Paper 1) "The Truth about VBAC looking at trends over the last 30 years". Use the editorial by Betty Ann Davis (in your packet)

Topic Paper 2) "The Physiological Effects of Feeling Safe in Birth." In this paper you must address the effects that both love and fear have on the birth process.

5. **Write a short paper/essay** (3-5 pages typed double spaced) on what you perceive as the differences between your current certifying organization and Birth Works® childbirth education. In this paper you must address philosophies about nutrition during pregnancy, highlighting what you have experienced through your students as to which foods constitute good or not-so-good nutrition.

6. When all above requirements are successfully completed and the Director of Education has reviewed your submission, the Birth Works® **Childbirth Educator Manual** will be sent to you along with the Comprehensive Essay Exam (CEE) after receiving your manual fee of \$75. Study the manual before opening the exam. Send the completed exam to the Director of Education. Expect a process of responding to further comments/questions from the Director at least once.

7. Facilitate an 8 week/16 hour Birth Works course. A 60 minute audio or video tape including 15 minutes of the Feelings Class, 15 minutes of the Philosophy Class, 15 minutes of a visualization and 15 minutes of another class of your choice, is required in order to complete certification. If using an audio tape, make sure the volume is on zero when recording so it can be amplified. Listen to your tape after the first class. A tape that is not audible will not be accepted

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