

Become a Birth Works Certified Childbirth Educator

Our unique, innovative and experiential program provides high quality training and instills confidence that the knowledge about how to give birth already exists within every woman.



What is Birth Works?

Birth Works is a nonprofit organization with certification programs for childbirth educators and doulas. The programs have an innovative and experiential design embodying a philosophy that develops a woman's self-confidence, trust, and faith in her innate ability to give birth and nurture her child.

The History of Birth Works

The first Birth Works classes were designed and taught in 1981 by Cathy Daub, a physical therapist and author of *Birthing in the Spirit*. She chaired the committee at ICAN that developed Birth Works into a certification program. A pilot program was established and completed in 1988. Birth Works became incorporated in 1994 and is now an internationally recognized childbirth education certification program. Birth Works Childbirth Educator Workshops have been held nationwide over the last 20 years.

Yes, becoming certified as a Birth Works teacher was a lot of work, but I am proud of the quality of my training and I'm confident that I can make a real difference in the lives of birthing parents.
OR

I was convinced through experiencing exercises in the workshop that women can learn to let themselves give birth without being taught a lot about specific birthing behaviors.
NJ

The morning of day three of the workshop was unbelievable. Personally, it has made a major difference in my life and attitude towards my family.
OK

I loved the pelvic bodywork; being able to experience the room and space of the pelvic outlet...this wasn't a picture or pelvic model—it was my body.
WA

Most valuable part was learning how to facilitate the grieving and healing exercise. I was surprised at how intense the workshop was for me.
PA

Personally, I walked away with peace and confidence in my ability to help women through their birth journey. Thank you Birth Works®!
TX

Birth Works Is Different

- It is based on the belief that the *knowledge* about how to give birth already *exists* within every woman. We do not believe that a pregnant woman needs to be taught how to give birth but rather help her to have more *trust and faith* in her body knowledge.
- Birth Works is a process, *not* a method. We believe that each woman will labor and birth in her own way. We offer a unique and innovative approach to the integration of mind, body, and spirit through the practice of human values.
- Birth Works encourages women to listen to their bodies by following their instincts, moving and eating as needed, and breathing slowly and deeply to promote relaxation and facilitate labor.
- Families are encouraged to take Birth Works early in pregnancy or even prior to pregnancy, as this is an optimal time for identifying and exploring beliefs about birth, interviewing caregivers, and choosing a birth place that feels safe.

Truth

—

Right Action

—

Peace

—

Love

—

Nonviolence

Birth Works International Statement of Beliefs

- The knowledge about how to give birth already exists inside every woman. Women's bodies were designed to give birth.
- The nutrition of a pregnant woman has a great impact on the health of her baby from its life as a fetus through adulthood and that breastmilk provides optimum nutrition for the newborn baby.
- A woman will labor the best wherever she feels the safest and most secure. For some that may be a hospital; for others it may mean at home or in an alternative birthing center.
- Birthing a baby requires integration of the mind, body, and spirit.
- Birth is one of the greatest challenges life has to offer. It provides an opportunity for personal growth.
- While cesarean sections may be necessary at times, the current rate is too high.
- In most cases, VBAC (Vaginal Birth After Cesarean) is a safer alternative to routine repeat cesareans.
- Birth Works is a process, not a method. Birth Works seeks to facilitate a woman's or a couple's personal process in childbearing, not to impart a preconceived method of labor and birth. There is no one right way to give birth. Each birth is unique.
- A woman in labor deserves an environment in which her privacy, autonomy, and emotional security are protected, and her mobility is encouraged.
- Expectant parents should have access to information they need about obstetrical procedures. They should participate in decisions regarding the judicious use of obstetrical medications and procedures.
- A woman's beliefs influence her birth. Exploring her beliefs heightens self-awareness, serving as a catalyst for positive change.
- The emotions of a birthing woman have profound effects on the birth outcome. Women must be allowed to express all their birth-related feelings.
- The practice of Human Values builds character and instills confidence in birth and life.
- Love is the foundation upon which positive birthing begins, and that one must have love of oneself before being able to love others.

Profile of a Birth Works International Childbirth Educator

Birth Works International is proud of the quality of its childbirth educators. This profile was formulated to give us some idea as to the character of a person training in Birth Works. A response to this profile is part of the application process to enter the program. If you choose Birth Works for your certification, please send your profile with payment to the main office at Birth Works International, PO Box 2045, Medford, NJ 08055.

Participants come to childbirth classes at an exceptionally emotional, exciting and changing time in their lives. They are certain to be influenced by their educator's beliefs, attitudes, lifestyle and how she has given birth. A Birth Works childbirth educator should exemplify the importance of respecting one's body, and taking care of one's self, family and home. This encompasses a lifestyle that strongly discourages cigarette smoking and the recreational use of drugs.

A Birth Works childbirth educator ...

- Strives to be a good listener
- Is non-judgmental and open minded
- Seeks personal growth through her experiences in life
- Supports the safety of VBAC over scheduled repeat cesarean section in most cases
- Promotes the nutritional and emotional benefits of breastfeeding
- Respects the instinctive knowledge of birth within mothers and babies
- Keeps her class environment clean and inviting so class participants feel welcomed

In light of these expectations, please comment on your ability to effectively teach the Birth Works course. (not to exceed 1 typed page)

Curriculum of Birth Works Classes

The following are just some of the topics that are covered within a Birth Works class. These topics, birth films, music, small group work, and experiential exercises are interspersed throughout the classes making them a place of laughter, joy, learning, and a feeling of what it is like to be in a safe place.

<i>Human Values in Birth</i>	<i>Grieving and Healing</i>
<i>Pelvic Bodywork</i>	<i>Labor and Birth</i>
<i>Feelings and Belief Systems</i>	<i>Postpartum and Breastfeeding</i>
<i>Breath Awareness and Relaxation</i>	<i>Medical Procedures</i>
<i>Nutrition and Exercise</i>	<i>Physiology of Birth</i>

Talking about obstetrical drugs, medical procedures, and birth plans is straightforward. The challenge is to help women develop *trust and faith* in their bodies.

The Birth Works Certification Program *A Three Step Process*

1. Receive your New Entrant Packet and complete the requirements in a home self-study course. Written work is reviewed by a member of the National Trainee Review Committee who will provide feedback.

Requirements include:

Autobiography
Reflections on experiences with birth
Book reports
Abstract and critique of VBAC studies
Topic papers
Survey of area maternity services
Study of the Birth Works manual
Comprehensive Essay Exam (CEE)

2. Attend a three-day Birth Works Childbirth Educator Workshop
3. Facilitate an eight week, 16 hour Birth Works Course and provide an audiotape of portions of the course.

And then, you will be a
knowledgeable, confident,
Certified Childbirth Educator



The Birth Works Childbirth Educator Manual



Periodically reviewed and updated, this comprehensive training manual, contains more than 400 pages of well-researched current information. It is an invaluable resource that covers topics taught in classes such as:

- Belief systems and attitudes
- Choosing a birth place & team
- Nutrition and exercise
- Pelvic bodywork
- Informed consent
- Variations and complications
- Medical training of doctors
- Grieving and healing
- Physiology of birth
- Optimal Fetal Positioning
- Positions for labor
- The concept of Educare - developing self-confidence through the practice of human values
- Multisensory visualization and relaxation exercises
- Value of a doula or birth companion
- Medical procedures: risks and benefits
- Anesthesia and analgesics - effects on labor
- Communication skills and group dynamics
- Postpartum
- Breastfeeding
- Strategies for effective facilitating
- Financial planning, publicity and marketing

Frequently Asked Questions

What Do I Receive ?

- National recognition as a certified childbirth educator from a highly respected organization
- Free copy of *Birth Reborn* by Michel Odent, MD
- The comprehensive, periodically revised 400+ page Childbirth Educator Manual (additional fee)
- Name listed on the Birth Works website with link to personal website
- Personal feedback, guidance and support
- One year free certification
- Full membership in the Birth Works organization which includes
 - * Subscription to the quarterly published Birth Works newsletter
 - * 10% discount in the on-line store
 - * Discounts on conferences and special events
- Free online referral/toll free services
- Access to members only area on the Birth Works website where on-line support is provided
- Ability to set up your own small business for which Birth Works provides information and support. Determine your own fees and keep all revenues.

How long does it take?

The Birth Works Childbirth Educator Program takes two years or less to complete. Ideally, all written assignments and attendance at the Childbirth Educator Workshop should be completed within 18 months so that you have 6 months to study the manual, take your exam, and teach your practicum Birth Works course.



When can I start teaching?

You may begin teaching as soon as you have obtained provisional certification. Provisional certification is granted after satisfactory completion of all requirements and the Comprehensive Essay Exam.

Is Class Structure Flexible?

After certification, choose to teach six-week (12 hour), eight-week (16 hour), ten-week (20 hour), or private classes, including all required core topics.

How will I be supported?

Birth Works invites all our members to join our endorsed on-line forums to connect with others currently in training and already certified to communicate, share and support each other. Birth Works board members are also available via e-mail to answer any questions or help you through the process and beyond.

The Birth Works Childbirth Educator Workshop

In our dynamic and experiential three day workshop, you will learn:

- The impact of emotional learning that makes Birth Works a unique program
- Pelvic bodywork
- Philosophies of childbirth
- The systems approach to holistic health care
- The art of discovering belief systems
- Building self-confidence through the practice of human values
- Group facilitation and communication techniques
- Important aspects of nutrition, exercise, birth plans, postpartum, and breastfeeding
- Setting a safe and supportive atmosphere for classes to serve as a role model for birth
- Guilt, blame, and judgment issues as they pertain to birthing
- Multi-sensory visualization techniques
- Physiology of labor, optimal fetal positioning, effective maternal labor positions
- Components of labor, privacy, fear-tension-pain cycle, vocalization
- Comfort measures for labor and labor positions
- Vaginal birth after cesarean (VBAC) and cesarean decision making
- Grieving and healing
- Presentation of various class topics

Our workshop serves as a highly effective model for facilitating your own classes and opens opportunity for personal growth. We invite you to experience how speaking from the heart can bring more love and caring into your classes and help women realize that the knowledge about how to give birth already exists inside every woman.



Workshop Information

Our workshop runs from 9:00am-5:30pm the first day, 9:00am-6:00pm the second day, and 9:00am-3:30pm the third day. Lunch is on your own.

Upon receipt of your registration, you will be sent additional workshop information with the agenda, local accommodations and restaurants. Entry into the Birth Works program is *not* a prerequisite to attending the workshop.

Host Your own Workshop!

Host a workshop and receive a discount on the workshop. The discount increases as the number of registrations to your workshop increases! Download the Hosting Guidelines from our website www.birthworks.org and send application to the office at Birth Works, International, PO Box 2045, Medford, NJ 08055

Become a Birth Works Trainer And Teach Our Childbirth Education Workshops

Our Birth Works Trainers:

- Are highly trained, providing current information in an experiential way, allowing the impact of learning to be deeper.
- Are compassionate, knowledgeable, and well-trained in facilitation techniques that offer optimal group learning.
- Understand birth from cultural perspectives to meet the needs of anyone in the workshop
- Provide a training that integrates the mind, body, and spirit for birth preparation
- Believe that the practice of human values leads to more confident birthing.

Requirements include:

- Being a current member of Birth Works in good standing
- Being a currently certified Birth Works childbirth educator having taught a minimum of ten, eight week (16 hour) classes
- Writing an essay and reading two books that are childbirth related
- Providing references
- Attending a Birth Works Trainer's Workshop
- Co-facilitating one or more Birth Works Childbirth Educator Workshops as needed.

People who have taken Birth Works say they

Develop

Develop

- Confidence in the birth process and in decision-making skills
- An awareness of birthing options
- Greater trust in your instincts and ways to express needs
- An ability to accept more responsibility for birth

Explore

Explore

- The physical, emotional, and spiritual aspects of birth and parenting
- The influence of individual beliefs and attitudes on the birth process
- A variety of ways to heal past emotional pain in preparation for birth

Learn

Learn

- The importance of nutrition, exercise and pelvic bodywork
- Comfort measures for labor and birth
- Ways to assess risks, benefits, and alternatives to birth

General Policies

Due to the experiential nature of the workshop, participants receive maximum benefit when there is minimal distraction. If you are unable to make your own arrangements for your child(ren), please notify Birth Works about your need for a babysitter. Young infants may be in the workshop while breastfeeding. Airline tickets should not be purchased until you receive confirmation of the workshop from the main office. No refunds will be granted for workshop fees 3 weeks before the date of the workshop. A \$75 processing fee will be retained for refund requests prior to three weeks before the workshop. If you are in our certification program and have paid in full for a workshop that is rescheduled, your workshop fee will be applied to a future workshop and you will receive a one-year extension of your training period at no additional cost. In the event of a cancellation, every effort will be made to conduct another workshop in the same region within one year. If a workshop is rescheduled and you are not in the certification program, a full refund will be given.

Birth Works Childbirth Education Program
Registration Form

Register online and view upcoming workshops: www.birthworks.org

Name: _____ Telephone _____

Address: _____

City/State _____ Zip: _____ Email: _____

Entry into the Birth Works Childbirth Certification Program is not a prerequisite for attending the Birth Works Childbirth Educator Workshop (CEW). Anyone may attend our workshop and then decide to go on for certification. When joining our certification program be sure to send your Birth Works Profile along with your payment. All payments in US funds please.

- I would like to become a Birth Works Certified Childbirth Educator. Enclosed is my program fee of ___ \$395* **OR** my combined program and workshop fee of ___\$845.
- I would like to register for the three-day Birth Works Childbirth Educator Workshop. Enclosed is my workshop fee of \$450. I plan to attend the workshop in _____ on (date)_____.
- I am currently a certified Birth Works Birth Doula and would like to enter your Childbirth Educator program. I am eligible for the \$50 discount (taken off the workshop fee). Enclosed is my program fee of ___\$395* **OR** my combined program and workshop fee of _____\$795.
- I am *currently* certified through another *nationally* recognized childbirth education organization. *Proof of my current certification is enclosed.* I am eligible for the childbirth educator modified program and a \$50 discount on my program fee (taken off certification fee). Enclosed is my program fee of _____\$395* **OR** my combined program and workshop fee of _____\$795. I will be attending the workshop in (fill in) _____ on (date) _____.

How did you hear about Birth Works? _____

*When provisionally certified, a \$75 fee will be assessed to receive the Birth Works Childbirth Educator Manual

Payment Method

Send this form, profile, and payment to: Birth Works International, PO Box 2045, Medford, NJ 08055

Circle one: Check* , Visa, Master Card Print name: _____

Card Number: _____ - _____ - _____ - _____ Expiration Date: _____

Signature: _____

*Send bank check or money order and receive your new entrant packet sooner!

For more information, call toll free 1-888-TO BIRTH (862-4784) or fax: 609-953-9380

Email: info@birthworks.org
Website: www.birthworks.org



because it's ancient...