



## CCE Certification Program Prerequisites

- ❖ Sign the Birth Works **Statement of Beliefs** and return to the office.
- ❖ 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)
- ❖ Attend a **breastfeeding preparation program** (LLL meeting, lactation consultant, other breastfeeding classes, or watch the video "Breast is Best" (available through the Birth Works online store). This should not be your own breastfeeding preparation class. Write about your experience. Pay special attention to how the programs does or does not fit into the Birth Works philosophies and explain why you would or would not recommend the program/video. (1 page typed)
- ❖ List any **childbirth related workshops**, conferences, classes or meetings you have attended in the last 5 years. Pay special attention to local birth/parenting groups or any peer groups in your community (doulas, midwives, educators). Write about your experiences in at least two of these events (2 – 3 pages double spaced).
  - Please give specific examples of useful or not so useful information you received at each workshop or meeting.
  - What did you learn that you did not know before?
  - How did it make you feel afterwards?
  - How do you feel about it now?
- ❖ 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)

- ❖ **Attend a Birth Works® Childbirth Educator Workshop held regionally.**
  - Write about your experience at the workshop and reflections on what it meant to you.
  - Describe what inspired you and how it will impact teaching Birth Works Classes. (1-2 typed pages)
  
- ❖ **Complete a book report** for each of the eleven required books on the reading list below.
  - Please write about how you felt about the book.
  - What did you agree or disagree with?
  - What information do you believe is essential to your background as a future educator.
  - Book summaries are not acceptable. All the above must be addressed using specific examples or quotes (with page numbers) to support your comments.
  - Each report should be 1-2 paged double spaced

### **Required reading**

1. *Birth Reborn* by Michel Odent
2. *Ended Beginnings* by Claudia Pauthos **OR** *When survivors give Birth* by Penny Simkin (highly recommended to read both)
3. *Ina May's guide to Childbirth* by Ina May Gaskin
4. *Silent Knife* by Nancy Wainer Cohen
5. *Scientification of Love* by Michel Odent
6. *The Oxytocin Factor* by Kerstin Uvnas Moberg or *Rediscovering Birth* by Sheila Kitzinger
7. *Birthing in the Spirit* by Cathy Daub
8. *A Breastfeeding Book (Womanly Art of Breastfeeding, Nursing Mother's companion, The Latch* (or any other Jack Newman book)
9. *Thinking Woman's Guide to a Better Birth* by Henci Goer
10. *Let Birth Be Born Again* by Jean Sutton
11. *Essential exercises for the Childbearing Year* by Elizabeth Noble **OR** *Active Birth* by Janet Balaskas

### **Highly recommended reading**

1. *Sit up and Take Notice* by Pauline Scott
2. *Your Amazing Newborn* by Klaus and Klaus
3. *Birthing Normally* by Gayle Peterson
4. *The Tentative Pregnancy* by Barbara Katz Rothman
5. *Mothering the Mother* by Klaus et al.
6. *The Cesarean Myth* by Mortimer Rosen M.D.
7. *The Caesarean* by Michel Odent MD
8. *The Farmer and the Obstetrician* by Michel Odent MD
9. *Obstetric Myths Versus Research Realities* by Henci Goer
10. *Five Standards for Safe Childbearing* by D. Stewart
11. *Creating A Joyful Birth Experience* by Lucia Capacchione & Sandra Bardsley
12. *Gentle Birth Choices* by Barbara Harper

❖ **Opinion Papers:**

1. Critique the 3 major VBAC studies chosen from different time periods, that are enclosed in your certification packet.
  - Determine what variables, if any, were excluded from the study.
  - If such variables were to be included, how might that change the conclusions drawn by the author(s)? Be sure to state your own opinions and not that of the author(s).
  - State clearly with specific examples where you agree and disagree.
  - How did you feel while reading it?
  - Would you use this specific article in class discussion? Why? Why not? (1 typed page for each study, **PLUS** 1-2 typed pages summarizing what you learned from all three)
2. Read the editorial on VBAC by Betty Anne Daviss, included in your packet.
  - Describe how you felt while reading it.
  - Include your understanding of how the American Medical Association developed the same "Once a cesarean, always a cesarean" philosophy that was prevalent in the 1960s.
  - How has this editorial affected women giving birth today?
  - Would you use this specific article in class discussion? Why? Why not? (1 typed page)

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

- One must be on "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. The second topic paper must be on "Nutrition in the Primal Period and its impact on birth and health in later life."
- The other two topic papers can be chosen from the list below. Choose one from the list of "procedures", and the other from the list of "events". You may select a topic not on the list but it must be approved by the Director of Education. If you have extensive experience in an area of childbirth, you may write about this in lieu of one topic paper with approval of the Director of Education. If you have published an well-cited article you may also attempt to substitute this published article for a topic paper.
- Research must include written documentation from at least three resources, two of which 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

**PROCEDURES**

- Address what the procedure is, how it is used and the known effects such procedures have on the mother and the baby
- Give a brief history of its use and the incidence of its use
- Describe how it may disturb the pregnancy or labor process.
- Describe possible alternatives and issues related that couples might need to consider?

Topics to choose from:

Amniocentesis;

Induction of labor (by rupture membranes, pitocin, or herbal tinctures medications;

Episiotomies;  
 NICU experiences;  
 Breastfeeding problems (latch, nipple confusion, jaundice etc);  
 Artificial rupture of membranes;

Episiotomy and alternatives;  
 The cesarean operation including complications;  
 Medications used in birth (benefits/risks)

## EVENTS

- Address what the event is including when it occurs, why, precipitating factors and consequences
- Describe how it may disturb the pregnancy or labor process.
- Describe possible alternatives and issues related that couples might need to consider?

### Topics to choose from:

Herpes;  
 GBS;  
 Spontaneous rupture of membranes;  
 Circumcision;  
 Hypertension/toxemia;  
 Breech Birth;  
 Bonding;  
 Diagnosis Failure to Progress due to Cephalopelvic disproportion (bony vs. clinical), dystocia, uterine inertia, lazy uterus etc;  
 Labor and delivery positions;  
 Malpresentations: brow, oblique, transverse, posterior, etc.;

Meconium staining;  
 Multiple gestation;  
 Prematurity and/or Postmaturity;  
 Fetal distress;  
 Pregnancy "over 30";  
 Prolapsed cord;  
 Gestational diabetes and regular diabetes in pregnancy;  
 Labor pain

- ❖ When all above requirements are successfully completed and the Director of Education has reviewed your submission, the **Birth Works manual** will be sent to you along with the Comprehensive Essay Exam (CEE). 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.
- ❖ **Facilitate an 8 week/16 hour Birth Works course.** A 60 minute audio 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. When using the tape recorder, be sure to turn the volume to **zero** when recording so it can be amplified later. Listen to your tape after the first class. **A tape that is not audible will not be accepted**
- ❖ Upon certification, it is required that your credential be stated as CCE(BWI).