



Childbirth Education Association  
of Metropolitan New York

## CEA/MNY 2017-2018 Workshop Schedule

Workshops are open to healthcare professionals, birth workers or maternal health care advocates who would like to enhance their understanding of childbirth education, labor support techniques and evidence-based research on maternal care. Please note the required reading before each class. Locations are subject to change. Please join the CEA/MNY Google Group (for members only) for the latest information and check back to our website before class.

### Certification Information

Attendance of all 13 workshops is required for CEA/MNY's Teacher Certification Program. Historically, CEA/MNY workshops are approved for five (5) DONA CEUs. Applications for CEU credit are submitted 12 weeks prior to each workshop. The workshop schedule will be updated to reflect the DONA CEUs once approved. See the workshop schedule below for information, registration and payment.

### Core Plus Workshops

The "Public Speaking" and "Teaching Techniques" workshops are only open to certified cooperative childbirth educators and students in the CEA/MNY Teacher Certification Program who have attended all prior workshops and are nearing completion of their certification requirements.

### Workshop Fees

#### **CEA/MNY Member**

Early Registration \$100  
Registration \$125

#### **Non-Member**

Early Registration \$125  
Registration \$135

#### **TCP repeat (for TCP students who would like to repeat a course)**

Early Registration \$50  
Registration \$75

#### **CCCE repeat (for Certified instructors who would like to repeat a course)**

Early Registration \$25  
Registration \$35

**Workshops are \$135 at the door.**



## Anatomy And Physiology Of Pregnancy, Labor, And Birth

with **Susanrachel Condon, CCCE, LMT, LM, CLC**

📅 Sunday, September 17, 2017 / 10am – 4pm

📍 The Institute for Family Health, 16 E. 16th Street New York, NY 10003

This session will offer participants greater understanding of the body systems in the context of pregnancy. This includes explanation of the role of the major hormones of pregnancy and postpartum, their physical and emotional effects, and the development and functions of the human placenta. Following this workshop, participants will be able to distinguish between the common discomforts of pregnancy and their causes and conditions warranting further clinical investigation. Participants will also learn about the short and long-term postpartum changes in anatomy and physiology.

## Pain Coping Strategies For Labor And Birth

with **Ellen Chuse, CCCE**

📅 Sunday, October 15, 2017 / 10am – 4pm

📍 411 Dean Street Brooklyn, NY 11217

Rather than focusing on a rigid method, CEA/MNY's cooperative childbirth education embraces the process of labor and birth while offering students a wide variety of pain-coping and labor-coping strategies. This workshop explores the myriad ways women can move through labor without medication and identifies certain universal pain coping techniques as well as the theory behind them. Participants will also learn ways to teach this material in class through discussion and demonstration. This workshop focuses on non-pharmacological techniques for labor and is not a "hands on" workshop. Physical support techniques are covered in "Teaching Labor Support."

## Teaching Labor Support

with **Beth Donnelly Caban, RN, CCCE**

📅 Sunday, November 19, 2017 / 10am – 4pm

📍 106 Duane Street #3 New York, NY 10007

This session will focus on the many aspects of labor support, from physical, mental and emotional measures to practical and clinical support. It will identify and discuss the various roles involved in labor support, including the birth partner, doula, midwife, nurses, physicians and other care providers. Following this workshop, participants should feel confident in their ability to enhance expectant parents' confidence in preparation for labor by offering a wide range of comfort and support measures for all stages and phases of labor. Labor support during interventions including inductions, augmentation, pain medications and cesarean section will also be covered.

## Obstetrical Testing And Procedures

with **Dr. Simi Gupta**

📅 Sunday, December 10, 2017 / 10am – 4pm

📍 106 Duane Street #3 New York, NY 10007

Testing and procedures are often routine throughout pregnancy and labor, but pregnant women and their partners may have concerns and questions about their purpose and necessity. This session will enable participants to fully understand and name the various tests

and procedures that are typically advised during the course of prenatal care, during labor, and after delivery. Following the workshop, participants will be able to offer informed, balanced explanations of why these tests are performed and what they involve. They will also have an enhanced understanding of the prenatal care and labor management norms in New York City hospitals.

## Pharmacology In Pregnancy, Labor, And Birth

with **Susanrachel Condon, CCCE, LM, LMT, CLC**

📅 Sunday, January 7, 2018 / 10am – 4pm

📍 Premier Pediatrics Manhattan, 51 East 25th Street 3rd floor New York, NY

This session will discuss address the administration, benefits and risks of common medications used in the perinatal period. Participants will learn about various classes of medications and their impact on the mother, baby and the labor. Particular attention will be paid to medication safety, as well as techniques for discussing medications with sensitivity and presenting a balanced view of the benefits and risks.

## Optimal Nutrition For The Childbearing Cycle

with **Lena DeGloma, CCCE, MS, LMT, CD, CLC**

📅 Sunday, January 28, 2018 / 10am-4pm

📍 Premier Pediatrics Brooklyn, 110 4th Avenue Brooklyn, NY

Optimal nutrition has considerable benefits both during the preconception and prenatal periods. This session will address the impact of nutrition on lifelong health, providing guidance to pre-pregnant and pregnant women. Topics will include appropriate weight gain, prevention of gestational diabetes and the pros and cons of various prenatal supplements. Special attention will also be given to the unique nutritional needs of women on specific or restricted diets.

## Cesarean Birth And Prevention

with **Bonu DeCaires, CCCE, CD(DONA), CBC, MS**

📅 Sunday, February 11, 2018 / 10am – 4pm

📍 Bread & Yoga, 5000 Broadway New York, NY 10034

This session will review the history, trends, and current statistics for cesarean surgery in the United States and in New York City hospitals. Participants will gain a thorough understanding of the surgery itself, including the risks and benefits, and will learn about the circumstances when a cesarean is medically indicated. We will dispel the myths associated with cesarean surgery, and have an in-depth discussion of Vaginal Birth After Cesarean (VBAC). Students will also learn to identify the factors that increase the risk for a cesarean and what steps expectant parents may take to prevent a cesarean.

## Teaching Breastfeeding

with **Kate Sharp, LCCE, IBCLC**

📅 Sunday, March 4, 2018 / 10am – 4pm

📍 Premier Pediatrics, Brooklyn 110 4th Avenue Brooklyn, NY

This session will prepare participants to present expectant couples with the information needed to understand breastfeeding, including anatomy and physiology, birth practices that can affect breastfeeding, attention to positioning and latching, dynamics of the early postpartum period, and the hormonal impact of breastfeeding on mother and baby. It will also detail the range of services that are available to assist new families establish and maintain breastfeeding.

## Maternal Postpartum Issues

with **Meredith Fein Lichtenberg, CCCE, IBCLC, JD**

📅 Sunday, March 25, 2018 / 10am – 4pm

📍 Premier Pediatrics Brooklyn, 110 4th Avenue Brooklyn, NY

This session focuses on helping participants understand and identify the most common physical and emotional issues in normal postpartum experience, and to differentiate these from clinical problems that may require additional evaluation. The workshop will explore how women can prepare for the emotional and physical issues of the postpartum period, and which coping measures may be helpful. Participants will also begin developing methods to teach these issues to current childbirth clients and former students.

## Teaching Newborn Care

with **Meredith Fein Lichtenberg, CCCE, IBCLC, JD**

📅 Sunday, April 15, 2018 / 10am – 4pm

📍 Birth Day Presence, 182 8th Avenue Brooklyn, NY 11215

This session will prepare participants to advise expectant parents on normal newborn behaviors and appearances as well as those that are potential causes for concern. Students will learn techniques for offering parents an understanding of infant development that encourages them to read their infants' cues, create loving attachments with their infants, feel confident in their decision-making abilities and gather resources if help is needed. The group will also discuss how to talk about controversial topics such as circumcision and vaccination in the spirit of informing rather than inflaming.

## Perinatal Loss

with **Christiane Manzella, PhD, FT**

📅 Sunday, May 6, 2018 / 10am – 4pm

📍 106 Duane Street #3, New York, NY 10007

Childbirth educators and doulas are uniquely positioned to offer comfort, support and understanding when a client's pregnancy ends in a loss, or when childbirth follows a loss experience. This session will facilitate a deeper understanding of pregnancy loss at any point during gestation, and the impact it may have on a couple's relationship with each other, their children at home, their extended family members and their plans for the future. Participants will learn to recognize the stages of grief and offer supportive guidance to clients in the moment to ensure the start of a healthy grief process.



## Public Speaking

📅 Saturday, June 2, 2018

📍 TBD

This advanced session is intended for certified childbirth educators or students nearing the completion of their certification requirements. The workshop is an active exploration of public speaking essentials, including tone, volume, body language, word choices, class setting and structure. Participants will engage in a practice session of childbirth education teaching among peers, and will receive feedback from the instructor and classmates. \*Please note that this session is only open to certified childbirth educators and students in the CEA/MNY Teacher Certification Program who have attended all prior workshops and are nearing completion of their certification requirements.

## Teaching Techniques

📅 Sunday, June 3, 2018

📍 TBD

This advanced session is aimed at identifying and developing successful childbirth education teaching techniques. Participants should be certified childbirth educators or students nearing the completion of their training. Attendees will learn how to identify the characteristics of a good childbirth educator, and will be encouraged to formulate practical and philosophical objectives for their own class series. The group will discuss the structure of a childbirth education series syllabus, and explore techniques for communicating with expectant parents in a way that is respectful of sensitivities and inherent differences in learning styles. \*Please note that this session is only open to certified childbirth educators and students in the CEA/MNY Teacher Certification Program who have attended all prior workshops and are nearing completion of their certification requirements.