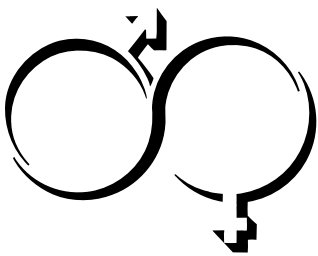


ICEA  **2008**

INTERNATIONAL CONVENTION
& TRAINING WORKSHOPS

★ **Celebrate** ★

Childbirth Professionals

October 23-25, 2008

Hyatt Regency Buffalo
Buffalo, New York USA

The ICEA Board of Directors cordially invites childbirth educators, nurses, parent educators, midwives, doulas, breastfeeding educators, physicians, and other health care professionals to join us at the 2008 ICEA International Convention and Training Workshops in Buffalo, New York.

PROGRAM OBJECTIVES

The ICEA 2008 convention is designed for childbirth, perinatal fitness and parent educators, doulas, nurses of all educational backgrounds, midwives, physicians, consumers, other health care professionals, and those who work with women in any childbirth-related field. The program offers a variety of topics related to education, health care and counseling needs of childbearing families. Upon completion of the convention core, participants will be able to:

- identify physical and emotional factors which affect a healthy pregnancy and pregnancy outcome
- describe new approaches to pregnancy, birth and early postpartum
- describe educational opportunities, teaching methods, medical management techniques and counseling skills which can be used in working with families during the childbearing year
- identify special needs of families during the childbearing year
- establish an agenda for positive change

ICEA COST-EFFECTIVE REGISTRATION FEE INCLUDES:

- Selection from daily concurrent sessions
- Attendance at all general sessions
- Opportunity to earn contact hours
- Opportunity to receive basic doula and labor support training
- Opportunity to receive training as a childbirth educator
- Opportunity to receive training as a postnatal educator
- Opportunity to receive training as a perinatal fitness educator
- Exhibits of interest to perinatal health care professionals
- Breakfast Thursday (Doula/CBE training), Friday, Saturday mornings
- Lunch Thursday (Doula/CBE training), Friday and Saturday
- Box dinner Friday
- ICEA welcome reception Thursday evening
- Access to the on-site ICEA Bookcenter

HOTEL INFORMATION

All convention activities will take place at the Hyatt Regency Buffalo, Two Fountain Plaza, Buffalo, New York 14202; 1-800-223-1234; www.buffalo.hyatt.com (Group Code G-ICEA).

ICEA convention room rates are \$119 per day single or double plus tax. These rates are available to convention registrants from October 21 through October 26, 2008. Hotel reservation information will be sent with your convention confirmation. Hotel check-in is 4 pm, and check-out is 12 noon. To ensure a room at the Hyatt Regency Buffalo, room reservations should be submitted as soon as possible. Rooms at the special convention rate may not be available after September 19, 2008.

CONVENTION STAFF

Denise Wheatley — Chair ICEA Convention Advisory Committee
Connie Bach — Volunteer Coordinator
Parri Rosen — On-site Exhibit Coordinator
Doris Olson — Event Coordinator
Marilyn Nelson — Executive Director
Jeanette Schwartz — ICEA President

GENERAL INFORMATION

CONTINUING EDUCATION UNITS (CEUs)

Registrants may earn fifteen ICEA contact hours for the Perinatal Fitness Educator Training Workshop and for the Postnatal Educator Training Workshop, twenty-four ICEA contact hours for the Doula and Labor Support Training Workshop and Childbirth Educator Training Workshop, and eighteen ICEA contact hours for convention sessions scheduled Thursday through Saturday.

It is the responsibility of the individual participant to ascertain whether this offering meets Board of Nursing rules on mandatory continuing education in the participant's state/province. The registrant must attend the entire session to receive continuing education for that session.

EXAMINATION

The ICEA certification examination will be given Thursday from 1:00 pm until 5:00 pm. All prerequisites must be submitted to ICEA with the special examination fee of \$99 if registered for the convention, \$200 if not registered for the convention, **no later than September 1, 2008**. For more information, write ICEA Certification Programs, PO Box 20048, Minneapolis, Minnesota 55420 USA.

CONVENTION RESOURCE MANUAL

The convention resource manual will be available on-line (www.icea.org) for registrants to download from October 10th through November 10th. A bound convention resource manual will not be available on-site.

ROOMMATE SEARCH

Looking for someone to share a room with during the convention? Check the appropriate box on the registration form and include your e-mail address. ICEA will post this information on our web site.

EXHIBITS

A variety of organizations and companies providing services and products for childbearing families and educators will exhibit Thursday and Friday. Exhibits will open Thursday at 3:30 pm and close Friday at 6:30 pm, with an Exhibitors' Drawing for registrants Saturday morning at 7:30 am. **Registrants must wear convention name tags to enter exhibit hall. Convention Exhibit Hall will be open to the public Friday, October 24, from 1:00 pm to 4:00 pm.**

SILENT AUCTION

A silent auction will be held Friday afternoon. Members are encouraged to donate items to benefit the ICEA Scholarship Fund. Full details will be included with the convention confirmation letter.

US TAX CREDIT

United States residents should consult their tax advisors concerning possible deductibility of this offering.

REGISTRATION

Fees are listed on the registration form. All registrations must be mailed with full payment. To receive the early discount, the registration form and complete fee **must be received by September 1, 2008**. Faxed registrations are accepted at 952/854-8772. Full payment must be included using credit card payment. Confirmations will be sent within two weeks of receiving your registration. The confirmation will act as your receipt for registration fees received by ICEA. Questions about registration may be sent to Convention Coordinator, ICEA, PO Box 20048, Minneapolis, Minnesota 55420 USA or call 952/854-8660, email info@icea.org.

All registration fees must be in US funds. Checks and bank drafts must be payable through a US bank. Visa and MasterCard are accepted.

ICEA BOOKCENTER

The ICEA on-site Bookcenter will open at 3:30 pm on Thursday. A selection of books and teaching aids will be featured, as well as books authored by convention speakers. **Registrants must wear name tags to enter the Bookcenter and to receive the convention discount.**

BREASTFEEDING INFANTS

Breastfeeding infants under three months of age who remain quiet may attend sessions with parents. Most parents find it helpful to bring a support person to watch their babies outside meeting rooms between feedings. If you bring a baby to the convention, please respect the needs of other registrants and care for your baby outside the room if s/he becomes noisy or if you are asked to do so.

CANCELLATIONS

All refund requests must be submitted in writing to ICEA. Refund requests will **not** be accepted if received after August 1, 2008. A nonrefundable \$100 processing fee will be retained in all cases. If registration was made as a nonmember, the \$85 ICEA membership fee is not refundable. After August 1st, you may find a substitute to use your registration if you notify ICEA in advance. **No exceptions can or will be made.**

VOLUNTEER!

Would you like to be more involved with the convention core? Volunteer opportunities may include being a greeter for one or two sessions and/or a session announcer. You can volunteer **without missing sessions**. Written instructions are given to each volunteer. Check the appropriate space on the registration form to become an ICEA convention volunteer.

PERINATAL FITNESS EDUCATOR TRAINING WORKSHOP

Connie Bach, RN, CHBE, ICCE-CD, IAT-CE-D

WEDNESDAY & THURSDAY
OCTOBER 22 & 23

DAY ONE — Wednesday, October 22

- 7:30 am – 8:00 am **Registration and Continental Breakfast (included with registration)**
- 8:00 am – 8:15 am **Introduction and Orientation**
- 8:15 am – 9:30 am **The Physical Experience of Pregnancy**
- > Describe physiological adaptations that occur during each of the three trimesters of pregnancy
 - > Explain the cause of physical discomforts associated with pregnancy and identify possible ways to prevent or cope with them
 - > Explain fetal mechanisms for adequate oxygen consumption
 - > List warning signs that should be reported to the health care provider
- 9:30 am **Break**
- 9:45 am – 11:15 am **Preparing for Labor and Birth**
- > Summarize an overview of the process of labor and birth
 - > Describe the onset of labor and compare the signs of prelabor to the signs of true labor
 - > Explain the causes of pain in labor and birth
 - > Describe the benefits of pushing in an upright position
 - > Discuss trends in cesarean birth
- 11:15 am **Lunch (included with registration)**
- 12:15 pm – 1:15 pm **Nutritional Needs for Active Women during the Childbearing Year**
- > Summarize normal weight gain expectations for pregnancy
 - > Discuss the effects of exercise on maternal nutritional needs during pregnancy, postpartum, and lactation
 - > List three substances that provide energy for the body and explain how the maternal system uses them
 - > Identify components of a well-balanced diet
- 1:15 pm – 2:00 pm **Perinatal Fitness and the Role of the Perinatal Fitness Educator**
- > Describe the benefits of perinatal exercise
 - > Discuss ACOG exercise guidelines and contraindications
 - > Identify common myths and concerns relating to perinatal fitness
 - > Discuss the needs of the fit and unfit mother
- 2:00 pm **Break**
- 2:15 pm – 4:00 pm **Key Components of Perinatal Exercise**
- > Describe components of a neutral spine
 - > Discuss elements of good posture and demonstrate the use of proper body mechanics
 - > Explain the action of the trunk/core muscles and identify the musculoskeletal actions in the lower body
 - > Discuss the function of the pelvic floor muscles and explain how to do Kegel exercises
 - > Summarize diastasis recti and demonstrate at least one abdominal exercise to perform when diastasis recti is present

DAY TWO — Thursday, October 23

- 7:30 am – 8:00 am **Continental Breakfast (included with registration)**
- 8:00 am – 9:30 am **Mind-Body Techniques: Breath Awareness, Relaxation, and Massage**
- > Explain why breath awareness is essential to relaxation and demonstrate at least three different kinds of breathing techniques
 - > Discuss the benefits of relaxation as they relate to childbearing and childrearing
 - > Evaluate and then perform at least four different strategies that will enhance the sensation of relaxation
 - > Demonstrate at least four different massage techniques that can be done during a perinatal fitness class
- 9:30 am **Break**
- 9:30 am – 11:30 am **Perinatal Fitness Programs and Sample Class Format**
- > Describe safety concerns for perinatal fitness
 - > Discuss the value of different kinds of exercise — such as cardiovascular exercise, water exercise, strength training, stretching, and yoga — and explain how they benefit the pregnant woman
 - > Demonstrate specific yoga and strengthening exercises that are appropriate for a perinatal fitness class
 - > Evaluate and then perform a sample perinatal fitness class format
- 11:30 am **Lunch (included with registration)**
- 12:30 pm – 2:00 pm **Fitness for the Postpartum Mother and Sample Exercises**
- > Describe the physiological and emotional adaptations that occur during the postpartum period
 - > Explain the cause of common physical discomforts associated with postpartum and identify possible ways to alleviate or cope with them
 - > Discuss the physical, emotional, and spiritual benefits of postpartum exercise
 - > Identify key components of postpartum exercise and demonstrate exercises that are appropriate for the postpartum mother
- 2:00 pm – 7:30 pm **Bookcenter and Convention Registration Open**
- 3:30 pm – 6:00 pm **Exhibits Open**
- 5:00 pm – 6:00 pm **Welcome Reception**

POSTNATAL EDUCATOR TRAINING WORKSHOP

Cheryl Coleman, RN, BSN, ICCE-CD-CPE

WEDNESDAY & THURSDAY
OCTOBER 22 & 23

DAY ONE — Wednesday, October 22

- 7:30 am – 8:00 am **Registration and Continental Breakfast (included with registration)**
- 8:00 am – 9:15 am **Postpartum and the Postnatal Educator: Filling the Education Void**
- Describe postpartum as a developmental process
 - Summarize the five developmental tasks of postpartum
 - Describe potential roles of the postnatal educator
 - Outline components of a wellness model of postnatal education
- 9:15 am – 9:30 am **Break**
- 9:30 am – 11:00 am **The Postpartum Work of Physical Restoration**
- Describe maternal, paternal, and neonatal physiologic adaptation during postpartum
 - Identify causes of maternal pain and demonstrate use of nonpharmacologic strategies for pain management in postpartum
 - Describe and/or demonstrate self-care skills which enhance maternal recovery during postpartum
 - Summarize signs and symptoms of abnormal physical conditions in postpartum
- 11:00 am **Lunch (included with registration)**
- 12:00 pm – 12:30 pm **Psychological Journeys That Create Families: Part I: Integrating the Birth Experience**
- Summarize research related to effects of the birth experience on postnatal adaptation
 - Describe the work of integration of the birth experience
 - Explore effective strategies to assist new parents in the work of integration of the birth experience
- 12:30 pm – 1:15 pm **Psychological Journeys That Create Families: Part II: Postpartum Emotional Adaptation**
- Characterize the postpartum emotional experience
 - Rehearse counseling strategies that facilitate new parents' exploration of emotional aspects of postpartum
 - Identify signs and symptoms of emotional disorders during postpartum
- 1:15 pm – 2:15 pm **Psychological Journeys That Create Families: Part III: Men's and Women's Transition to Parenthood**
- Characterize the process of role transition women experience as they take on the mothering role
 - Outline the components of successful postpartum mom/baby programs
 - Characterize the process of role transition men experience as they take on the fathering role
 - Outline the components of successful postpartum programs for expectant and new fathers
- 2:15 pm – 2:30 pm **Break**

- 2:30 pm – 3:15 pm **Psychological Journeys That Create Families: Part IV: Attachment Work as the Foundation for Parent-Child Relationship**
- Define attachment
 - Describe attachment work as it unfolds
 - Explore the concept of reciprocity in relation to development of the parent-child relationship
 - Outline the four stages of early interaction between parent and infant as described by Brazelton and Cramer in *The Earliest Relationship*
- 3:15 pm – 4:15 pm **Unexpected Outcomes and the Process of Postpartum**
- Identify potential unexpected outcomes during the childbearing year
 - Relate the work of grief and the work of postpartum
 - Utilize effective support and counseling strategies in work with postpartum families who have experienced a childbearing loss
 - Describe the unique emotional needs of families who have experienced a loss in a previous pregnancy

DAY TWO — Thursday, October 23

- 7:30 am – 8:00 am **Continental Breakfast (included with registration)**
- 8:00 am – 10:30 am **The Developing Baby**
- Describe infant states of consciousness and their significance to new parents
 - Utilize the newborn's sensory and motor skills to enhance parents' understanding of the newborn
 - Summarize the effects of temperament on the parent-child relationship
 - Outline educational strategies for teaching parents about infant behavior, temperament, and development
- 10:30 am – 10:45 am **Break**
- 10:45 am – 11:45 am **Supporting Parents as They Learn to Care for the Infant**
- Relate the postpartum developmental tasks of attachment and caretaking
 - Examine current research on components of successful breastfeeding
 - Examine research on recommendations related to common infant care practices
 - Outline educational strategies to assist parents in developing competence in infant care practices
- 11:45 am **Lunch (included with registration)**
- 12:45 pm – 1:45 pm **How Relationships Are Redefined in Postpartum**
- Describe current research on the relationship between marital satisfaction and adding a child to the family
 - Outline critical messages regarding methods of sustaining a healthy marital relationship during the developmental work of postpartum
 - Identify characteristics of relationship adjustment during postpartum
 - Explore the experience of taking on the role of grandparent
- 1:45 pm **Collection of Evaluations & Distribution of Certificates of Attendance**
- 2:00 pm – 7:30 pm **Bookcenter and Convention Registration Open**
- 3:30 pm – 6:00 pm **Exhibits Open**
- 5:00 pm – 6:00 pm **Welcome Reception**

DOULA & LABOR SUPPORT TRAINING WORKSHOP

Debbie Little, RN, ICCE-CPE-CD, IAT-CE-D

THURSDAY-SATURDAY
OCTOBER 23-25

DAY ONE — Thursday, October 23

- 7:30 am – 8:00 am **Registration and Continental Breakfast (included with registration)**
- 8:00 am – 9:30 am **100 Introducing the Doula**
➤ Describe the work of the doula in relationship to the mother, her companion(s) and family, and to the place of birth
➤ Discuss the benefits of labor support, and the benefits of the use of a doula
➤ Identify the personal and professional objectives for becoming a doula
➤ Explain the impact doulas will have on the lives of the families they support
- 9:30 am – 10:00 am **Break**
- 10:00 am – 11:30 am **200 Meeting Your Clients**
➤ Practice an initial client interview
➤ Create a list of community-based pregnancy and birth resource for clients
➤ Assess the needs of a prospective client
➤ Assist a client to develop her own birth plan
➤ Work with a client to create a list of mutual expectations
- 11:30 am **Lunch (included with registration)**
- 12:30 pm – 2:00 pm **300 Transcending the Labor Curve**
➤ Describe the process of labor and birth
➤ Describe the emotional impact of labor and birth on the mother and her companion
➤ Identify the limitations of the traditional view of the birth process
- 2:00 pm – 2:15 pm **Break**
- 2:15 pm – 3:45 pm **400 Practicing the Art of Labor Support — Relaxation and Breathing**
➤ Relate labor comfort strategies to current research
➤ Demonstrate several methods of relaxation and breathing for comfort in labor
➤ Describe the benefits of various positions and activity levels during labor
- 3:30 pm – 6:00 pm **Exhibits Open**
- 3:30 pm – 7:30 pm **Bookcenter and Convention Registration Opens**
- 5:00 pm – 6:00 pm **Welcome Reception — Exhibit Hall**
- 6:00 pm – 6:30 pm **New Attendees Meeting**
Jeanette Schwartz, ICEA President
- 6:30 pm – 7:00 pm **Welcome and Opening Ceremonies**
Denise Wheatley, ICEA Convention Advisory Committee Chair, and Jeanette Schwartz, ICEA President
- 7:00 pm – 9:00 pm **General Session — 1GS: Stress: The Spice of Life or Kiss of Death**
Richard Obershaw, MSW, ACSW, LIC SW

DAY TWO — Friday, October 24

- 7:00 am **Registration, Bookcenter, and Silent Auction Open**
- 7:30 am **Breakfast (included with registration)**
- 8:00 am – 8:15 am **Announcements**
Denise Wheatley, ICEA Convention Advisory Committee Chair
- 8:15 am – 9:15 am **General Session — 2GS: Research Update**
Debby Amis, RN, BSN, LCCE, CD (DONA), FACCE
- 9:15 am – 9:45 am **Exhibits Open**
- 10:00 am – 11:30 am **500 Practice the Art of Labor Support — Massage and Visualization**
➤ Demonstrate massage techniques for comfort in labor
➤ Practice using visualization techniques for comfort in labor
➤ Integrate knowledge of labor and support skills by participating in labor scenarios
➤ Select several musical selections which could be used during labor
- 11:30 am **Lunch on Your Own**
- 1:00 pm – 4:00 pm **Exhibits Open to the Public**
- 1:00 pm – 2:30 pm **Preview Ricki Lake Documentary: The Business of Being Born**
- 3:00 pm – 4:00 pm **ICEA Membership Meeting**
- 4:15 pm – 5:45 pm **600 Birthing the Baby**
➤ Describe the process of birthing the baby — descent, pushing, birth
➤ Demonstrate several positions for birth
➤ Practice several ways to assist a woman with an intact perineum
➤ Demonstrate ways to support a woman who is giving birth spontaneously
- 5:45 pm – 6:30 pm **Exhibits Open**
- 6:15 pm **Bids Close for Silent Auction**
- 6:30 pm **Box Meal (included with registration)**
- 6:45 pm – 8:30 pm **General Session — 3GS: An Evening Celebrating the Decades with Penny Simkin** (This presentation sponsored by **New Parent Magazine**)
- 8:30 pm – 9:15 pm **Pick-up and pay for Silent Auction items**

DOULA & LABOR SUPPORT TRAINING WORKSHOP

Debbie Little, RN, ICCE-CPE-CD, IAT-CE-D

THURSDAY-SATURDAY
OCTOBER 23-25

DAY THREE — Saturday, October 25

- 7:00 am **Registration and Bookcenter Open**
- 7:30 am **Breakfast (included with registration) and Exhibitor Drawing**
- 8:00 am – 9:00 am **General Session — 4GS: Evaluating Forms of Health Care for Childbearing Women**
Ellen Hodnett, RN, PhD, FACHS
- 9:15 am – 10:45 am **700 Welcoming the New Family**
 - > Describe the infant's sleep-wake cycle during the first twenty-four hours after birth
 - > Describe three ways to assess appropriate breastfeeding in the early postpartum period
 - > Describe three ways to assist a new mother to begin the process of physical restoration during the early postpartum period
 - > Identify three ways to encourage the new mother to integrate the baby's birth as part of her life experience
- 11:00 am – 12:00 noon **General Session — 5GS: Preventing Late Preterm Birth as Every Week Counts**
Karla Damus, RN, MSPH, PhD (Sponsored by **March of Dimes**)
- 12:00 noon **Lunch (included with registration)**
- 1:15 pm – 2:45 pm **800 Coping with the Unusual**
 - > Describe the doula's role in a difficult and prolonged labor
 - > Describe the role of the doula before, during, and after a cesarean birth
 - > Discuss ways to adapt labor support techniques to meet the needs of women with special needs: adolescents, those who are physically challenged, addicted, HIV-positive, or have been physically or emotionally abused
 - > Practice strategies to help families who have experienced an unexpected outcome
- 3:00 pm – 4:30 pm **900 Managing Practical Matters**
 - > Describe the scope and practice of the doula
 - > Describe three ways to market a doula practice
 - > Identify parameters for documentation and billing
 - > List three ways to establish and maintain professional relationships
 - > Identify three professional organizations which train and support doulas
 - > Discuss ways to create a supportive network of friends and colleagues
- 4:45 pm – 5:45 pm **General Session — 6GS: Celebrate Childbirth Professionals**
Donyale Abe, BA, CLE, ICCE-CD, IAT-CE
- 5:45 pm – 6:15 pm **Closing Ceremonies — ICEA Board of Directors**

BASIC CHILDBIRTH EDUCATOR TRAINING WORKSHOP

Tara Karels, RN, ICCE, IAT-CE

THURSDAY–SATURDAY
OCTOBER 23-25

DAY ONE — Thursday, October 23

- 7:30 am – 8:00 am **Registration and Continental Breakfast (included with registration)**
- 8:00 am – 9:30 am **101 Dynamics of Group Learning in Childbirth Education**
> List four sequential steps in group development.
> Identify ways to enhance group learning.
- 9:30 am – 10:00 am **Break**
- 10:00 am – 11:30 am **201 Teaching Skills for the Childbirth Educator**
> Discuss importance of knowing own learning style.
> Identify advantages of immediate application of knowledge.
- 11:30 am **Lunch (included with registration)**
- 12:30 pm – 2:00 pm **301 Healthy Lifestyles**
> Identify biological changes caused by the stress response.
> Discuss the ACOG Guidelines for exercise during pregnancy.
> List strategies for teaching nutrition.
- 2:00 pm – 2:15 pm **Break**
- 2:15 pm – 3:45 pm **401 Labor Process**
> List techniques for teaching normal labor.
> Discuss labor variations that should be taught.
- 3:30 pm – 6:00 pm **Exhibits Open**
- 3:30 pm – 7:00 pm **Bookcenter and Convention Registration Open**
- 5:00 pm – 6:00 pm **Welcome Reception — Exhibit Hall**
- 6:00 pm – 6:30 pm **New Attendees Meeting**
Jeanette Schwartz, ICEA President
- 6:30 pm – 7:00 pm **Welcome and Opening Ceremonies**
Denise Wheatley, ICEA Convention Advisory Committee Chair, and Jeanette Schwartz, ICEA President
- 7:00 pm – 9:00 pm **General Session — 1GS: Stress: The Spice of Life or Kiss of Death**
Richard Obershaw, MSW, ACSW, LIC SW

DAY TWO — Friday, October 24

- 7:00 am **Registration, Bookcenter, and Silent Auction Open**
- 7:30 am **Breakfast (included with registration)**
- 8:00 am – 8:15 am **Announcements**
Denise Wheatley, ICEA Convention Advisory Committee Chair
- 8:15 am – 9:15 am **General Session — 2GS: Research Update**
Debby Amis, RN, BSN, LCCE, CD (DONA), FACCE
- 9:15 am – 9:45 am **Exhibits Open**
- 10:00 am – 11:30 am **501 Relaxation and Breathing/Labor Support**
> List benefits of relaxation during labor.
> Explain two distinct uses of breathing techniques in labor.
> Summarize labor support research.
> Identify progression for teaching labor support techniques.

- 11:30 am **Lunch on Your Own**
- 1:00 pm – 4:00 pm **Exhibits Open to the Public**
- 1:00 pm – 2:30 pm **Preview Ricki Lake Documentary: The Business of Being Born**
- 3:00 pm – 4:00 pm **ICEA Membership Meeting**
- 4:15 pm – 5:45 pm **601 Birth, Postpartum and Breastfeeding**
> Discuss coping mechanisms to deal with unexpected outcomes.
> Identify resources for breastfeeding support.
- 5:45 pm – 6:30 pm **Exhibits Open**
- 6:15 pm **Bids Close for Silent Auction**
- 6:30 pm **Box Meal (included with registration)**
- 6:45 pm – 8:30 pm **General Session — 3GS: An Evening Celebrating the Decades with Penny Simkin** (This presentation sponsored by **New Parent Magazine**)
- 8:30 pm – 9:15 pm **Pick-up and pay for Silent Auction items**

DAY THREE — Saturday, October 25

- 7:00 am **Registration and Bookcenter Open**
- 7:30 am **Breakfast (included with registration) and Exhibitor Drawing**
- 8:00 am – 9:00 am **General Session — 4GS: Evaluating Forms of Health Care for Childbearing Women**
Ellen Hodnett, RN, PhD, FACHS
- 9:15 am – 10:45 am **701 Second Stage**
> Compare Friedman's Curve to Simkin's three-phase model.
> Identify the advantages and disadvantages of second stage positions.
- 11:00 am – 12:00 noon **General Session — 5GS: Preventing Late Preterm Birth as Every Week Counts**
Karla Damus, RN, MSPH, PhD (Sponsored by March of Dimes)
- 12:00 noon **Lunch (included with registration)**
- 1:15 pm – 2:45 pm **801 Teaching From a Risk-Benefit Point of View**
> Define informed choice.
> Identify techniques for teaching benefits and risks.
- 3:00 pm – 4:30 pm **901 Curriculum Development**
> List four questions educators should ask to determine curriculum.
> Identify the three domains of learning.
- 4:45 pm – 5:45 pm **General Session — 6GS: Celebrate Childbirth Professionals**
Donyale Abe, BA, CLE, ICCE-CD, IAT-CE
- 5:45 pm – 6:15 pm **Closing Ceremonies — ICEA Board of Directors**

ICEA 2008 INTERNATIONAL CONVENTION PROGRAM

THURSDAY, OCTOBER 23

3:30 pm – 7:30 pm **Registration and Bookcenter Open**

3:30 pm – 6:00 pm **Exhibits Open**

5:00 pm – 6:00 pm **Welcome Reception (Exhibit Hall)**

6:00 pm – 6:30 pm **New Attendees Meeting** — *Jeanette Schwartz, ICEA President*

6:30 pm – 7:00 pm **Opening Ceremonies** — *Denise Wheatley, ICEA Convention Advisory Committee Chair, and Jeanette Schwartz, ICEA President*

GENERAL SESSION — 1GS

7:00 pm – 8:30 pm **Stress: The Spice of Life or Kiss of Death**

Richard J. Obershaw, MSW, ACSW, LICSW

- > Distinguish between the major types of stress
- > Better understand the psychological and physiological effects of long-term stress
- > List five methods of handling stress
- > Better understand and utilize relaxation methods for their own stress reduction and for their clients/patients

FRIDAY, OCTOBER 24

7:00 am **Registration, Bookcenter and Silent Auction Preview Open**

7:30 am **Breakfast** (included with registration)

8:00 am – 8:15 am **Announcements** — *Denise Wheatley, ICEA Convention Advisory Committee Chair*

GENERAL SESSION — 2GS

8:15 am – 9:15 am **Research Update**

Debby Amis, RN, BSN, LCCE, CD (DONA), FACCE

- > Identify three issues that impact childbirth around the world today
- > Discuss briefly two recommendations from organizations that impact childbirth
- > Discuss briefly two recent research studies that impact childbirth education

9:15 am – 9:45 am **Exhibits Open**

ICEA 2008 INTERNATIONAL CONVENTION PROGRAM

10:00 am – 11:30 am

502 The 8 Ps of Pushing

Jan Mallak, 2LAS, CPD (CAPP), CD-PCD (DONA), ICCE-CD

- List two ways to prepare for second stage
- Describe the phases sometimes associated with pushing
- Discuss the value of different positions for second stage
- Demonstrate bearing-down techniques
- State possible ways to avoid a separation or episiotomy
- Define passive descent

503 Positive Posture: Using the Practice of Yoga to Prepare for Normal Birth

Ann Israel, MA, LCCE, FACCE, RYT

- List the three major components of a yoga practice
- Describe the benefits to the pregnant practitioner of the four (4) types of Asanas
- Demonstrate proper posture for tadasana and explain why that practice can alleviate lower back pain throughout pregnancy

504 Stomping Out Boring Classes

Teri Shilling, MS, IBCLC, CD, LCCE

- Experience “connecting” exercises to increase retention
- Evaluate and apply the experiential education style
- Adapt many hands-on interactive exercises
- Commit to reorganizing perinatal education and to stomp out boring

505 What About Dad: How to Include Fathers in Your Teaching

Elizabeth Kirts Smith, MPH, HBCE, ICCE

- List three positive attributes for children raised with a father
- List three negative consequences of fatherlessness
- Identify how to engage fathers
- List three ways to provide father classes

11:30 am – 4:15 pm **Lunch on your own and free time to explore Buffalo or take advantage of the following convention activities**

1:00 pm – 4:00 pm **Exhibits open to both public and registrants**

1:00 pm – 2:30 pm **Preview Ricki Lake Documentary *The Business of Being Born***

3:00 pm – 4:00 pm **Business Meeting for ICEA Members — *Jeanette Schwartz, ICEA President***

4:15 pm – 5:45 pm

602 The HUG: An Innovative Approach to Explaining Newborn Behavior

Janice Tedder, BSN, CS, FNP

- Describe three newborn ZONES and explain how this information will enhance infant feeding and sleep
- Describe six newborn Signs of Over Stimulation (SOSs) and explain how best to respond
- State two examples of how a parent’s misunderstanding of normal newborn behavior could interfere with parent-child bonding

603 The Toll of Infertility: Why Pregnancy Isn’t a Cure

Elizabeth Kirts Smith, MPH, HBCE, ICCE

- Know the prevalence and incidence of infertility
- Name the types of infertility
- List the most common types of Artificial Reproductive Therapy
- State five effects of infertility on males and females
- State how infertility can affect the ability to trust the body for birth and breastfeeding

604 Epidural Update

Penny Simkin, PT

- List evidence-based research findings on selected outcomes with epidural analgesia
- Name ways to prevent or correct selected undesired effects of epidural analgesia
- Describe qualitative research findings of men before and after their laboring women receive an epidural

605 Creative Labor Rehearsals

Teri Shilling, MS, IBCLC, CD, LCCE

- Participate in three different labor rehearsal strategies
- Discuss characteristics of successful labor rehearsals
- Create a plan to integrate/modify a labor rehearsal into their current teaching

- 5:45 pm – 6:30 pm **Exhibits Open**
- 6:15 pm **Bidding Closes for Silent Auction**
- 6:30 pm **Boxed evening meal** (included with registration)
- 8:30 pm – 9:15 pm **Pickup and Pay for Silent Auction Items**

GENERAL SESSION — 3GS

- 6:45 pm – 8:30 pm **An Evening Celebrating the Decades**
with Penny Simkin, PT (This presentation sponsored by **New Parent Magazine**)
> An informal question-and-answer discussion time with Penny Simkin

SATURDAY, OCTOBER 25

- 7:00 am **Registration and Bookcenter Open**
- 7:30 am **Breakfast** (included with registration) **and Exhibitors Drawing**

GENERAL SESSION — 4GS

- 8:00 am – 9:00 am **Evaluating Forms of Health Care for Childbearing Women**

Ellen Hodnitt, RN, PhD, FACHS

- > Summarize the results of a series of large studies to answer important question about forms of supportive care during labor and birth, including a recently-completed large trial of a formalized approach to nursing care in early/latent phase labor
- > Describe the results of a study of simple but radical modifications to a hospital labor room, to shift the focus from “bedroom” to “ambient room”
- > Give examples of variations in the impact of large trials which challenge — or support — firmly-held views

9:15 am – 10:45 am

702 HypnoBirthing

Sharon Said, CCE, HP

- > Discover how women’s bodies are designed to work in neuromuscular harmony to birth their babies with ease
- > Learn what hypnosis is — and what it is not
- > Learn how the HypnoBirthing philosophies and techniques eliminate the fear and tension that cause long, painful labors, replacing them with self-confidence, calm, and comfort

703 Transparency in Maternal Care

Elan Vital McAlister

- > Define transparency as a health care reform measure
- > Outline the potential benefits of a transparent maternity care system
- > Provide an overview of transparency projects currently in progress or in the pipeline with a particular focus on The Birth Survey

704 What’s So Funny About Childbirth Education

Rhonda Pattberg, RNC-06, CNIV

- > Describe the physiology of laughter
- > Experience and evaluate the benefits and purpose of laughter
- > Create examples of silliness for the classroom that will decrease anxiety and improve learning

705 Postpartum Mood Disorders: A Community Issue

Coleen McKeenhan, RN, BA, ICCE-CD, and Kelly Noel, RN, BSN, CLC, CCE, PHN

- > List the six postpartum mood disorders (ppmd)
- > Explain who’s affected when a women has ppmd
- > Explain the five barriers to getting treatment
- > Recognize postpartum issues and actively screen clients for ppmd symptoms
- > List the four usual treatment options for ppmd
- > How to educate/involve family and others in care/support

GENERAL SESSION — 5GS

11:00 am – 12:00 noon **Preventing Late Preterm Birth as Every Week Counts**

Karla Damus, RN, MSPH, PhD (This presentation sponsored by March of Dimes)

- > Review the epidemiology of preterm and late preterm birth in the US (rates, trends, risk factors)
- > Discuss the “Healthy Babies are Worth the Wait” Initiative in Kentucky
- > Present resources about late preterm birth for childbirth educators

12:00 noon **Lunch** (included with registration)

1:15 pm – 2:45 pm

802 Teen Pregnancy Class: Getting Past the “Babies Having Babies” Mindset

Jean McHenry, LMT, CD (DONA), AAAS, ICCE-CD

- > Identify the thought process and learning style of our young parents
- > Understand the role a CBE may play in empowering a young parent who has faced attitudes from society and care providers
- > Learn teaching techniques to engage mothers as well as fathers

803 Presenting Childbirth Education in the Wake of a Disaster

Deborah Woide, RN, CBSN, ICCE

- > Identify the types of disasters
- > Identify the vulnerabilities of the pregnant client, newborn and family
- > Identify the educational needs of the family
- > Identify community resources available during disasters
- > Identify the role of the childbirth educator in disasters

3:00 pm – 4:30 pm

902 Anatomy and Physiology of Labor and Birth

Rhonda Pattberg, RNC-06, CNIV

- > Describe the difference between anatomy and physiology
- > List two functions of the hormone Relaxin
- > List four visual aids to assist in teaching anatomy and physiology for pregnancy, labor and birth

903 Supporting Women and Families During Perinatal Loss

Jane Parker, BAN, RN, ICD

- > Identify the needs of women and families who experience a perinatal loss
- > Describe the role of a professional support person attending a birth involving perinatal loss
- > Discuss the development and implementation of a Perinatal Loss Support Service

804 Breastfeeding Lifestyle Tips for New Moms

Andi Silverman, JD

- > Provide educators with lifestyle breastfeeding tips to share with new moms
- > Understand how to make moms feel more comfortable breastfeeding, both at home and in public
- > Provide an opportunity for attendees to share their own tricks of the trade

805 PowerPoint Unplugged: Presenting the Information and Keeping Your Class Engaged

Donyale Abe, BA, ICCE-CD, IAT-CE

- > Explore ways to create entertaining presentations
- > Identify how to use PowerPoint interactively
- > Discuss breaking free from PowerPoint templates
- > Examine finding your voice and teaching effectively using a standardized presentation

904 Incorporating Perinatal Fitness into Childbirth Classes

Connie Bach, RN, CHBE, ICCE-CD, IAT-CE-D

- > Describe the short/long-term benefits of perinatal fitness
- > Explore myths/truths associated with activity during pregnancy
- > Discuss ACOG guidelines for perinatal fitness
- > Incorporate fitness into childbirth classes

905 Developing a Postnatal Class

Cheryl Coleman, RN, BSN, ICCE-CPE-CD

- > Describe two methods of assessing learning needs
- > List three aspects of the process of postpartum that can affect learning
- > Outline the components of a postpartum educational program

GENERAL SESSION — 6GS

4:45 pm – 5:45 pm **Celebrate Childbirth Professionals**

Donyale Abe, BA, ICCE-CD, IAT-CE

- > Celebrate and honor the hard work, accomplishments and achievements that educators and doulas provide to childbearing families

5:45 pm – 6:15 pm **Closing Ceremonies — ICEA Board of Directors**

ICEA 2008 INTERNATIONAL CONVENTION FACULTY

Donyale Abe, BA, ICCE-CD, IAT-CE. Sacramento, California. Childbirth educator and prenatal yoga educator, Kaiser Permanente. Host of Birth Talk podcast. ICEA approved trainer of childbirth educators, ICEA Board of Directors.

Debby Amis, RN, BSN, LCCE, CD (DONA), FACCE. Plano, Texas. President, Family Way Productions. Co-Director, Family Way Lamaze Childbirth Educator Program. Childbirth educator, Presbyterian Hospital, Plano, Texas.

Connie Bach, RN, CHBE, ICCE-CD, IAT-CE-D. Alcoa, Tennessee. Founder/Executive Director, Birth Matters International. ICEA Board of Directors.

Cheryl Coleman, RN, BSN, ICCE-CPE-CD, Tulsa, Oklahoma. Education specialist, Oklahoma State University Medical Center, Tulsa, Oklahoma.

Karla Damus, RN, MSPH, PHD, Douglaston, New York. Associate Professor and Director of the Division of Community Programs and Public Health, Department of OB/GYN and Women's Health, Albert Einstein College of Medicine, Bronx, New York.

Ellen Hodnett, RN, PhD, FCAHS. Toronto, Ontario. Professor and Heather M Reisman Chair in Perinatal Nursing Research, Lawrence S Bloomberg Faculty of Nursing University of Toronto.

Ann L Israel, MA, LCCE, ERTY, FACCE. Catonsville, Maryland. Independent childbirth educator and prenatal yoga instructor. Teacher trainer for prenatal yoga.

Tara Karels, RN, ICCE, IAT-CE. Brainerd, Minnesota. Childbirth educator, St Joseph's Medical Center, and Good Beginnings OB clinic nurse instructor. Owner, Labor Lessons. ICEA approved trainer of childbirth educators.

Debbie Little, RN, ICCE-CPE-CD, IAT-CE-D. Morgantown, North Carolina. Independently employed as an RN, prenatal educator, and birth doula.

Jan Mallak, 2LAS, PCD (DONA), CD-CPD (CAPP), ICCE-CD. Export, Pennsylvania. Founder and coordinator of Heart & Hands Doula Service.

Elan Vital McAllister. New York, New York. President, Choices in Childbirth. Editor, The Healthy Birth Guides. Co-Leader, Grassroots Advocates Committee of CIMS. Board Member, New Space for Women's Health. Birth doula.

Jean McHenry, LMT, CD (DONA), AAAS, ICCE-CD. Aurora, Illinois. Private practice providing doula services, massage therapy with a speciality in pregnancy massage, and infant massage instructor. Therapeutic massage instructor, Universal Spa Training Academy, Wesmont, Illinois.

Coleen McKeegan. Knoxville, Tennessee. Childbirth educator, University of Tennessee Medical Center. Owner, Joyful Beginnings Doula Services. Board member, Postpartum Depression Task Force of East Tennessee.

Kelly Noel, RN, BSN. Knoxville, Tennessee. Women's educator, Baptist Hospital for Women, Knoxville, Tennessee.

Richard J. Obershaw, MSW, ACSW, LICSW. Lakeville, Minnesota. Founder, director and full-time psychotherapist, The Grief Center. Lakeville, Minnesota.

Jane Parker, BAN, RN, ICD. Tierra Verde, Florida. Coordinator and doula, Perinatal Loss Doula Services.

Rhonda Pattberg, RNC-06, CNIV. Cheshire, Connecticut. Registered nurse, Labor and Birth Unit, Yale New Haven Hospital, New Haven Connecticut. Co-chair to RN Council (OB Cluster) for Striving for Excellence at Yale New Haven Hospital.

Sharon Said, CCE, HP. Loveland, Ohio. Founder, ProActive Parenting. Founder, Signing Safari. Owner/director, Cincinnati Family Enrichment Center. Educator, Hypnobirthing, Happiest Baby on the Block, Got Womb? Small Talk and Signing Safari.

Teri Shilling, MS, LCCE, CD, IBCLC. Mt Vernon, Washington. CEO, Passion for Birth. Creator of *The Idea Box for the Creative and Interactive Childbirth Educator* and its supplement *Staying Energized*.

Andi Silverman, JD. New York, New York. Author, *Mama Knows Breast: A Beginner's Guide to Breastfeeding*. Blogger for www.mamaknowsbreast.com and New York City moms blog.

Penny Simkin, PT. Seattle, Washington. Private practice, education support and counseling for childbirth; lecturer and author on related topics.

Elizabeth Kirts Smith, MPH, HBCE, ICCE. Sandy, Utah. Coordinator, Patient Services University Health Care, Perinatal Education. President-elect, Utah Breastfeeding Coalition. Member, University of Utah Hospital Baby Friendly Committee. Member, Utah State Perinatal Task Force, Prenatal subcommittee.

Janice Tedder, BSN, CS, FNP. Durham, North Carolina.

Deborah Woide, RN, CBSN, ICCE. Childbirth educator, University Hospitals St Johns Westshore. Red Cross Emergency Services. Volunteer case manager and nurse manager for small and national disasters. Educator in health and safety, Red Cross.

FEATURING ICEA'S:

- **Postnatal Educator Training**
- **Perinatal Fitness Educator Training**
- **Doula and Labor Support Training**
- **Basic Childbirth Educator Training**
 - **Bookstore**
 - **Exhibits**



International Childbirth Education Association

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ICEA 2008 INTERNATIONAL CONVENTION & TRAINING WORKSHOPS — BUFFALO, NEW YORK

Name _____

ICEA Membership Number _____

SELECTION: *Indicate portion of the convention you are attending.*

TRAINING WORKSHOPS:	CONVENTION SESSIONS (THURSDAY THROUGH SATURDAY):		
<p><i>Perinatal fitness and postnatal training fees do not include convention core sessions or activities.</i></p>	<p>You must check GENERAL SESSIONS you plan to attend. You must indicate first through third choices for each break-out time slot by numbering your choices "1," "2" and "3." If registering by day, select choices for that day(s) only.</p>	<p>4:15 pm – 5:45 pm</p>	<p>11:00 am – 12:00 noon</p>
<p>_____ Perinatal Fitness Educator Training Wednesday and Thursday, October 22-23 <i>Does not include convention activities.</i></p>	<p>Thursday, October 23</p>	<p>_____ 602 The Hug _____ 603 Toll of Infertility _____ 604 Epidural Update _____ 605 Labor Rehearsals</p>	<p>_____ 5GS Preventing Late Preterm Birth</p>
<p>_____ Postnatal Educator Training Wednesday and Thursday, October 22-23 <i>Does not include convention activities.</i></p>	<p>7:00 pm – 8:30 pm</p>	<p>6:45 pm – 8:30 pm</p> <p>_____ 3GS Evening with Penny Simkin</p>	<p>1:15 pm – 2:45 pm</p> <p>_____ 802 Teen Pregnancy _____ 803 CBE/Disaster _____ 804 Breastfeeding Lifestyle _____ 805 PowerPoint Unplugged</p>
<p>_____ Doula & Labor Support Training Thursday–Saturday October 23-25 <i>When checking this option, you will automatically be signed up for all break-out sessions ending with "0" as well as general sessions.</i></p>	<p>Friday, October 24</p>	<p>Saturday, October 25</p>	<p>3:00 pm – 4:30 pm</p> <p>_____ 902 Anatomy/Physiology _____ 903 Perinatal Loss _____ 904 Exercise Prenatal Class _____ 905 Develop Postnatal Class</p>
<p>_____ Basic Childbirth Educator Training Thursday–Saturday October 23-25 <i>When checking this option, you will automatically be signed up for all break-out sessions ending with "1" as well as general sessions.</i></p>	<p>8:15 am – 9:15 pm</p> <p>_____ 2GS Research Update</p> <p>10:00 am – 11:30 am</p> <p>_____ 502 8 P's/Pushing _____ 503 Positive Posture _____ 504 Stamp Out Boring _____ 505 What About Dad</p>	<p>8:00 am – 9:00 am</p> <p>_____ 4GS Evaluating Health Care</p> <p>9:15 am – 10:45 am</p> <p>_____ 702 HypnoBirthing _____ 703 Transparency/Care _____ 704 What's So Funny _____ 705 Postpartum Disorder</p>	<p>4:45 pm – 5:45 pm</p> <p>_____ 6GS Celebrate Childbirth Professionals</p> <hr/> <p>FOR OFFICE USE ONLY</p> <p>Date Rec'd. _____</p> <p>Check # _____</p> <p>MasterCard _____ Visa _____</p> <p>Amt. Paid _____</p>

ICEA 2008 INTERNATIONAL CONVENTION & TRAINING WORKSHOPS — BUFFALO, NEW YORK

Please PRINT. Only one registrant per form. This form may be photocopied. Both sides must be completed and submitted together.

Name _____

Preferred name for name tag _____
(No credentials will be printed on name tags.)

Address _____

City _____ Province/State _____ Postal Code _____

Country _____ Telephone: days ____ / _____ evenings ____ / _____

In emergency, notify (name, phone) _____

Email Address _____ Yes, please post my name and email address for roommate search.

_____ Check if you wish to become a convention core volunteer. *You will not miss sessions.*

PLEASE CHECK ONE:

I'd like

___ Meat Meals

OR

___ Vegetarian Meals

REGISTRATION FEES — Save money. Get your choice of sessions. REGISTER EARLY.

My ICEA membership number is * _____.

Register me for the following:

TRAINING WORKSHOPS:

_____ Perinatal Fitness Educator Training (October 22-23)

_____ Postnatal Educator Training (October 22-23)

_____ Doula and Labor Support Training (October 23-25)

_____ Basic Childbirth Educator Training (October 23-25)

CONVENTION CORE:

_____ Entire Convention Core (October 23-25)

DAILY REGISTRATION:

_____ Day One (October 23)

_____ Day Two (October 24)

_____ Day Three (October 25)

* Cannot be processed without complete membership number, including expiration date (example: IM12345 30NOV07)

SUMMARY OF FEES SUBMITTED:

\$_____ Perinatal Fitness Training \$225	\$_____ Entire Convention Core \$295
\$_____ Postnatal Educator Training \$225	OR
\$_____ Doula & Labor Support Training Workshop \$375	\$_____ Daily — Day One \$75
\$_____ Basic Childbirth Educator Training Workshop \$375	\$_____ Daily — Day Two \$150
	\$_____ Daily — Day Three \$175
	\$_____ Add \$50 after September 1 st
	\$_____ Add \$85 if not ICEA member
	\$_____ TOTAL ENCLOSED
	<i>(US funds, checks, and money orders payable through US banks)</i>

Submit this form and full payment to:

ICEA International Convention Registration
 PO Box 20048, Minneapolis, Minnesota 55420 USA

Or fax to: 952/854-8772 • www.icea.org

CHECKS: Checks must be in US funds drawn on US banks. Make payable to ICEA.

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To process charges, signature, security code, and expiration date are needed.