

## New to the Hudson Valley!

# Childbirth Education Association of Metropolitan New York, Teacher Certification Program

Are you a healthcare professional, doula or maternal health advocate who would like to enhance your understanding of childbirth education, labor support techniques and evidence-based research on maternal care? Have you considered the idea of becoming a certified childbirth educator?

In collaboration with SUNY Ulster Community College the Childbirth Education Association of Metropolitan NY (CEAMNY) is pleased to offer a comprehensive certification program you can participate in at your own pace. Available for the first time in the Hudson Valley these workshops are part of CEAMNY's certification program.

The CEAMNY Teacher Certification Program (TCP) is an entry-level program designed to prepare lay people and health care professionals to teach independent Cooperative Childbirth Education classes. The TCP is designed to be completed in one-to-two years and allows candidates to work at their pace with the help and guidance of a mentor. Founded due to concern for maternal and child health, our program promotes proper nutrition, exercise, relaxation, consumer activism, family-centered maternity care and breastfeeding.

Some graduates use their certification in conjunction with other advanced degrees, such as midwifery, nursing, nutrition, or public health. Regardless of how you choose to use your certification, CEAMNY will list your biography on our website and provide you with referrals. This comprehensive three day training is part of the one-to-two year certification process required to become certified with CEAMNY.

Pursuit of certification is not required for attendance.

- **Day One**

- **Workshop: Anatomy & Physiology of Pregnancy, Labor & Birth** Susanrachel Condon LMT, CCE, CNM (5 DONA CEU's)

**Objectives:**

- List the body systems in the context of pregnancy and postpartum-related changes in anatomy and physiology
- Distinguish between a) common discomforts of pregnancy and their causes and b) conditions warranting further clinical investigation
- Describe implantation and development of the human placenta
- Describe the roles various hormones play in pregnancy & postpartum

**Course Outline: Review of Systems**

- immune system
- endocrine system
- reproductive system
- renal & urogenital systems
- gastrointestinal system
- musculoskeletal system
- integumentary system
- cardiovascular system
- respiratory system
- formation and function of the placenta
- Postpartum physiologic changes

- **Day Two**

- **Workshop: Medications in Pregnancy, Labor & Birth** Susanrachel Condon LMT, CCE, CNM (5 DONA CEU's)

- **Day Three**

- **Workshop: Cesarean Surgery and VBAC** Jesse Levy CCE (5 DONA CEU's)

**Objectives**

- Review the history, trends and current statistics for cesarean surgery
- Describe the facts and myths associated with cesarean surgery and VBAC's (Vaginal Birth After Cesarean)
- Present the medical evidence, risks and benefits associated with each birth modality
- Identify cesarean risk reduction and prevention

**Course Outline**

- Introductions & Birth Stories
- Politics of Birth
- The Surgery
- Medical Indications for Cesarean Section
- VBAC vs. Cesarean Section

## Instructors

Susanrachel Condon, a.k.a. Birdie, graduated from the SUNY Health Science Center at Brooklyn Midwifery Program in 1998. She is a licensed in New York as a Midwife and Ob-Gyn Nurse Practitioner. She was also certified to teach childbirth preparation, newborn care and breastfeeding classes in 1996 by the Childbirth Education Association of Metropolitan New York (CEAMNY). She served two terms as President of the CEAMNY Board of Directors and is the Hudson Valley Regional Representative on the board of the New York State Association of Licensed Midwives. Susanrachel has also been a licensed Massage Therapist since 1991. She served on the faculty of the Swedish Institute College of Massage Therapy & Allied Health Sciences for more than ten years and currently participates extensively in their continuing education program. She and her husband Richard have three children Hannah, Daniel and Malcolm.

Jessie Levey has been a CEA-Certified Childbirth Educator since 1997. She served a term as the Teacher Certification Program Coordinator and remains an active member of the organization. Jessie taught childbirth preparation classes at the Elizabeth Seton Childbearing Center and privately in New York City. She has been a modern dance instructor for adults and children for over fifteen years. She is the founder and Director of the Barefoot Dance Studio in West Park, New York. Jessie is the mother of two.

## Prerequisites

No prerequisites. The Teacher Certification Program is open to candidates aged 18 and over.

## **About CEAMNY**

The Childbirth Education Association of Metropolitan New York, (CEAMNY) offers a comprehensive Cooperative Childbirth Education teacher training and certification program. Cooperative Childbirth Education (CCE) was developed by women for women by the renowned educator Gail Sforza (Brewer) Krebs. CCE Classes are designed to encourage women to recognize their innate abilities to cope successfully with the challenges of labor and birth in any setting.

Our certification program offers up-to-date information on issues surrounding childbirth so that CEAMNY certified teachers can empower women and their partners in making informed choices about labor, birth and parenting.

CEAMNY instructors offer classes for pregnancy, birth and parenting throughout New York City, Long Island, Westchester and the Hudson Valley Region as well as across the United States. We offer a wide variety of professional seminars and workshops, and provide public education on legislative issues relating to childbirth and parenting. CEA/MNY's first priority is maternal and infant health. Classes provide information on obstetric procedures and drugs, environmental hazards, and nutrition, as well as anatomy and physiology of pregnancy, labor and birth.

## Class Format

- Power Point Slide Presentation Lecture
- Didactic discussion
- Demonstrations - manikin
- Handout of presentation

## Time

**Tuesday, Wednesday and Thursday \* March 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> \* 10 am to 4 pm**  
**5 DONA CEU's earned for each completed workshop**  
**Snow dates (3/19, 3/20. 3/21)**

## Cost

**Non-members: \$375 for three days or \$125 for each workshop**  
**CEAMNY Members: \$300 for three days or \$100 for each workshop**

**You can apply online to the CEAMNY Teacher Certification Program at [CEAMNY.org](http://CEAMNY.org) or for general membership to receive the discounted workshop rate.**