

From Trauma to Triumph:

Understanding and Healing the Effects of Early Trauma on a Woman's Childbirth Experience

Speaker:

Penny Simkin, PT

Author, Doula, Childbirth Educator and Birth Counselor

Hosted by:

ACBE

November 11-12, 2011

(Friday 1-5 pm and Saturday 8:30-4:30 pm)

Held at:

Hampton Inn

12801 S. Strang Line Rd

Olathe, KS 66062

Recent reports indicate that almost one woman in four describes her childbirth experience as traumatic, and almost one in ten develops Posttraumatic Stress Disorder (PTSD) after childbirth. Many cases of PTSD can be prevented. Through a combination of instructive and interactive activities participants will improve their skills in:

1. Identifying women at risk for traumatic birth
2. Planning and carrying out individualized care plans to minimize the risk
3. Cooperating with other members of the birth team to enhance a positive outcome
4. Referring or following up with women whose births were traumatic to minimize their risk of developing Posttraumatic Stress Disorder (PTSD).

This presentation is based on a rapidly growing body of scientific evidence as well as the speaker's long experience working with childbearing women and professional care providers.

This course is designed for social workers, counselors, childbirth educators, nurses, doulas, midwives, doctors, psychotherapists, psychologists, and those involved in working with women who are living with abuse or trauma.

Cost for 1 ½ day workshop is: \$150 (*\$25 Discount for ACBE Members)

Registration will be available online at www.acbe.com after 9/12/11. To register for the workshop and for more information call **ACBE: (913)782-5116** or e-mail us at office@acbe.com.

*Penny Simkin, PT is a physical therapist who has specialized in childbirth education and labor support since 1968. She estimates she has prepared over 10,000 women, couples and siblings for childbirth. She has assisted hundreds of women or couples through childbirth as a doula. She is the author of many books and articles on birth for parents and professionals, including the brand new edition of *Pregnancy, Childbirth, and the Newborn: The Complete Guide (4th Edition, 2010)*; *The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions*, *When Survivors Give Birth*, and many more. Her latest products for birth educators and doulas are *The Road Map of Labor*, a PowerPoint Presentation of *Pain Medications for Childbirth*; and her new DVD, *Comfort Measures for Childbirth*. Today her practice consists of childbirth education, birth counseling, and labor support, combined with a busy schedule of conferences and workshops. She is married, the mother of four, and the grandmother of eight.*

*Approximately 11 CEU's have been applied for and are pending approval



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Speaker: *Penny Simkin, PT*

Conference Registration

Name: _____

Address: _____

Phone: _____

Email: _____

I am registering for:

- Friday afternoon and Saturday.....Total: \$150
- I am an ACBE member registering for Friday afternoon and Saturday.....Total: \$125

Penny Simkin's book, When Survivors Give Birth is available by pre-order for a discounted price of \$28.

- I would like a copy of Penny Simkin's book (include in total amount)

Registration includes conference materials, snacks, and Saturday lunch.

Payment Method:

Please mail this registration form with your check or money order, made payable to:
Academy of Certified Birth Educators or credit card information as indicated below.

Check or Money Order: Amount enclosed \$ _____

Credit Card: MasterCard Visa (circle one)

Print your name as it appears on the credit card: _____

Account# _____ Exp. _____ Code: _____

Signature _____

(Signature, expiration date, and security code are required to process.)

Please mail this registration form with the appropriate fee to:

ACBE

2001 E. Prairie Circle, Suite I

Olathe, KS 66062