

Let's Talk About Birth: In a Provocative Way... Class Outline

Together we will explore the territory of birth. We will discuss topics such as: Birth as a rite of passage, Normalizing birth, sexuality of birth, physiology of labor, impact labor and birth has on the new born, birth as an altered state, and what is needed in order for you to have an empowering birth experience (where ever you choose to give birth). This class focuses on labor, birth and immediate postpartum. It is holistic in nature, yet grounded in science and experience.

Introductions and what do the following mean:

- Birth as an altered state
- Birth as a rite of passage
- Why we have made such an issue regarding birthing practices
- Birth education – benefits and disadvantages
- My experience of birth and what it has taught me?

Different Paradigms of Birth:

The Physiological (undisturbed) Birthing Paradigm, Medical, and Natural

- How Ancient Birthing Wisdom is Evolving Modern Birthing Practices
- The science behind this paradigm – Dr. Odent, Dr. S. Buckley, Dr. John Stevenson, Ina May Gaskin, and my teachers
- Qualities of an empowered birth (do a list)
- How to Experience an empowered birth in different environments: Home & Hospital

The Physiological Birth Allies:

- Sphincters
- Engorgement
- Hormones: Oxytocin & Endorphines
- Fetal Ejection Reflex

Ecstatic Birth

- Hormonal Blueprint of Labour – Altered states of Consciousness
 - Beta
 - Alpha
 - Theta
 - Delta
- Pain in childbirth:
 - Facing the intensity
 - Transcending Pain
 - Fearing nothing
 - Determination of spirit
- The Fear-Tension-Pain cycle vs the Love-Relax-Release

The Dance of Labor-Holistic Stages of Labor

- Handout article “something different” by Whapio
- Journey through visualization and imagery – use the flip chart
- Difference between traditional stages and phases of labor vs Holistic

Orgasmic Birth

- How is birth sexual?
- Becoming comfortable with birth sounds
- Birth is intimate, vulnerable, explicit etc
- Being aware of sexual wounds
- Connection between love making space and birth space?

Instinctive Birth at Home and in the Hospital

- Ways to encourage a physiological birth
- What is necessary in the physical environment as well as, the mental field
- Encourage a discussion as to how to create this kind of experience

The Immediate Postpartum - The Importance of the First Hour after Birth

- Michel Odent & his famous quote “do not disturb the birthing mother”
- Bonding and connection
- Do not cut the cord within the first hour
- Placenta medicine

Routine Care of the Newborn

- Different Tests: PKU, Vit K, Hep B Vaccine, Suction, Warming, circumcision
- Compassionate care vs standard care
- How to find information so you can make an informed choice?
- Immediate care of new born: diaper free, cloth diapers, breastfeeding etc

Pre and Perinatal Psychology-The Newborns Experience of Birth

- Reference materials & links to research this topic
- Baby’s experience of birth & birth stories

Closing Discussion

- What was the most profound lesson you gained from this class
- What choices are you going to make differently because of this class
- Do you feel prepared for your up and coming birth?
- Do you have any other questions or concerns?