



TWO DAY WORKSHOP PROGRAM
2019



innovative and empowering teaching strategies for childbirth professionals

DAY ONE

9:00 Welcome Birth Educators!

Introduction to the scope of what this field represents

How we can improve the way we prepare couples for birth: its time for a change!

A new way of communicating: creating spaces for new voices to be heard.

Transitioning and integrating distinct ways of assimilating new knowledge:

Going from the theoretical to the experiential using bilateral movement, meditative postures, and multi task teaching (examples)

Group presentation, time management, story telling, inviting our “vulnerability” to be present

Belief systems, is it possible to be objective?

Using provocative questions to stimulate dialogue and effective graphic analogies:

What other life experiences prepare us for childbirth? **Does it matter how we are born? What way of being born is best? Defining the concept of “NATURAL”**

Class Dynamic: Factors that influence birth, which ones are in our hands and which ones are not

11:30 The Anatomy of Childbirth:

The basis from which all other understanding in the course will follow

An example of explaining birth as a sensorial experience, starting with cognitive definitions and broadening out towards a deeper and more felt sense explanation.

12:30 – 1:30 LUNCH BREAK (ONE HOUR)

1:30 Check in, returning to the space exercises

Stretching for labor (exercises)

Childbirth Fusion: Sensory Awareness, A.C.E. and other influencers

International guidelines for sequencing topics, course structure

The long road from imagining a baby to imagining the next baby:

Emotional markers that require our utmost consideration, the impact of being admitted into the hospital (dynamic of sensing isolation and loss of autonomy)

2:00 Inviting resistance into our life:

Moving the energy in our bodies, waiting for the internal NO, the mental narrative. overcoming resistance, the concept of sensations versus pain, the subtleties of containing the others reactions and creating boundaries for a sense of control, using distractions during discomfort

Muscle disassociation, muscle groups that are connected, softening of the fascia, practical implications for labor and birth

The NUMBERS Game, when, how many, how much longer, for how long?

Simpler ways of explaining **how long pregnancy lasts and how long labor lasts.**

The concept of not hurrying, exercises to slow us down and stimulate the non thinking brain.

3:15 Effective communication: **changing roles using different vocabulary, using analogies for better comprehension**

Ideas for uniting your students and creating group identity,

using **blank cards**, closing exercises, homework

4.30 end of DAY ONE

DAY TWO

9:00 Welcome

Ways to measure what your students are learning such as

“could this be normal? Is this common?”, changing roles

Characteristics of our students in the modern , technological era, what are they most afraid of?

Course structure, guidelines for a more integrated learning experience

10:30 Feeling what the baby feels, sensing from another perspective

11:00 Reviewing bilateral movements and postures that connect such as how to give a hug (to use in your sessions with your students)

12:00 A new level of experiencing resistance (practice)

13:00-14:00 LUNCH BREAK

2:00 Check in and returning to the space exercise

Postures that help pregnant woman with their balance

The role of the partner in the era of the doula: The Great Protector
Emotional Dystocia, understanding the subtle influence of our feelings
Role play effective communication, defining the essence of a “good” birth
Light touch versus nutritive touch and the placing of hands on the body
Massage, lactic acid and the “magic spot”

3:30 Breath Work and ways of improving the oxygen flow in our bodies
Why breathing exercises are still relevant in childbirth classes, **Partnered Breathing**

The First Encounter: what really matters to the new parents, imagining this moment, bringing the baby into the picture (visualization)

How comments leave their mark on the new mother

4:00 The babys perspective when visitors come to meet him / her

A few comments about postpartum (household chores) and understanding your babys **cues for attention** (Hug your Baby)

5:00 Our committment as we move forward as Birth Educators, workshop evaluation, certificates and group photograph

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