



To Register...

See all workshops available at
www.BirthBasics.org or

www.ICEA.org

Completed form to:

Vonda@BirthBasics.org

Mail completed form to:

Birth Basics
22910 Forest Road
Rapid City, South Dakota 57702

2-Day Workshop Fee:

\$350 (\$300 if registered 1 month before workshop date)

Deposit: A \$150 non-refundable deposit is due at time of registration.

Balance: to be paid the 1st day of workshop

Make checks payable to BirthBasics.

Birth Basics...
because you know the rest!

About Your Speaker:

Vonda Gates, has been an ICEA certified childbirth educator since 1991. She became a DONA certified doula in 1993 and served as a past DONA Georgia representative. As an organizing member of Prepared Childbirth of Tifton, she provided childbirth education and doula care to birthing families in the southeast.

Returning to her South Dakota roots in 2002, she continues to serve the educational needs of birthing families and provide an organizing body for local doulas and childbirth advocates.

Currently, Vonda serves as a national ICEA Approved Trainer (IAT) for both childbirth education and doula services and is the Chair for the ICEA PCBE Committee. She practices as a special needs pediatric registered nurse in the Hills area.

Vonda is happily married. She and her husband have three adult children and delight in being back home in the Black Hills.



Vonda Gates, BSN, IAT-CE-D

Birth Basics

22910 Forest Road
Rapid City, South Dakota 57702

Phone: 605.209.7115 (c)

Email: Vonda@BirthBasics.org

Please contact Vonda with questions.



A Two-Day Workshop

8am to 6 pm (both days)

Doula and Labor Support Workshop

An International Childbirth Education Association (ICEA) Approved Workshop
18 Contact Hours



Online Registration and Information:

www.BirthBasics.org

*Doula: One who
"mothers the mother"*

This workshop, when combined with the required readings and program prerequisites, will begin the journey of professional labor support. Attending the entire workshop will meet the contact hour requirements for the International Childbirth Education Association (ICEA) doula certification.

For the experienced doula this workshop will provide the latest evidence-based research with new and exciting tools to reenergize your existing doula service.

For more information about certifying with ICEA see their website at www.ICEA.org.

Maternal Child Health Nurses

This is an excellent workshop to:

- * Identify and address a laboring women's emotional needs
- * Learn new and traditional pain relief skills
- * Review evidence-based nursing practices
- * Describe research concerning attachment, bonding, and breastfeeding

Day 1 Topics:

- Introducing the Doula/Scope and Practice
- Finding Your Voice/Communication Skills
- Transcending the Labor Curve
- The Art of Labor Support
 - Relaxation
 - Breathing
 - Massage
- Seeking Evidence-Based Doula Care
- ICEA Certification Process and Support



Day 2 Topics:

- Cultural Awareness for the Doula
- Doula Skills Rehearsed
- Coping with the Unexpected
- Labor Support for the Medical Model
- Initiating Breastfeeding
- Post-Partum Care
- The Business of Being a Doula
- Closing

Workshop Fee includes: Workshop attendance, materials, 18 contact hours for ICEA certification.

Registration Information and optional mail in form:

Doula/Labor Support Workshop

Location: _____

Date: _____

Name: _____

Professional Affiliation:

Address:

Phone and/or email:

Payment

\$350 fee (deduct \$50 if registered 1 month early)

(choose one of the following)

Entire payment attached

Non-refundable deposit of \$150 enclosed. Payment of balance will be made the 1st day of the workshop.

Directions and housing information available.

Please contact Vonda.