



Heather McCullough, CPM

CAPPA Faculty CLD, CPD, CLE, SbAP, SbPE,

Evidence Based Birth® Instructor. HCHI

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A passionate, experienced, and innovative birth provider for over 20 years, I began this work when I was 19. Initially going to pre-med to become an OB-Gyn, I was re-directed to Midwifery and became a Certified Professional Midwife. I practiced in Portland, Oregon at the wonderful Andaluz Waterbirth Center. After moving back to the midwest, I settled in Chicago. As co-owner of 312Doulas, we support 16-23 clients per month in Chicagoland, while teaching classes and in-services for families, doulas, and educators.

Education

Birthingway College of Midwifery – Certified Professional Midwife, (NARM) 1998 - Current

Pacific College of Oriental Medicine - Student 2014-2017

University of Wisconsin - Undergrad, Pre-Med 1991-1994

DONA Doula Certification 1995

CAPPA Certified Labor Doula 2014

CAPPA Certified Postpartum Doula 2014

CAPPA Certified Lactation Educator 2014

Experience

DOULA, MONITRICE 312DOULAS; CHICAGO, IL – APRIL 2016 - PRESENT

As co-owner of 312Doulas, we serve 16-23 clients per month as they give birth in Chicago. We provide education and support, assist in navigating birth options and provider options, and support families as they find their own way to becoming parents.

DOULA, MONITRICE, CHILDBIRTH EDUCATOR HMBIRTH; CHICAGO, IL – 2013 - PRESENT

As an independent doula, I served 6-10 clients per month while also teaching various childbirth education classes.

- Evidence Based Birth® Instructor and Professional 2015 to current
- Hypnobabies® Childbirth Instructor 2007 to current
- Birthing From Within Instructor 2014 to current
- VBAC specialist and educator 2010 to current
- ICAN Professional Member 2014 to current

- Lactation Specialist 2008 to current
- CAPP Faculty Lactation Educator Program
- CAPP Faculty Labor Doula Program
- CAPP Faculty Postpartum Doula Program
- Spinning Babies® Aware Practitioner (SbAP)
- Spinning Babies® Parent Educator

LABOR AND POSTPARTUM DOULA, CHILDBIRTH EDUCATOR BIRTHWAYS; CHICAGO, IL – 2010-2013

As an agency doula, I provided labor and postpartum doula support in addition to home lactation support. I also taught their weekend childbirth intensive classes and mentored other doulas.

MIDWIFE, ANDALUZ WATERBIRTH CENTER; PORTLAND, OR – 2001-2003

As a Certified Professional Midwife, I provided comprehensive midwifery care for over 200 families as they gave birth at our waterbirth center or at home.

As a midwife and doula, I am always seeking more gifts, tools, and insights into helping families meet their babies with more confidence and ease.

Volunteer Experience

Chicago Volunteer Doula

Board Member, 2019 - Present

Skills

As a midwife and doula, I am always seeking more gifts, tools, and insights into helping families meet their babies with more confidence and ease.

- Rebozo Specialist
- Acupressure for Birth Certified (BetterBirth 360)
- Aromatherapy for Pregnancy, Birth and Postpartum

Additional Continuing Education Courses:

- Due Dates and Advanced Maternal Age (2 contact hours and 0.2 ACNM CEUs)
- How to Help Families Get Evidence Based Care (10 contact hours and 0.8 ACNM CEUs)
- Vitamin K and Eye Ointment (2 contact hours and 0.2 ACNM pharmacology CEUs)
- Childbirth education classes that include official Evidence Based Birth® content

- Failure to Progress
- Big Baby

References

Professional References:

Victoria Michonski 773.301.3002 vmichonski@gmail.com

Hillary Keiser 708.228.6065 hillary@gentlebirthcare.com

Personal References:

Steve Ursino 773.882.4009 steve_ursino@yahoo.com

Carissa Szymanski 773.865.5014 carissagbc@gmail.com