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## CURRENT CERTIFICATIONS AND APPROVALS

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| <i>January 2020</i>   | Certified as a Spinning Babies® Parent Educator   |
| <i>December 2015</i>  | Approved as an Evidence Based Birth® Instructor   |
| <i>April 2007</i>     | Certified as a Lactation Counselor through Academy of Lactation Policy and Practice                 |
| <i>December 2005</i>  | Certified as a Lamaze International® Childbirth Educator  |
| <i>January 2001</i>   | Certified as a HypnoBirthing®, Inc. Childbirth Educator   |
| <i>July, 2000</i>     | Certified as a Birth Works International®, Inc. Birth Doula   |
| <i>March, 1997</i>    | Approved as a DONA International® (previously known as Doulas of North America) Birth Doula Trainer |
| <i>February, 1996</i> | Certified as a DONA International® (previously known as Doulas of North America) Birth Doula        |
| <i>November, 1991</i> | Certified as a Birth Works® International Childbirth Educator                                       |

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## ADDITIONAL PROFESSIONAL TRAINING

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| <i>April 2016</i>   | Attended a HUG Your Baby™ Trainer training                        |
| <i>October 2012</i> | Attended a CenteringPregnancy® Facilitator training               |
| <i>May 2009</i>     | Attended a DONA International® Postpartum Doula training workshop |

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## EXPERIENCE

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| <i>2019-2022</i>    | <i>Educator at Southwest General Health Center</i><br>Childbirth preparation classes taught on an ongoing basis following the Lamaze program and incorporating official Evidence Based Birth and Spinning Babies content.  |
| <i>1998-Present</i> | <i>Educator at University Hospitals MacDonald Women's Hospital</i><br>A variety of childbirth preparation classes taught on an ongoing basis following the BirthWorks, HypnoBirthing and Lamaze programs and incorporating official Evidence Based Birth and Spinning Babies content.  |
| <i>1997-Present</i> | <i>DONA Approved Birth Doula Trainer, Self-Employed</i><br>Birth doula workshops and optional introductory courses are offered as a prerequisite to DONA International certification. Workshops are offered on an ongoing basis in the Greater Cleveland, Ohio area and for other hospital-based and private programs in surrounding states, upon request.   |
| <i>1991-Present</i> | <i>The Doula Experience Perinatal Services, Self-Employed</i><br>Private practice perinatal services, including childbirth education classes, birth doula services and breastfeeding consultations.  |
| <i>1999-2003</i>    | <i>Research Birth Doula Team Coordinator, The Bonding Study, John Kennell, MD, Case Western Reserve University</i><br>Responsibilities included: composing the doulas' job descriptions, screening and hiring doulas, developing and implementing the educational program for doulas according to study specifications, creating the forms and communication paperwork; initiating contact with the study clients, scheduling doula coverage, directing regular meetings of the doulas, acting as a liaison between the clients, doulas and research study office personnel, and ensuring the quality of doula activity. |

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| 1996-2003 | <i>Research Birth Doula, John Kennell, MD, Case Western Reserve University</i><br>Provided prenatal, labor, and immediate postpartum support to expectant families in accordance with the specifications of each research study being conducted at the time.                                    |
| 1996-1999 | <i>Birth Doula, Special Deliveries Doula Program, University Hospitals MacDonal Women's Hospital</i><br>Labor support services provided on an on-call basis as a hospital staff doula.  |
| 1995-1998 | <i>Birth Doula, Meridia Hillcrest and Euclid Hospitals</i><br>Labor support services provided on an on-call basis as a staff doula from the inception of this first hospital-based doula program in Northeast Ohio until its disbandment; also conducted maternity tours for expectant couples. |
| 1995-1998 | <i>Birth Doula, MetroHealth Medical Center</i><br>Volunteer labor support services provided on an as-needed basis as an on-staff volunteer doula and program co-coordinator.  |

## VOLUNTEERISM

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| 2017-Present | <i>DONA International Advocacy Committee member</i>  |
| 2016         | <i>DONA International Past President</i>   |
| 2013-2015    | <i>DONA International President</i>  |
| 2011-2013    | <i>DONA International President Elect</i>  |
| 2005-2011    | <i>DONA International Director of Publications (2012-2015, periodic acting interim director)</i>   |
| 2003-2005    | <i>Womankind Prenatal Care Clinic – birth doula coordinator</i>  |
| 2002-2013    | <i>Ohio Friends of Midwives (OFOM) – membership coordinator and treasurer</i>  |
| 2000-2005    | <i>Birth Works International, Inc. Director of Education – researched and edited Childbirth Educator Training Manual and wrote and edited Childbirth Class Workbooks</i> |
| 2000-2003    | <i>DONA International Education Committee member</i>   |
| 1998-2014    | <i>Doula Network of Northeast Ohio – Co-founder and Coordinator of doula support membership organization</i>   |
| 1996-Present | <i>DONA International Certification Committee member</i>   |
| 1996-2016    | <i>DONA International Conference and Grievance Committees member</i>   |
| 1995-1998    | <i>MetroHealth Medical Center – co-coordinator and volunteer birth doula on staff</i>  |
| 1983-Present | <i>International Cesarean Awareness Network (ICAN) of Greater Cleveland Steering Committee member</i>  |

## SPEAKING ENGAGEMENTS AND PRESENTATIONS

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| Ongoing            | Presentations on various aspects of the birth process and issues at monthly ICAN of Greater Cleveland meetings, Cleveland, OH                |
| 2012-Present       | The Use of TENS in Labor for Birth Doulas advanced doula training (various locations)  |
| July 2011          | Concurrent session presentation at DONA International conference: Clearing Our Cluttered Minds (for DONA approved trainers only), Boston, MA |
| May 2008           | Birth: Engage the Wisdom conference, Cleveland, OH   |
| March 2005         | HypnoBirthing presentation at Choosing Positive Birth meeting, Cleveland, OH   |
| October 2004       | HypnoBirthing presentation at the It's ABC...About Birth Choices meeting, Cleveland, OH  |
| July 2004          | Concurrent session presentation at DONA International conference: Working in Harmony, New Orleans, LA  |
| September 2003     | Breakout session presentation at HypnoBirthing conference: Sowing the Seeds of Change, New Bedford, NH                                       |
| July 2003          | Breakout session presentation at Birth Works conference: Human Values in Birth, a New Perspective, Cherry Hill, NJ                           |
| Sept. 2001-Present | Advanced doula training (various locations)  |
| August 2001        | Doula Presentation for WIC continuing education, Cleveland, OH   |

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| April 2001     | Breakout session presentation at International Cesarean Awareness Network (ICAN) Conference, Cleveland, OH   |
| July 2000-2005 | Facilitated Birth Works Childbirth Educator Training Workshops (various locations)   |
| 2000-2012      | Presentations on natural childbirth and HypnoBirthing to nursing students at Case Western Reserve University, Cleveland, OH                            |
| 1999-2009      | Ongoing Birth Doula presentations to incoming Family Medicine Students and Residents at University Hospitals MacDonald Women's Hospital, Cleveland, OH |
| 1998-2014      | Presentations on various aspects of doula work and issues at regularly-scheduled Doula Network of Northeast Ohio meetings, Cleveland, OH               |
| 1997-Present   | DONA approved Basic Birth Doula Workshops (various locations)  |

## PUBLISHED WORK

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|                |  |
|----------------|--|
| December 2013  | "An Inspiring Leader and Teacher" <i>International Doula</i> , Vol 21, Issue 4   |
| September 2013 | "The Wedding Doula," <i>International Doula</i> , Vol 21, Issue 4  |
| September 2013 | Book review, "Cut, Stapled & Mended: When One Woman Reclaimed Her body and Gave Birth on Her Own Terms after Cesarean," <i>International Doula</i> , Vol 21, Issue 3 |
| September 2013 | DVD review, "Ina May Gaskin & the Farm Midwives," <i>International Doula</i> , Vol 21, Issue 3   |
| March 2013     | "VBAC—Very Brave and Courageous" <i>International Doula</i> , Vol 21, Issue 1  |
| September 2012 | "An Unrivaled Celebration of 20 Years of Success during the 18 <sup>th</sup> Annual Conference" <i>International Doula</i> , Vol 20, Issue 3                         |
| March 2012     | Book review, "Paths to Becoming a Midwife: Getting an Education" <i>International Doula</i> , Volume 20, Issue 1   |
| 2012           | Book review, "Postdates and Prematurity Handbook" <i>Midwifery Today</i>   |
| December 2011  | "Did [Insert Mom's Name] Have Her Baby Yet?" <i>International Doula</i> , Volume 19, Issue 4   |
| June 2011      | Book review, "The Doula Business Guide: Creating a Successful Motherbaby Business" <i>International Doula</i> , Volume 19, Issue 2                                   |
| 2011           | Book review, "Paths to Becoming a Midwife" <i>Midwifery Today</i>  |
| March 2010     | Book review, "Understanding the Dangers of Cesarean Birth," <i>International Doula</i> , Volume 18, Issue 1  |
| September 2009 | Book review, "Brought to Earth by Birth," <i>International Doula</i> , Volume 17, Issue 3  |
| March 2009     | Book review, "Survivor Moms," <i>International Doula</i> , Volume 17, Issue 1  |
| June 2007      | "Sensitivities," <i>International Doula</i> , Volume 15, Issue 2   |
| 2005           | BirthWorks Childbirth Educator Training Manual, writer and editor (still in use, updated)  |
| 2005           | BirthWorks Childbirth Preparation Class Workbook, writer and editor (still in use, updated)  |
| 2003-2017      | Numerous articles and book reviews, <i>Conscientious Childbirth</i> , ICAN of Greater Cleveland quarterly newsletter   |

## SELECTION OF CONTINUING EDUCATION EARNED (HIGHLIGHTS OF MOST RECENT)

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|------|---|
| 2021 | GOLD Lactation Online Conference – 29.5 contact hours                               |
|      | DONA International Virtual Conference – 22.0 contact hours                          |
|      | DONA International Virtual Trainer Day – 6.0 contact hours                          |
| 2020 | DONA International Trainers Day – 3.5 contact hours                                 |
|      | Evidence Based Birth Instructor Renewal Course on Birth Justice – 3.0 contact hours |
|      | DONA International Virtual Summit – 12.5 contact hours                              |
|      | Breast Milk and the Infant Microbiome & Further Learning – 17.0 contact hours       |

## AWARDS AND COMMENDATIONS

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|------|---|
| 2015 | Recipient of the DONA International Advanced Certified Birth Doula Credential |
| 2015 | Inducted as a Fellow of the Academy of Certified Childbirth Educators         |
| 2014 | Certificate of Appreciation of Volunteerism, ICAN of Greater Cleveland        |
| 2003 | Awarded Birth Works International, Inc. Childbirth Educator of the Year       |
| 2003 | Nominated for the Penny Simkin Award for Doula Spirit and Mentorship          |

## PROFESSIONAL AFFILIATIONS

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Academy of Lactation Policy and Practice  
Birth Works International, Inc.  
DONA International  
Evidence Based Birth  
HUG Your Baby  
The HypnoBirthing Institute  
International Cesarean Awareness Network (ICAN)  
International Childbirth Education Association (ICEA)  
Lamaze International  
Spinning Babies

## PERSONAL

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It is through my own personal birth experiences that I find myself on this path of assisting women in their birth and postpartum journey. The ability to learn about oneself and grow as an individual through the birth process was a phenomenal and empowering experience that I appreciate sharing with other women.