

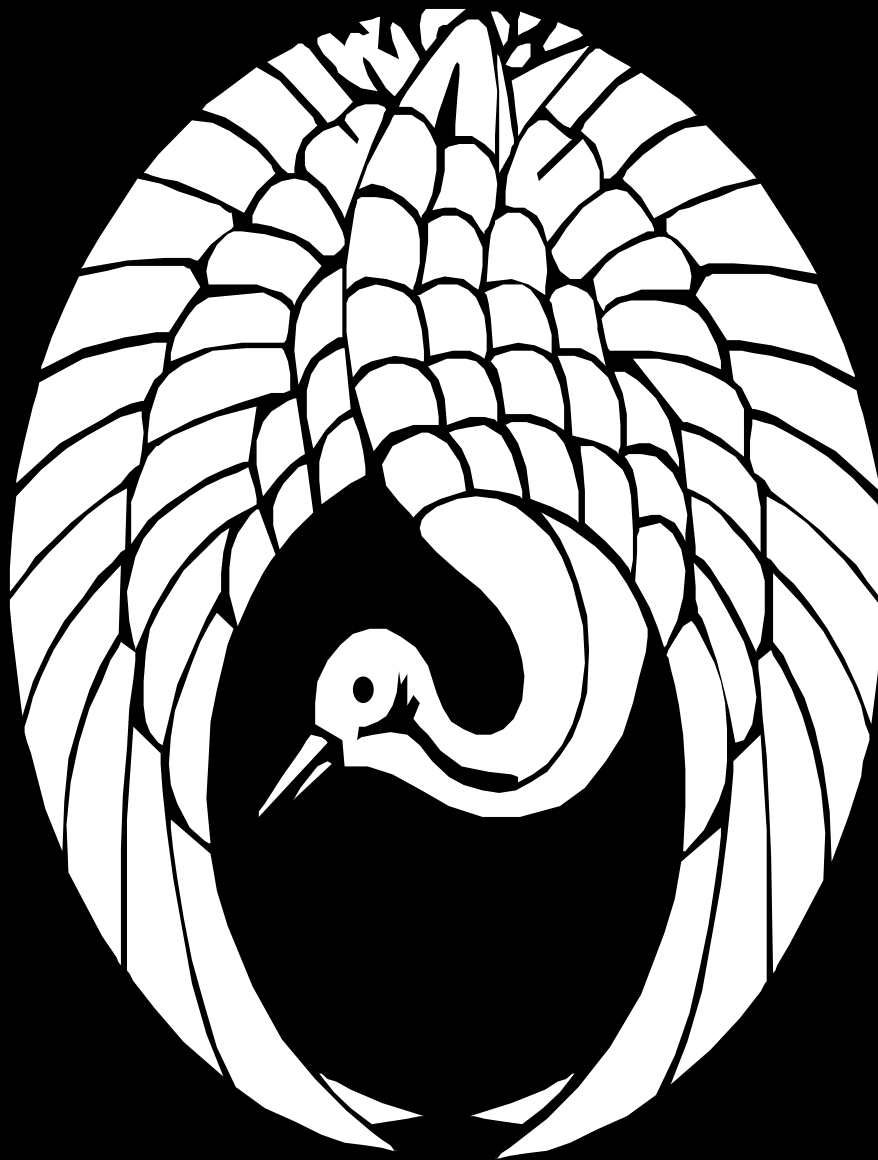


HEAVEN & EARTH

Midwifery & CAM Training

2010-2011

Brochure



HOLcenter@yahoo.com

978-534-1319

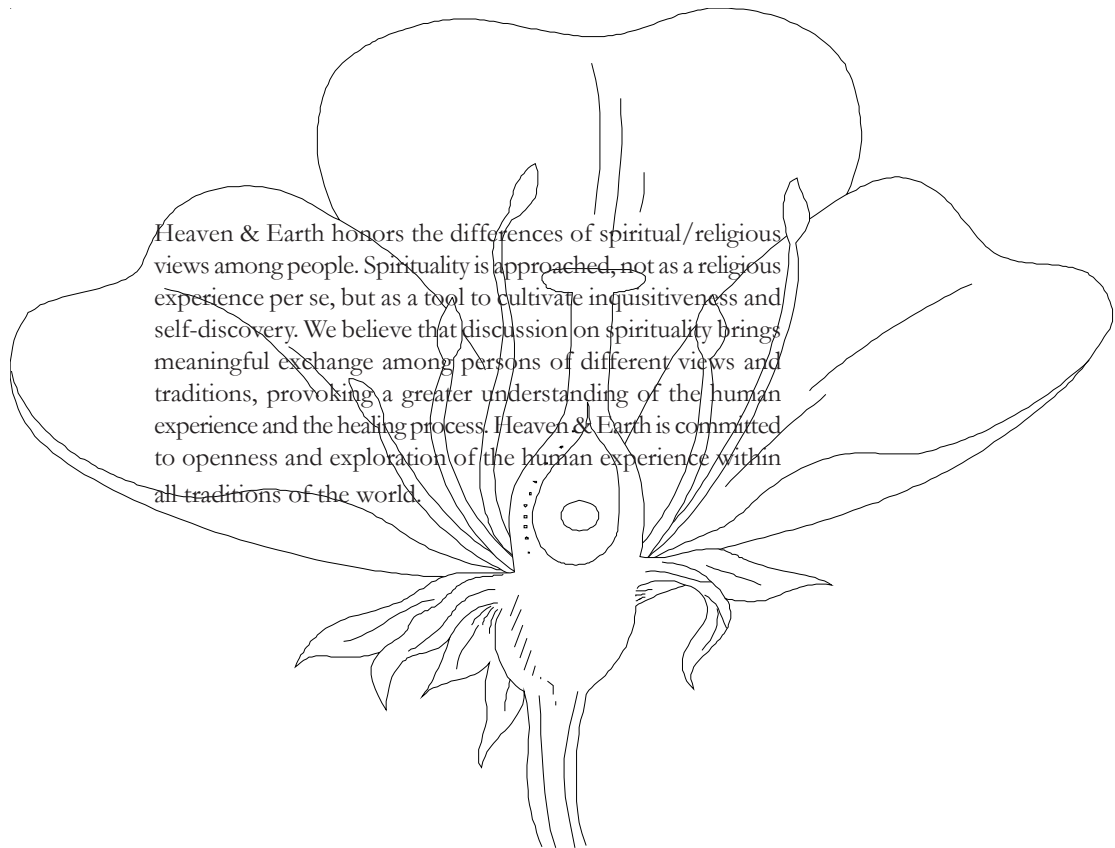
web site: HOLcenter.com

training women since 1986

Heaven Earth's Mission

is to teach the principle of wellness and preventative care, cultivate self-discovery and assist in the development of health care practitioners who:

- honor the body's ability to heal and give birth
- recognize the significance of the mind, body, spirit connection
- develop awareness of the connection between environment, health and personal responsibility
- respect the subtle energies that connect us to ourselves, one another and the divine
- are committed to guiding, empowering and serving their clients
- value the art of healing
- respect individual differences
- incorporate complementary and integrative medicine within their practice
- foster recognition and cooperation among all medical and traditional healing practitioners



Heaven & Earth honors the differences of spiritual/religious views among people. Spirituality is approached, not as a religious experience per se, but as a tool to cultivate inquisitiveness and self-discovery. We believe that discussion on spirituality brings meaningful exchange among persons of different views and traditions, provoking a greater understanding of the human experience and the healing process. Heaven & Earth is committed to openness and exploration of the human experience within all traditions of the world.

FINANCIAL AID: Heaven & Earth offers one workstudy slot per year for a Barefoot Midwifery student. Workstudy = 6-8 hrs/mo and receives a 30% discount. Student must be computer literate.

2010-11 Course & Fee Schedule

BAREFOOT MIDWIFE - level 1

Sept 11-12, 2010
10 months
Costs \$2445

Monthly Payment plan
\$150 registration fee
\$720 - 1st class
\$175/mo for 9 months

BAREFOOT MIDWIFE - level 2

September 25-26, 2010
7 months
Costs \$1600

Monthly Payment plan
\$150 registration fee
\$400 - 1st class
\$175/mo for 6 months

CLINICAL NUTRITION

April 3, May 8, June 12,
July 17, 2011
Costs \$200

CPR & NEONATAL RESUSCITATION

call for dates



CAM FOUNDATION

Sept. 12, Oct.10, Nov.7,
Dec 5, 2010
Cost \$200

INTEGRATIVE CAM II

May 22, June 26,
July 31, 2011
Cost \$250

INTEGRATIVE CAM PRACTITIONER

September 12, 2010
10 months
Costs \$850

Monthly Payment plan
\$150 registration fee
\$160- 1st class
\$60/mo for 9 months

INTEGRATIVE CAM PRACTITIONER

w/o Clinical Nutrition component
September 12, 2010
10 months
Costs \$700

Monthly Payment plan
\$150 registration fee
\$100- 1st class
\$50/mo for 9 months

Registration fee is deducted from the full tuition and is due 6 weeks prior to the first class. See course description and individual programs for more information and monthly dates.

PHILOSOPHY

Heaven & Earth believes that birth is a sacred event and an instinctual process. We believe that birth serves as a rite of passage into womanhood and that Midwives are a guiding force in this process helping to empower women to make quality, informed decisions. Birth is a phase of development that can open up a whole new level of consciousness. We acknowledge that birth can be a challenging journey; a journey that is made easier with the love, support and guidance of a midwife. It is our job to help students understand the ebb and flow of birth's rhythms and how these are crucial to the transformation and change a woman undergoes in the birth process. It is important for students to realize that allowing a woman to find her own process of discovery leads to a sense of accomplishment, empowerment, and fulfillment. H&E believes midwifery is a calling not just a profession.

MENTORSHIP OUTLINE

This in-depth 17 month Midwifery training program is a minimal residency program (1 weekend a month) designed for the aspiring Midwife and meets the NARM Core Competencies to become a CPM. This program preserves the role of the traditional midwife as a primary care practitioner. It does this by incorporating training as an integrative Complementary & Alternative Medicine (CAM) counselor - offering a strong foundation in energetic, herbal, homeopathic and nutritional therapies. This program is given in 5 modules over 18 months. Level one is 10 months of learning how to be a Traditional Midwife and Level two is 7 months of how to handle variations and complications from a holistic perspective. There is a summer break in August between the two levels. Students may choose to take one or both levels - individually, consecutively or concurrently. Often aspiring nurse midwives (CNM) who would like a non-pathological view of birth and integrative CAM knowledge base will take this program prior to starting their nursing studies.

COURSE WORK: Students should expect to spend 1.5/2 hrs per week of self study for every hour spent in class. **Homework averages 18-24 hrs a week.** This program is approximately 1350 hrs of study and is designed for students to sit for the national CPM exam.

CERTIFICATION: Students receive a Certificate of Completion in Midwifery Academics if you do one year, and a Diploma in Community Midwifery & a certificate as a Holistic Health Care Counselor if you complete both. Both include transcripts, references and referrals for apprenticeships.

CERTIFICATION REQUIREMENTS:

To receive a certificate students must attend 90% of class, complete each module with a C + or better, complete all skills to the satisfaction of the faculty, have the recommendation of the faculty, and have a cumulative GPA of 80. Level 1 requires a current adult & infant CPR and Level 2 requires neonatal resuscitation certification.

BAREFOOT MIDWIFERY DISTANT LEARNING SERIES

one weekend/month



1350 hrs of study

Level 1 - 10 months
\$2445

Level 2 - 7 months
\$1600

Barefoot Midwifery Course Schedule

2010-2011

Level 1

FOUNDATION

Module 1

Sept 11,12; Oct 9,10; Nov 6,7; & Dec 4,5
2010

Psychology of Pregnancy
Midwifery Model of Care
Clinical Physiology & Terminology
CAM Foundation

Hands-on Skills:

*Universal precautions, chain of infection, sterile technique
Counseling skills, examination positions*

NORMAL PRENATAL CARE

Module 2

Jan 8,9; Feb & March 5,6, 2011

Prenatal Care
Diagnostic Testing
Business Practices

Hands-on Skills:

*Medical history, charting, SOAP notes
Vital signs & measurements
Obstetric abdominal examination, FHT, urinalysis
Finger puncture: hemoglobins, postprandials
Vaginals -pelvimetry, paps, cultures, wet smear slide
Venipuncture*

BIRTH PROCESS

Module 3

April 2,3; May 7,8; June 11,12; July 16,17
2011

Birth Process
Clinical Nutrition
Prenatal Care II - variations
Prenatal Clinical Rotation
Postpartum

Hands-on Skills:

*Examination of the placenta, estimating blood loss
Suturing 1st degree, Infiltration
Breast massage, manual expression, nipple rolling*

Level 2

PHYSICAL ASSESSMENT

Module 1

Sept 25,26; Oct 23,24; Nov 20,21, 2010

Physical Assessment
Integrative CAM Practitioner I
Pharmacology
Skills day - IV & Advance suturing

Hands-on Skills:

*Breast exam, CVA tenderness, clonus, percussion, auscultation
IV therapy, injections
Perineal inspection & repair - 2nd & 3rd degree*

TURNING POINTS

Module 2

Jan 22,23; Feb & March 19,20; & April 16,17
2011

Turning Points within Birth
Integrative CAM Practitioner II
Birth Presentations
Emergency Procedures
Neonatology

Hands-on Skills:

*Oxygen therapy, Hand maneuvers - mal-presentations
Episiotomies
Catheterization
PKU
Newborn exam
Manual removal of the placenta
Bimanual compression*

See course descriptions for further information

Though it is easiest to start at the beginning of a year, students are allowed to start at the beginning of any module. Starting at a beginning of module requires permission of the Director.

TO REGISTER: fill out enclosed form, send in with a relevant resume & \$150 deposit

Barefoot Midwifery

ADMISSIONS

H&E has an open admissions policy and accepts new students on a first come basis. Classes are limited to 10-12 students. Barefoot Midwifery applicants need to submit a registration form with a \$150 deposit (see refund policy) and a resume relevant to all past and present birth experience. This should include all education (including workshops), present occupation, and how many if any births attended and in what year you attended them. If you are an apprentice - a recommendation letter from your preceptor is required to be admitted to Level 2 without doing Level 1. **Admissions deadline is 6 weeks prior to a module.** *Late registration is dependent on space availability.*

PRE-REQUISITES - Level 1:

You must have **a** passion for serving women and **one** of the following to be admitted:

1. Doula training or are enrolled or are planning to enroll in a training prior to the first class at H & E
2. Taken previous Birth Assistant training (Example: MMAs)
3. Are in or have had an apprenticeship
4. Have a minimum of 2 years of college including some medical or women's studies
5. Significant experience in birth or women's health care
6. High School equivalency with 2 years of documented independent study with women or birth

PRE-REQUISITES - Level 2:

1. Have completed or are enrolled in Level 1
2. Have completed an equivalent program to Level 1 elsewhere
3. Have been an apprentice for at least 1 year attending a minimum of 10 births
4. Are a midwife

ABSENCES

Students who miss more than 10% of a course must either make arrangements with the mentor to make up missed work or retake missed classes. Students who have completed at least 75% of a module are allowed to retake the missed class/es, one time, for no charge. This must be done the next time the class is offered. Students must be in good financial standing to retake a class.

ACADEMIC COMPONENT

Students learn midwifery through an interactive, experiential, critical thinking model developing both traditional and biomedical skills focusing on birth as a normal process. This rigorous program offers small class sizes and the ability to learn how to provide high quality health care by combining the knowledge of evidence based medicine, modern medical skills, scientific research and traditional midwifery approaches to care for the physical, emotional, psychological and spiritual needs of the woman and her family.

CLINICAL COMPONENT

H&E offers limited clinical exposure. **Students will need to do an apprenticeship either during or after the program before applying to become a CPM.** Apprenticeships are the student's responsibility. H&E has an excellent reputation with the New England Midwives and assists students, whenever, possible in this endeavor. No clinics or apprenticeships are part of Heaven and Earth or the Barefoot Midwifery Mentorship and therefore H & E is not liable for any student's actions while in any clinical trainings or apprenticeships.

1. Students gain hands-on experience in class to develop their medical skills
2. In Module 3 we ask students to connect with a local midwife or practitioner who does births and shadow them for in office care.
3. We encourage students to develop an apprenticeship by the end of their first year.

Course Descriptions

BIRTH PRESENTATIONS

BIR-532

This course will look at variations of presentations: posterior, breeches, twins, and face presentations teaching the practical application of handling these situations through case studies, role playing and hand maneuvers.

BUSINESS PRACTICE

BUS-231

Students will learn about organization, public relations, referrals, responsibilities to the community, marketing, legalities, basic record keeping, and tax deductions for running a small business.

CAM Foundation

CAM-111

This course allows students to gain knowledge in the fundamental concepts of several Complementary and Alternative modalities including Herbology, Chinese Medicine, Homeopathy and Acupuncture. Students explore the physiological pathways of mind body connection and mind body interventions: relaxation, meditation, & imagery. Students will learn about different herbal preparations, dosages, contraindications, & develop the beginning of an herbal & homeopathic repertoire.

CLINICAL NUTRITION

CAM-321

This course teaches the nutritional needs of a pregnant and lactating woman. Students gain a basic understanding of how vitamins, minerals, proteins, fats and carbohydrates work in the body, and the importance of weight gain. Exploration of varied diet preferences and healthy choices allows students to work within individual diets (vegan, vegetarian, macrobiotics, raw food) including meal planning, while learning tools and techniques for administering change.

CLINICAL PHYSIOLOGY & TERMINOLOGY

PRE-141

This course will look at the physiology of the female reproductive system during pregnancy and birth, including fertilization, embryonic & fetal development, as well as cardiovascular, uterine and renal adaptations. Students also gain an understanding of medical terms, their roots, suffixes and prefixes.

CPR

CPR-211

This course certifies students in adult and infant CPR.

DIAGNOSTIC TESTING

PHY-321

This course offers the knowledge of bio-technical screening methods and diagnostic test used during pregnancy. Students will look at the indications for risk and benefit, which lab work can be done in office and how to interpret results. Hands-on skills of in office lab work will be taught, including how to find and work with your own lab.

EMERGENCY PROCEDURES

BIR-562

Students are taught to recognize and respond to obstetrical emergencies through role playing. Development of transport plans and consultation is emphasized.

INTEGRATIVE CAM PRACTITIONER I

CAM-432

Students will learn how to develop herbal formulas and holistic treatment plans that encompass a variety of CAM modalities including lifestyle, herbs, homeopathy and energy work. Students will work on pregnancy & birth related case studies including GYN issues, variations & complications of pregnancy/birth and postpartum issues. Students will continue to develop their herbal repertoire to encompass minimum of 35 herbs.

Pre-requisite or concurrently: CAM 111.

INTEGRATIVE CAM PRACTITIONER II

CAM-542

This is an extension of CAM 442, learning how to work as a traditional community midwife taking care of the general health concerns of mother and family. Case studies and treatment plans will encompass digestive, respiratory, cardiovascular, and urinary systems. Students will continue to develop their herbal repertoire to encompass 75 herbs.

Pre-requisite: CAM 111, CAM 321 and CAM 432.

MIDWIFERY MODEL OF CARE

PRE-131

This course explores the history and ethics of midwifery, different models of midwifery and the role a midwife plays in the community including the responsibilities and commitments involved.

NEONATAL RESUSCITATION

NEO-522

Participants will have a thorough understanding and gain the practical skills of chapters 1-4 of the required text: Neonatal Resuscitation (available through the American Academy of Pediatrics 800-433-9016). Chapters 1-4 must be read prior to the workshop.

Course Descriptions

NEONATOLOGY

NEO-512

This course will provide knowledge and skills in assessing the newborn's transition to extra uterine life, including gestational age, physical and neurological exams. Common neonatal problems and abnormalities will be studied.

NORMAL BIRTH PROCESS

BIR-331

The focus of this course is developing intuitive, observational and medical skills for normal delivery. Students learn the importance of the ebb and flow of birth's rhythm and how these are crucial for this important rite of passage. Student's focus on how it is the midwife's duty to guide, support, inform and protect not only the mother and baby but also the birthing space. Students learn the normal mechanisms of labor and how to assess its progress. Students will gain knowledge in fetal heart tones, labor enhancement, comfort techniques, hydration, hand maneuvers, protection of the perineum, & delivery of the placenta.

PHARMACOLOGY

BIR-422

Basic pharmacology relevant to drugs used in midwifery care including medical uses of drugs, drug regulations, legal classification of drugs, drug references and standards, principle actions of drugs, storage and handling of medication, calculation of medication, dosage and types of administration, site selection and injections, pharmacokinetics and anaphylaxis, and ethical implications.

PHYSICAL ASSESSMENT

PHY-412

Students will learn physical examination assessment skill, including how to differentiate what is outside of normal limits and what requires a need for consultation.

POSTPARTUM CARE

Pos-361

Students gain knowledge in the care, needs and concerns of mother and baby in the first 6 weeks postpartum. and what a midwife should keep a watchful eye on. Students receive an introduction into lactation and common postpartum problems.

PRENATAL CARE

Pre-241

The focus of this course is to understand the importance of excellent care in pregnancy. Assessment skills in prenatal care will be taught with emphasis on birth as a normal process. Health promotion and education will be emphasized. Students will explore how cultural difference effect care and how to assess low risk mothers.

PRENATAL CLINICAL ROTATION

Pre-358

Students shadow a midwife or practitioner who does births, for 8 hrs a month for six months, doing in office work. Students will keep a daily journal documenting learning issues and relevant research for these issues.

PRENATAL CARE II-VARIATIONS

Pre-311

This course will address the importance of prenatal care when a pregnancy is taking a questionable or an abnormal course. Focus will be on the development of keen observation, prevention, and guidance techniques using a variety of modalities, while learning the importance of consulting and referring with appropriate health care practitioners. Students will also look at the importance of developing positive relations with the medical establishment.

PSYCHOLOGY OF BIRTH

Psy-111

This course will explore the emotional and psychological issues of pregnancy and birth including body image, mothering issues, grief and loss, family dynamics, physical & sexual abuse and how it affects birth and mothering, substance abuse, transition to parenthood, and postpartum depression. Students will also develop a basic understanding of how to communicate and counsel the mother and her family.

Turning POINTS WITHIN BIRTH

BIR-552

The focus of this course is understanding how to assess and make appropriate decisions when labor and birth are outside the realm of normal. We will address the process by which circumstances may change, and what, if any, interventions may be necessary in order to assure the progression and safety of the birth process. Focus will be on the development of keen observation, a holistic approach, while understanding the importance of informed consent and referral. Case studies will be an integral part of this course.

Wise Women Mentors

Elizabeth Mazanec M.Ed, MH, CPM - Director

founder of Heaven & Earth, she is a Certified Professional Midwife and was a homebirth midwife for 20 years. She is an eclectic CAM therapist, Medical Herbalist, Reiki Master practicing since 1974 and is presently an Adjunct Professor at Mount Wachusett Community College teaching nutrition and complementary medicine. She has a BFA from RI School of Design and a M.Ed. from Harvard. She has been training women to explore the path of a Midwife and Healer since 1986 and is presently member of the American Herbalist Guild.

Gina Iadarola BS

has provided primary care midwifery services, labor support, and childbirth education since 1986. Presently she is a maternal fitness/yoga instructor, and lactation consultant, as well as an Occupational Therapist and EMT. She has a Bachelor of Science in Natural Science from Worcester State.

Heather Laier CPM

has been catching babies for over 25 years and has attended over 1200 births. She apprenticed to become a midwife for three years in the Boston area, attended numerous births with a homebirth-supportive obstetrician, and completed the RIFSAC Basic Midwifery Course. She is certified in Reiki and is experienced in homeopathy and herbal remedies. Heather is the mother of five children and had a VBAC at home after two cesareans.

Molly Connelly CCE, M.Ed

was a homebirth midwife and childbirth educator for over 20 years and has attended over a 1000 births. She is presently a psychotherapist in private practice and an adjunct professor at University of NH. She has a BS from the University of NH in counseling and health education and a M.Ed. in counseling. She is executive Director of the NH Childbirth Education Association.

Pam Campbell CPM

is a practicing Certified Professional Midwife doing homebirths in central Mass for the past 20 years. She was a LLL Leader and has her BLS. She is a member of the Massachusetts Midwifery Alliance (MMA).

Sue Smith CPM

is a practicing Certified Professional Midwife doing homebirths in central MA since 1982. She teaches OB/Gyn refresher courses for EMTs and Paramedics. She has experience as an EMT and crisis intervention counselor, and she runs a small herbal business on her 3 acres of organically managed garden. She is a Qualified Evaluator for the National Registry of Midwives (NARM).

Yvonne Noyes-Stevens M.Psy, M.Ed

founder of New England Education Connection she has worked in Human Services for over 10 years. She is presently an adjunct professor at Mount Wachusett Community College and Cambridge College, as well as an Educational Advocate, certified Red Cross instructor and a feng shui consultant. She has a master's in both education and psychology and is currently pursuing her doctorate in Psychology and Culture.

Integrative CAM Practitioner

Cost \$850

Thirty-eight percent of adults use Complementary and Alternative medicine (CAM). Often times CAM users abandon conventional therapy or do not disclose that they are using CAM to their health care provider because they feel they lack knowledge in this arena. Join Elizabeth Mazanec M.Ed, CPM, MH, eclectic CAM therapist for over 30 years, in learning the skills to become an Integrative CAM practitioner. Learn how to develop a holistic approach to enhance your healing power and empower your clients. This mentorship will offer a foundation in a variety of CAM modalities, their benefits and contraindications, as well an approach to integrating Eastern & Western medical systems into individual holistic treatment plans. Students will study herbal, nutritional, homeopathic, and energetic therapies to help the body rebalance and heal itself. Students will work with case studies around women and children's health care including pregnancy, birth and postpartum. Students learn how to develop herbal formulas and a variety of CAM treatment plans including dosages and preparations. This class meets 1-2 Sunday mornings a month usually from 9:30-12:30. Students who have proof of a nutrition background may chose to waive the Clinical Nutrition component and deduct \$150.

CAM III: [1,3,5,7]; CAM 321: [11,13,15,17]; CAM 432: [2,4,6,8,9,10,12]; CAM542: [14,16,18]

1.Sept. 12: Mind Body Connections

meditation, imagery, & relaxation techniques

2. Sept. 26: Chinese Medicine

fundamental concepts - diagnostic techniques

3. Oct. 10: Herbs for Integrative Care

actions, preparations, dosage, contraindications

4. Oct. 24: Psychoneuroimmunology

energy medicine, stress & health

5. Nov. 7: Homeopathy

how to choose a remedy, potency & dosages

6. Nov. 21: Natural Detoxification

sources of toxins & contemporary approaches

7. Dec. 5: Acupuncture/Acupressure

meridians, points, & moxibustion

8.Jan. 23: Herbal Formula Making

integrating Western & Eastern philosophies

9.Feb. 20: Integrative Treatment Plans (ITP)

fertility - menopause

10.March 20: ITP

pregnancy & birth

11.April 3: Clinical Nutrition

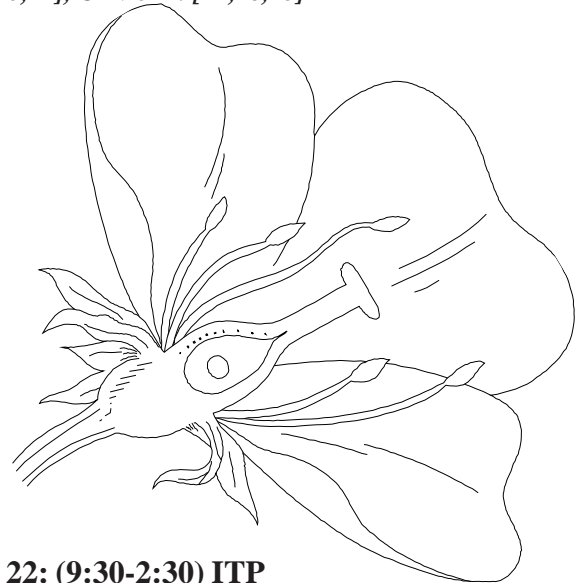
planning a healthy diet - food pyramid

12.April 17: ITP

gynecological issues

13.May 8: Clinical Nutrition

carbohydrates, fats, weight gains



14. May 22: (9:30-2:30) ITP

digestive disorders - gestational diabetes

15. June 12: Clinical Nutrition

*Proteins, working w/different diets
vegans, macrobiotics, raw foods, vegetarian*

16. June 26: (9:30-2:30) ITP

hypertension, pre-eclampsia- UTI, stones

17. July 17: Clinical Nutrition

supplements/toxicity - lactation nutrition

18. July 31: (9:30-2:30) ITP

*respiratory (colds, asthma, bronchitis)
infections*

REGISTRATION FORM

Heaven & Earth

134 Main Street, Leominster, MA 01453 978-534-1319 E-mail: HOLcenter@yahoo.com

Fill out this form, sign it, & return it with a \$150 registration fee/ program no less than 6 weeks prior to the first class. The registration fee is credited towards your tuition. The remainder of the tuition is due at the first class in cash, money order or certified bank check, unless you have chosen the monthly payment plan. **Tuitions paid in full at the first class for any programs over \$500 receives a 5% discount.** H&E reserves the right to cancel, combine or make changes to courses, instructors, schedules & locations as needed. **Late registration dependent on space availability.**

Name _____

Mailing address _____

City, State, Zip _____

Day Phone _____ Evening Phone _____ Email Address _____

Program(s) registering for:

1. _____ 2. _____ 3. _____

Payment method desired: ___ remainder in full at the first class ___ Payment Plan

Registration deposit enclosed: \$ _____

\$150 registration deposit per course

MONTHLY PAYMENT PLAN: Programs over \$500 are eligible for monthly payment plan. Students must pay the \$150 registration fee and least 25% of the full tuition by the first class. Please see payment schedule page for amounts due at the first class. All payments are due on the weekend that class is normally held in cash, money order, or certified bank check and are paid every month until tuition and fees are paid in full, regardless if student attends class that month or not. If a student misses class, payment must be postmarked no later than the first Tuesday after class or a late fee will be charged.

FEES: Administrative fee \$50 / Bounced check fee \$35 / Late monthly payment fee \$25

REFUND POLICY

You may terminate this agreement at any time. If you terminate within 5 days, you will receive a full refund provided that classes have not commenced. If you subsequently terminate this agreement prior to the commencement of the program you will receive a full refund minus the \$50 administration fee. **If H&E cancels a program you will receive a full refund.**

Thereafter:

You must notify Heaven & Earth in writing that you are withdrawing from the program. If you notify H&E at or after the first class of any program you will receive the following refunds less any fees due or discounts offered. Date withdrawn will be determined by the postmarked date of written notification. Payment plan fee is prorated if you withdraw.

Less than 25% of a program	you will receive a 75% refund minus any fees
Less than 50% of a program	you will receive a 50% refund minus any fees
Less than 75% of a program	you will receive a 25% refund minus any fees
Any time at or after 75%	no refund

Signature: _____ date _____