

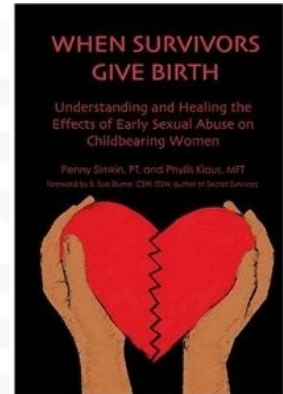


‘WHEN SURVIVORS GIVE BIRTH’
 a 1 or 2 day workshop in Amsterdam
 with renowned Author, Doula, Childbirth
 Educator and Birth Counselor,

Penny Simkin

Author of the Book ‘When Survivors Give
 Birth’

This important client care workshop focuses on understanding and healing the effects of early/ childhood sexual abuse on childbearing women , expanding our care practices for women at risk of poor physical and psychosocial childbirth outcomes and improving our responses to women who have suffered abuse, providing appropriate support.



DAY 1: When Survivors Give Birth

Thursday November 20th, 2014

Attendance in Day 1 is a *prerequisite* for the Advanced Counselling Skills Workshop which takes place on the next day.

⇒ This presentation covers the unique manifestations of early sexual abuse for the childbearing woman; the impact on pregnancy, labor and birth; the relationship between the woman and her caregiver; modification of common childbirth preparation techniques; impact on postpartum recovery, breastfeeding, and postpartum mood disorders; self-help techniques to reduce distressing symptoms; and counseling strategies to prepare first-time mothers with fear about the upcoming birth.

⇒ After this session participants will be able to: recognize the prevalence and impact of early/childhood sexual abuse in the childbearing woman; identify appropriate strategies for working with survivors (known and unknown) in regard to pelvic exams and childbirth preparation; define self-help techniques for use in addressing distressing situations; and discuss implications and strategies for the postpartum period.

DAY 2: – Advanced Counseling Skills Workshop

Friday November 21st, 2014

REQUIRED READING: When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on the Childbearing Woman by Penny Simkin and Phyllis Klaus.

Topics include:

- ⇒ Counseling strategies to prepare first time mothers with fear about the upcoming birth
- ⇒ Counseling after a traumatic birth
- ⇒ Counseling the pregnant woman with a previous traumatic birth
- ⇒ Modification of common childbirth preparation techniques for early sexual abuse survivors
- ⇒ Impact of sexual abuse on postpartum recovery, breastfeeding, and postpartum mood disorders
- ⇒ Self-help techniques to reduce distressing symptoms

Early Bird Price until October 21, 2014:

Day 1 & 2: 280 ex. BTW (338,80 inc. BTW)
 Day 1 only: 145 ex. BTW (195,45 inc. BTW)

Regular Price after October 21, 2014:

Day 1 & 2: 365 ex. BTW (441,65 inc. BTW)
 Day 1 only: 175 ex. BTW (211,75 inc. BTW)

Contact Dana Lindzon at dana@mamawise.nl OR Jennifer Walker at Jennifer@birthsupport.nl for details