



SPINNING BABIES®
2021 World
Confluence

VIRTUAL CONFERENCE
INTEGRATING A
NEW PARADIGM

PRE-CONFERENCE: October 22, 2021 • MAIN CONFERENCE: October 23 - 24, 2021

Conference Objectives

01. **Presenter(s)/Credentials:** Gail Tully, CPM, Founder of Spinning Babies®
Presentation Title: The Anatomy of Spinning Babies®: Soft Tissues and the Three Levels

As a result of participation in this continuing education activity, participants should be able to:

- Match at least one soft tissue anatomy to each of the three pelvic diameters
- Describe the uterine ligament attachments to the bony pelvis
- List 3 anatomical structures in the pelvis that influences fetal rotation or descent

Presenter(s): Lindsay McCoy, Doula, Exercise Physiologist

02. **Presentation Title:** Proactive Prep: A Proactive Approach to Preparing the Body for Birth During Pregnancy

As a result of participation in this continuing education activity, participants should be able to:

- Describe a biomechanical model of body alignment and identify 2 main areas of focus.
- Identify and describe the 5 pillars of the Body Ready approach.
- Define Intra Abdominal Pressure (IAP) and how to lessen its effects on the core and pelvic floor during pregnancy.
- Identify and list 5 issues that less optimal pelvic positioning can contribute to.
- Correlate the movements of the sacrum with creating mobility and space in the pelvis.
- Compare and contrast flexibility and range of motion then discuss which one is important for how we prepare our bodies for birth.
- List the changes in the abdominal wall during pregnancy.
- Describe what a pendulous belly is, what issues can occur, and key suggestions for clients/patients experiencing this
- Identify symptoms of pelvic floor hypertonicity and how it might contribute to difficulty during childbirth.

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Presenter(s): Rachel Shapiro Davies, SpBT, LM, CPM, CNM, RN	
03.	Presentation Title: Balance Drawn: Illustrating Soft Tissue Physiology Pregnancy & Birth: Uterosacral Ligaments
<i>As a result of participation in this continuing education activity, participants should be able to:</i>	
	<ul style="list-style-type: none">● Distinguish the Uterosacral Ligaments by their fibers, function, and anatomical origin, and insertion.
	<ul style="list-style-type: none">● Categorize the various Uterosacral Ligament insertion sites and their accompanying symptoms of imbalance in pregnancy.
	<ul style="list-style-type: none">● Categorize the various Uterosacral Ligament insertion sites and their accompanying symptoms of imbalance in birth.
	<ul style="list-style-type: none">● Correlate the type of fibers and receptors on the uterosacral ligaments to the type of technique needed to restore physiological balance.
	<ul style="list-style-type: none">● Evaluate the efficacy of the Three Sisters of Balance forward-leaning inversion technique for restoring balance to the uterosacral ligaments in pregnancy.
	<ul style="list-style-type: none">● Identify techniques to restore physiological balance for the uterosacral ligament in birth.

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04. Presenter(s): Carole Osborne, BA, CMT, BCTMB and Pamela Guldi, LMT, ATMAT
04. Presentation Title: Rhythmic Rocking: The Head Bone is Connected to the Pelvic Bones (and the Spine Is, Too!)
<i>As a result of participation in this continuing education activity, participants should be able to:</i>
<ul style="list-style-type: none">● The participant will be able to identify relevant anatomical structures in the suboccipital area, along with and between the vertebrae, and at the lumbosacral junction, and explain how these structures might contribute to maximizing pelvic space and position options for babies.● The participant will be able to explore in their own body the experience of compression and spaciousness in the areas above.● The participant will be able to create gentle traction on another's joints through gradual use of her/his body weight.● The participant will be able to rock her/his body in a small amplitude, slow undulatory wave and transfer that momentum to another● The participant will be able to apply these movement skills to specific body areas including the suboccipital, paravertebral, and lumbosacral structures.● The participant will be able to recognize the potentials and limitations of adding these manual skills into their current maternity-related work.
05. Presenter(s): Jamie Mossay, CMT, CBE(BFW) and Nicole Morales
05. Presentation Title: Breech Release: Opportunities for Revolution
<i>As a result of participation in this continuing education activity, participants should be able to:</i>
<ul style="list-style-type: none">● Explain how the Breech Release differs from the current obstetrical paradigm approaches to breech presentation in late pregnancy, esp ECV.● List three factors that may influence the space available in the pregnant body.● Describe three manual soft tissue and/or positional releases that help restore space, resilience, comfort, and awareness in the pregnant body.● Integrate at least three releases into a birth or bodywork practice that can be used when working with someone who is breech.● Describe a technique that can be effectively implemented while the client is on the Slant Board.

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Presenter(s): Kristen Hosaka, DC, SpBAP
06. Presentation Title: Nuchal Hands: Identifying and Correcting Compound Presentations Non-Invasively
<i>As a result of participation in this continuing education activity, participants should be able to:</i>
<ul style="list-style-type: none">● Define nuchal hand and compound presentation.● Discuss fetal position and how it relates to maternal and fetal outcomes.● Recognize the signs/ symptoms of a nuchal hand prior to labor as well as differential diagnoses of similar patterns.● Develop a plan of action based on findings to correct nuchal hand or compound presentation in pregnancy.● Develop a plan of action based on findings to correct nuchal hand or compound presentation in labor.
07. Presenter(s): Dr. Bradley Bootstaylor
Presentation Title: Shared Decision Making
<i>As a result of participation in this continuing education activity, participants should be able to:</i>
<ul style="list-style-type: none">● Discuss the benefits of shared decision-making.● List action items that parents can take to empower themselves and their providers to align for an emotionally healthy and respectful pregnancy, despite the mode of birth.● Define shared decision-making.● Compare the decision-making model to a risk tolerance model.

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Presenter(s): Amy Gilliland, PhD, AdvCD/BDT(DONA), CSES
08. Presentation Title: Working with the Laboring Brain: The Mechanisms Behind Birth Doula Support
<i>As a result of participation in this continuing education activity, participants should be able to:</i>
<ul style="list-style-type: none">● Participants will be able to explain at least three ways the biological oxytocin and catecholamine systems correlate and influence the psychological attachment and defense systems.● will be able to restate how the Attachment, Defense, and Caregiving Systems operate in labor to influence labor coping, bids for caregiving and need for caretaking in the laboring person.● Participants will be able to explain why supporting spontaneous oxytocin flow is an advantage to labor progress, vaginal delivery, and subjective birth satisfaction.● Participants will be able to list at least four normative nursing practices that interfere with the laboring brain's ability to produce functioning labor and spontaneous vaginal delivery, AND adaptations to practice that reduce the negative impact.● Participants will be able to restate why most patient care in labor and delivery is cross-cultural, and why understanding this is empowering to nurses and medical staff.
Presenter(s): Jennifer Walker, SpBT, CD and Marlies Phielix, SpBCPE, Doula, and Joyce Hoek-Pula
09. Presentation Title: To Be or To Do?: Maintaining Our Own Physiology While Implementing Spinning Babies® in Labor
<i>As a result of participation in this continuing education activity, participants should be able to:</i>
<ul style="list-style-type: none">● Identify how being present with someone at birth can include doing● Differentiate between doing and fixing● List three attributes of tuning● Modify their approach with a labouring person to include Being in Action● Create a script to talk to care providers or parents who have no prior knowledge of Spinning Babies®

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Presenter(s): Jamie Mossay, CMT, CF/CBE(BFW)

10. Presentation Title: Belly Rub: Simple Massage Techniques to Connect With Your Client, Prepare For/Integrate after Body Balancing, and Just Feel Good!

As a result of participation in this continuing education activity, participants should be able to:

- Describe the benefits of a belly rub in pregnancy.
- Explain the importance of embodied consent before and during the massage
- Name basic abdominal and pelvic landmarks.
- Identify contraindications and/or adaptations to abdominal massage.
- List reasons a belly rub may be helpful before or after SpinningBabies® positional releases.
- Demonstrate safe and effective palmar effleurage, wringing, and circular friction strokes

Presenter(s): Karen Strange, CPM & AAP/NRP Instructor

11. Presentation Title: From Liquid to Air: The Astounding Transition Human Babies Make at Birth

As a result of participation in this continuing education activity, participants should be able to:

- Learners will be able to name the hormones impacting a provider's ability to perform clinical skills when faced with a severely compromised baby.
- Learners will be able to name what to do with the umbilical cord, at a normal birth.
- Learners will be able to name the most likely reason a baby is having difficulty breathing at the time of birth. Learners will be able to name the most likely resolution for retained fluid in newborn lungs.

Presenter(s): Carol McLellan, CMT, CST-D, C.D.

12. Presentation Title: Conscious Babies: How Psychology Affects Physiology: The Prenatal and Perinatal Paradigm

As a result of participation in this continuing education activity, participants should be able to:

- Gain an understanding of Birth Psychology
- Learn how pre and perinatal psychology influences the physiology of birth
- Learn the science behind Birth psychology
- Gain an understanding of the neurological and developmental benefits of prenatal bonding
- Learn how to blend the benefits of Birth psychology with Physiology and Physical modalities



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13.	Presenter(s): Karen McClay, Director Calmbirth Pty Ltd, RM & RN, Mother Presentation Title: The Mind-Body: The Mind-Body Connection and Birth
<i>As a result of participation in this continuing education activity, participants should be able to:</i>	
<ul style="list-style-type: none">• For participants to be able to appraise the significance of the mind-body connection on birth• For participants to be able to develop strategies to support women in their care to work with birth not just physically but also emotionally.• For participants to be able to evaluate the outcomes of the way they support women in birth and to improve on these where necessary.	

14.	Presenter(s): Kelli Brien, CD(DONA) SpBCPE, LCCE, CLS Presentation Title: Equity: Organizational and Systemic Change
<i>As a result of participation in this continuing education activity, participants should be able to:</i>	
<ul style="list-style-type: none">• Define equity, diversity, and inclusion• Differentiate between each, D, E, I aspect• Identify harmful systemic structure and practice in organizations• Provide insight on how to reduce and prevent harm to BIPOC communities• Assess their individual practice for potentially harmful practices and policies• Provide resources for organizations and individuals to refer to guide change	

15.	Presenter(s): Rhea Williams Presentation Title: Addressing Equity within Spinning Babies® Organisational Changes
<i>As a result of participation in this continuing education activity, participants should be able to:</i>	
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Presenter(s): Jenny Blyth, Independent Birth Educator, Birthworker and Bodyworker
16. Presentation Title: Go Figure!: Sharing the Stories of Three Babies Who Started Birth in Favourable Positions and Turned Posterior

As a result of participation in this continuing education activity, participants should be able to:

- Compare how a baby in a compound presentation may travel differently through birth to a baby in a non-compound presentation.
- Discuss the combination of both birth mechanics, body structure, and innate birthing instinct as determinants of birth outcomes.
- Simulate the possible options of rotation and descent through the pelvis using model pelvis and baby.
- Debate the effects of both clinical interventions and hands-on interactions in contributing to or resolving obstruction in labour.

Presenter(s): Mary Nolan, PhD, MA, BA (Hons), RGN and Becci Godwin
17. Presentation Title: Belly Dancing: Anatomical and Physiological Benefits for Pregnancy and Labor

As a result of participation in this continuing education activity, participants should be able to:

- Describe the origins and development of belly dance across the world
- List the essential components of belly dance that distinguish it from other forms of dance
- Understand how the core movements of belly dance might be beneficial in terms of supporting the anatomy and physiology of pregnancy and labour
- Describe the potential psychological benefits of belly dance for pregnant women
- Reflect on how they might incorporate belly dance into the care and education of pregnant and labouring women



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18. **Presenter(s): Nicole Morales, Homebirth Midwife, Breech Advocate and Emma Moreland**
Presentation Title: Palpation: Back to the Basics

As a result of participation in this continuing education activity, participants should be able to:

- Contrast process-focused palpation from outcome-focused palpation.
- Is able to name 3 maternal structures that can be palpated in relationship to the fetus.
- Adapts a protocol for their prenatal appointments to include palpation.
- Cites the current research for fetal palpation in prenatal care.

19. **Presenter(s): Claire Eccleston, Spinning Babies® Approved trainer, Registered midwife, Craniosacral therapist, Childbirth Educator**
Presentation Title: Where's the Baby?: Gathering Information, the Art of Vaginal Assessments

As a result of participation in this continuing education activity, participants should be able to:

- Recall the rationale for and anatomy and physiology of the birth giver and baby in the context of vaginal assessments.
- Demonstrate informed embodied consent and holistic communication when practicing vaginal assessments in labour.
- Facilitate improved practical application of vaginal assessments.
- Develop easy pneumonics to support recall of anatomy and babies' position in vaginal assessment findings.
- List other methods for gathering information on 'Where's the baby?' when vaginal assessments are not an option.
- Consider the Spinning Babies® techniques that best support physiology in relation to the findings of vaginal assessments.



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Presenter(s): Lisa Cryderman, RN, SpBAP, BFW mentor, Grace Touch Practitioner

20. Presentation Title: A Revolution: A Nurse's Story of Changing Her Practise Through Learning & Integration

As a result of participation in this continuing education activity, participants should be able to:

- What to assess prior to assisting/recommending the positioning options of the birth giver
- Common positioning adaptations to use when the birth giver has an epidural.
- The key differences in a heroineâ€™s journey versus a heroâ€™s journey.
- What words to use to doctors and nurses when speaking about spinning babies that encourages their understanding of key concepts.

Presenter(s): Nikki Zerfas, RNC-EFM, IBCLC, SpBAP, SpBAT

21. Presentation Title: Can Physiology Be First When Birth Is Complex?: Spinning Babies® Approach During Medically Complicated Pregnancy and Birth

As a result of participation in this continuing education activity, participants should be able to:

- Determine risk factors that may require additional precautions when considering the Spinning Babies® approach
- Discuss suggested precautions with the Spinning Babies® approach when a pregnancy is determined to have medical complications
- Identify ways to facilitate and promote vaginal delivery for medically complex labors
- Summarize the benefits of applying the Spinning Babies® approach in every pregnancy, even those that will necessitate a scheduled surgical birth



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Maternity Publishing House dba Spinning Babies® is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This conference has been awarded up to 22.5 Contact Hours. Contact hours will be awarded upon completing and passing a post-test with 80%

Up to 22.5 CE are **PENDING** for ACNM.

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