

MAP™ FOR BETTER BIRTH: PRENATAL ASSESSMENT PROTOCOL & CORRECTIONS – 7 HOURS

When & Where: January 2020, Berlin

Appropriate Audience: Professionals providing prenatal care and birth support for expectant parents (midwife, physician, PT, OP, L&D nurse, doula, chiropractor, craniosacral therapist, and massage therapist.)

Instructor: Debra E. McLaughlin, Craniosacral Therapist, Certified Profession Midwife, LM, Educator

Duration: 7 contact hours

Description: This 7–hour workshop is designed to prepare birth professionals, body workers, and doulas to immediately implement “MAP™ for Better Birth Prenatal Visit Protocol” and how to communicate specific patient/client recommendations for corrections. Students will have hands–on practice to confidently identify minor structural imbalances that may lead to fetal malposition in pregnancy and the skills to educate clients/patients specific practices to correct these imbalances for better balance during pregnancy and birth. We will also cover appropriate ways to communicate findings and recommendations with clients to facilitate new aspects of perception and connection with the baby. Specific techniques will be demonstrated to correct these imbalances for better balance during pregnancy and birth.

We know that babies accommodate the space available to them. This simple 4–point assessment is designed to be incorporated into every prenatal visit (or during labor) to identify structural patterns in the pregnant body that might indicate a likelihood for a fetal position issue later in pregnancy or labor. Learn how this can be done within the typical time available at a prenatal visit at a medical clinic or birth center. Leave with an understanding of how to identify imbalances and appropriate recommendations and referrals and will pay off with fewer fetal malposition issues at birth and less pregnancy related pain for mothers during pregnancy.

We will also learn simple hands–on tools that can be incorporated within the typical time available at a prenatal visit in a medical clinic or birth center to address common structural imbalances. These are tools to use in the office/hospital AND to teach patients to use at home. Students will receive patient education materials and learn how to efficiently use each tool and teach the patient/partner for use at home.

Philosophy: Pregnancy is a period of amazing change and opportunity for personal growth. The pregnant parent and child are connected on every possible level, yet many parents do not have a cultural nor personal reference to perceive and engage with their own body, let alone their unborn child. Additionally, most of us have internalized incorrect beliefs about our bodies. This is evident in how we, as care providers, as well as patients verbalize information about the pregnant person’s body and the baby. As care providers we have an opportunity to re–educate ourselves, providing a new framework for perceiving the body and avoiding predictable breakdowns. In turn we can help our clients reframe their understanding, thereby expanding the opportunity for perception and connection. Becoming more fully present can create a deep relationship with one’s own body and their child’s that can lead to less discomfort, easier birth, happier babies, and in the event of unplanned need for interventions, less trauma.

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Upon completion students will be able to:

Describe how specific, minor structural imbalances in mother's body can result in fetal malposition later in pregnancy.

Correctly perform the MAP™ Assessment:

Evaluate the uterus position supine and identify imbalances.

Evaluate the pubic symphysis and identify imbalances.

Evaluate the uterus position standing and identify imbalances.

Evaluate the sacrum position standing and identify imbalances.

Describe several techniques that can be quickly implemented during a prenatal exam, during body work session or at home, including contraindications for each.

Identify and communicate appropriate techniques/interventions to the client/patient based on specific findings.

Properly perform a "Pubic Correction" and teach to client/partner.

Properly perform a "Standing Sacral Release" and teach to client/partner.

Properly perform a "Forward Leaning Inversion" and to teach client/partner.

Properly perform a "Side Laying Release" and teach client/partner.

Evaluate need for and use of belly support band and how to teach client/partner.

Identify when to refer and to whom for additional structural work.

Methods: This workshop will consist of lecture and demonstration of hands-on techniques on pregnant models. Students will be evaluated via post workshop written quiz.