

**Debra Merritt Bruflat  
ICCE, CD (DONA)**



I have had the honor of serving birthing families as a doula in the Santa Rosa area for over 20 years through birth doula support, post-partum doula support, and through teaching childbirth, breastfeeding, and infant care classes. I believe my extensive experience as a labor support doula, childbirth educator, and Postpartum doula gives me a unique perspective in teaching childbirth preparation classes to families and to those seeking to become an ICEA Professional Childbirth Educator as well. I choose ICEA because of the emphasis on helping couples know their options in order to make informed decisions. You may learn more about me on my website at Doulabella.com. You may also contact me through email at Debdoula234@aol.com or by phone at (707) 291-4086. I have passion for teaching and seeing you succeed in your goal to become a Professional ICEA Educator!



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**Professional  
Childbirth  
Educators  
Workshop  
Oct. 15 & 16  
2011**

709 Sequoia Street  
Windsor, Ca.

707-291-4086

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## ABOUT ICEA

The International Childbirth Education Association (ICEA) is a professional organization that supports educators and health care professionals who believe in freedom to make decisions based on knowledge of alternatives in family-centered maternity and newborn care.

The ICEA Professional Childbirth Educators Workshop is an entry level weekend workshop that is part of the certification requirements to become a certified childbirth educator through International Childbirth Educators Association.

You can view the entire certification requirements at

<http://www.icea.org/content/traditional-childbirth-educator-certification>.

The workshop is 16 hours from 8:00 a.m. Saturday to 6:00 p.m. and 8:00 a.m. to 6:00 p.m. Sunday.

This workshop provides 16 hours towards ICEA Certification

Approved by the CA board of Registered Nurses for 16 contact hours.



## The Professional Childbirth Educators Workshop Course Outline

### Day 1:

8:00-9:45 a.m.

- Dynamics of Group Learning in Childbirth Education

- *Break*

10:00-a.m.– 12:00 p.m.

- Teaching from a risk-benefit point of view
- Teaching skills for the Childbirth Educator

### *Lunch*

1:00 –2:45 p.m.

- Healthy lifestyles

- *Break*

3:00-5:30 p.m.

- Labor Process

- Relaxation and Breathing

### Day 2:

8:00 –9:45 a.m.

- Labor Support

- *Break*

10:00 a.m.-12:00 p.m.

- Second Stage

- *Lunch*

1:00 p.m.-2:45 p.m.

- Postpartum and Breastfeeding

- *Break*

3:00p.m.-5:30 p.m.

- Curriculum Development

## Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email: \_\_\_\_\_

Occupation \_\_\_\_\_

RN license # if applicable \_\_\_\_\_

Are you currently taking Childbirth Classes?

yes

No

I have read the refund and cancellation policy below

Yes

Fee Amount Paid  \$350

Method of payment

check

Paypal

You may pay by credit card with Paypal to the email address [Debdoula234@aol.com](mailto:Debdoula234@aol.com). Go to [Paypal.com](http://Paypal.com)

\$50.00 discount if I also trained you as a doula!

Registration deadline date: October 1, 2011

### Refund Policy

Instructor must be informed in writing 30 days before the workshop is scheduled to begin. A non-refundable fee of \$50.00 will be retained in all cases.

### Cancellation Policy

We reserve the right to cancel a workshop in any cases that are beyond our control. Registration fees will be returned in full.