

# EMPOWER WOMEN IN BIRTH: BECOME CERTIFIED WITH ALACE

The Association of Labor Assistants and Childbirth Educators

*Become a Certified Childbirth Educator or Labor Assistant/Birth Doula*

## What Distinguishes Certification with ALACE?

- Our Childbirth Educator Training Program has been developed and guided principally by women-- women who are midwives, childbirth educators, labor support providers, mothers, and natural birth advocates.
- More than 6000 women have enrolled in the programs since 1977. They offer prenatal classes and labor support for families giving birth in every setting: home, hospital, and birth center.
- Our program has long been recognized for its holistic approach to childbirth education and support. Our members are respected for their incorporation of psychological aspects and mind-body integration in their practices.
- ALACE childbirth educators and labor assistants/doulas help increase parents' confidence in the natural process of birth. We teach relaxation and coping tools to *work with* pain and discomfort, rather than "techniques" for avoiding sensation.
- ALACE childbirth educators and labor assistants/birth doulas respect birth as a woman-centered and woman-directed passage. Our goal is to help women reclaim trust in their ability to safely and dependably give birth.
- We respect obstetric procedures as beneficial in some circumstances but potentially detrimental when applied routinely. We emphasize informed consent and prevention of unnecessary cesareans and other unnecessary interventions.
- We encourage vaginal birth after cesarean (VBAC).
- ALACE seeks to help all women experience birth's transforming power with respect and dignity, in safety, support, and confidence.
- For more information please see other side, or contact us at [www.alace.org](http://www.alace.org) or call toll-free at (888)222-5223 to register or receive our brochures and a schedule of current workshops.

**Train with ALACE,  
the only organization  
offering both childbirth educator  
and labor assistant/ doula training  
based on the midwifery  
model of care.**

**Save \$50**  
On the ALACE  
Labor Assistant/  
Birth Doula Training

Coupon good for registrations  
between 11/1/06 and 1/31/07.

**Coupon must accompany registration.**

This coupon may be combined with  
other discounts, with the total discount  
for this training not to exceed \$125.

**Save \$100**  
On the ALACE  
Childbirth Educator  
Training Program

Coupon good for registrations  
between 11/1/06 and 1/31/07.

**Coupon must accompany registration.**

This coupon may be combined with  
other discounts, with the total discount  
for this training not to exceed \$175.

**Save \$50**  
On the ALACE  
Accelerated  
CBE Training Program

Coupon good for registrations  
between 11/1/06 and 1/31/07.

**Coupon must accompany registration.**

This coupon may be combined with  
other discounts, with the total discount  
for this training not to exceed \$70.

# THE ASSOCIATION OF LABOR ASSISTANTS AND CHILDBIRTH EDUCATORS OFFERS THE FINEST TRAINING PROGRAMS IN NORTH AMERICA

## LABOR ASSISTANT/BIRTH DOULA TRAINING

*Our three day training workshop is widely recognized as the best of its kind.*

In the course of this weekend workshop and certification program, you will learn to:

- ❖ Provide highly effective labor support to your clients by utilizing techniques which can reduce the mother's discomfort, promote faster, safer births, and reduce the need for medication and unnecessary interventions.
- ❖ Create and preserve a safe birthing environment, understanding its importance to the psychological and physiological progress of a healthy, normal birth.
- ❖ Communicate effectively and professionally with mothers, partners, families and medical professionals, establishing trust and mutual empowerment among the birthing team.
- ❖ Develop and define the scope of your practice and learn how to create professional protocols for the services you choose to offer.
- ❖ Conduct prenatal and postpartum visits, take a comprehensive history, and maintain client confidentiality.
- ❖ Support the birthing family when pregnancy or birth don't go as planned.
- ❖ Market and promote yourself as a professional Labor Assistant/Birth Doula in your community.

The cost for the three-day workshop and certification program is \$425, which includes your first year of membership with ALACE and a subscription to our journal, *Special Delivery*. We offer a discount of \$30 for registering and paying in full more than 30 days before the workshop.

We also offer a *professional discount* for Labor Assistants/Birth Doulas with prior training. If you have previously attended a non-ALACE Labor Assistant/Birth Doula training workshop, you may take \$75 off your tuition of \$425. The workshop must have been taught by a nationally recognized organization (Birthworks, CAPP, DONA, ICEA, Lamaze.)

*[The ALACE doula training] is the best educational experience I have ever participated in, and I highly recommend it.\**

~ Judy Batson, CCE (ALACE), CD (ALACE)

## CHILDBIRTH EDUCATOR CERTIFICATION

*Recently revised and updated*

We added a new chapter on teaching techniques, including articles on adult learning styles, leading effective discussions and presenting evidence-based information, as well as an appendix of handouts and resources.

**ALACE is one of the four major childbirth education organizations in North America.** Certification is recognized throughout the US and Canada. Our home-study program involves extensive reading and working through the modules in the teacher's manual. Written work is reviewed and evaluated by our Director of Teacher Training. **Attendance at a workshop is not required, making this an ideal training program for women with many responsibilities.**

Some women earn their provisional certification in as few as two to four months, but there are **no time restrictions**. The amount of time it will take you varies according to your own circumstances - family responsibilities, employment, school, etc. Most trainees earn full certification in 8 to 16 months.

We provide you with a seven-class curriculum in modular format as a suggested guide for your own class series. **We encourage you to modify this curriculum to suit the needs of your community and your own teaching style.**

**There are no hidden fees.** The tuition includes everything you will need except books to become certified. Most books are available from local libraries, and ALACE teachers receive a 10% discount when buying books from ALACE. The exam is taken in your own home, so there are no travel or exam fees.

Complete tuition is \$795 or \$745, depending on your choice of videos, and represents an investment whose complete return you'll be able to realize after teaching your first few students. **(ALACE Childbirth Educators usually charge between \$100-\$300 for a class series.)** Payment plans are available.

**We offer an accelerated certification program for experienced childbirth educators and midwives,** which allows you to become certified at a faster rate and a lower cost. Candidates must provide documentation of a minimum of 125 hours of experience teaching childbirth education classes or prior certification with a nationally recognized program. The cost for the accelerated program is \$365 for ALACE members and \$385 for non-ALACE members.

DOWNLOAD OUR BROCHURES AT  
**WWW.ALACE.ORG**



**There are no prerequisites for either training program. A college or nursing degree is not required, nor do you need to have given birth yourself. Women of all backgrounds have taken and succeeded in our programs.**

**ALACE maintains an active website with referrals to our childbirth educators and labor assistants/doulas.**

# Upcoming Labor Assistant/Birth Doula Workshops

Location:	Date:	Contact:
London, ON	November 3-5, 2006	Jill Ritchie: 519-673-4441
Cincinnati, OH	November 10-12, 2006	Tara Veach: (513) 699-2506
Boston, MA	December 1-3, 2006	Kathy Pike: (617) 726-7465
San Diego, CA	December 1-3, 2006	Meredith Paige: (858) 705-4279
Richmond, VA	January 12-14, 2007	Therese Hak-Kuhn: (804) 320-0607
Jackson, MS	January 26-28, 2007	Jamie Roth: (601) 316-0488
Austin, TX	February 9-11, 2007	Lisa Houser: (512) 289-1928
Seattle, WA	February 23-25, 2007	Megan Keller: (425) 246-2052
Boston, MA	March 9-11, 2007	ALACE office: (617) 441-2500
Mesa, AZ	March 23-25, 2007	Aisha Jones: (480) 239-9118
Roanoke, VA	March 30-April 1, 2007	Leslie Jarzabski: (540) 362-6704
Chicago, IL	April 13-15, 2007	Mandy Toavs: (773) 989-7556
Sacramento, CA	April 20-22, 2007	Wendy Burton: (916) 492-1154
Burlington, VT	April 27-29, 2007	Valerie Parzyck: (802) 872-0604
Ann Arbor, MI	May 4-6, 2007	Jodi Graves-Roberts: (734) 834-6751
Wilmington, NC	May 19-20, 2007	Anna Von Wagoner: (910) 343-6239
Denver, CO	May 25-27, 2007	Tracey Holtz: (720) 987-9544
Moscow, ID	June 22-25, 2007	Nancy Draznin: (208) 310-3252

Our workshop schedule is always growing. Please contact us for new dates, or if you are interested in sponsoring a workshop in your area. Sponsors help with the local arrangements and publicity and attend the workshop at no charge.

**YES, I want to train as a Childbirth Educator with ALACE. Please enroll me:**

- ~~\$795~~ \$695 (with coupon) includes 2 videos, retail value \$69.98
- ~~\$745~~ \$645 (with coupon) does not include videos

**Special Discount:** ALACE-trained Labor Assistants with current membership may take an additional \$75 off tuition.

*Your satisfaction is guaranteed. If you decide to return the materials, you may do so within 30 days of receiving them for a complete refund, less a \$40 fee.*

**YES, I want to train as a Labor Assistant with ALACE.**

Please enroll me in the workshop to be held in (city): \_\_\_\_\_ on: \_\_\_\_\_

- ~~\$425~~ \$375 (with coupon) - tuition in full
- ~~\$395~~ \$345 (with coupon) - tuition in full (30-day advance payment discount)
- ~~\$250~~ \$200 Deposit (with coupon) - \$175 balance due at workshop

Discounts: (applied to balance at time of workshop)

- Take \$75 off tuition of \$375 if you are an ALACE-trained Childbirth Educator with current membership.
- Take \$75 off tuition of \$375 if you have attended a non-ALACE Labor Assistant/Birth Doula training workshop.

*Refunds will be given if cancellation is received at least one month prior to the workshop; with less than 30 days cancellation notice, fee can be applied to any future ALACE workshop; with less than 48 hours notice, no refund will be given and the fee cannot be applied to a future workshop.*

Payment plans are available; please call the ALACE office at 888-222-5223 for details.  
COUPON MUST BE INCLUDED WITH REGISTRATION. Prices quoted are in U.S. funds; valid for 2006.

Name \_\_\_\_\_ Phone (h) ( \_\_\_\_\_ ) \_\_\_\_\_

Street Address (for UPS delivery) \_\_\_\_\_ Phone (w) ( \_\_\_\_\_ ) \_\_\_\_\_

Mailing Address, if different \_\_\_\_\_ Email address \_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_

Payment method:  Check or money order (U.S. funds only)  Visa  Mastercard  Discover  American Express

Charge Information: Acc#: \_\_\_\_\_ 3-digit code \_\_\_\_\_ Exp: \_\_\_\_\_

Name on card: \_\_\_\_\_ Signature: \_\_\_\_\_

**ASSOCIATION OF LABOR ASSISTANTS AND CHILDBIRTH EDUCATORS**  
**(888) 22-ALACE ♦ WWW.ALACE.ORG ♦ Fax: (617)441-3167**