

# FROM TRAUMA TO TRIUMPH

Friday, October 17, 2014  
8 a.m. – 4:30 p.m.

RECOGNIZING THE IMPACT OF CHILDBIRTH TRAUMA  
ON WOMEN AND CARE PROVIDERS

Cultural Arts Center at Glen Allen  
2880 Mountain Road  
Glen Allen, VA 23060



Leslie Butterfield PhD



Tami Peckham, LCSW

Pregnancy and childbirth do not always go the way we hope they will, and difficult experiences and outcomes can leave us physically and emotionally traumatized.

Through lecture, discussion, and experiential practice, we will explore the impact of childbirth trauma on birthing women and the providers who care for them, consider ways to prevent trauma, and learn mindfulness-based tools to foster healing, empowerment, and post-traumatic resilience.

## CONTINUING EDUCATION CREDITS

Continuing Education Credits  
The NYU College of Nursing Center for Continuing Education in Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This program will award 6 contact hours. We are seeking social work CEU's for this event.

WITH: Tracey Spahr Wingold, LCSW, Linda Zaffram, LCSW; Laurinda Davis, RN; Thérèse Hak-Kuhn; Vivian Mann, LCSW, RPT-S, IMHE (III); Leslie Fehan, CNM.

## WHO SHOULD ATTEND

Care providers who work with childbearing families and/or pregnant or postpartum women, including but not limited to nurses, physicians, midwives, psychologists, social workers, doulas, childbirth educators and lactation consultants.

## TUITION

**\$157.50 to Oct 1,  
\$175 thereafter.**

**Students: \$85 (must provide valid student ID).**

**Fee includes continental breakfast, lunch, and snacks.**

**Detailed program description and online registration available at:**

<http://bit.ly/1or9CQ5>

## OBJECTIVES

- List risk factors associated with traumatic birth for both birthing women and their providers.
- Identify the signs of post-traumatic stress disorder and post-traumatic growth following traumatic birth.
- Describe several approaches to the treatment of traumatic birth responses.
- Develop a plan to promote self-healing and empowerment around traumatic birth experiences.
- Describe the essential components of establishing and sustaining habits of self-care.
- Practice a variety of mindfulness-based coping skills for self-care practice in the clinic, hospital, or educational setting.
- Develop a process for identifying factors in the clinic, hospital, or educational setting that may negatively or positively impact women during birth.

Find this event on Facebook: <http://bit.ly/TraumatoTriumph>

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