

The Certification Program includes:

- ◆ Anatomy and Physiology of Pregnancy
- ◆ Contraindications/Indications for Pregnancy Massage
- ◆ Current Touch Research
- ◆ Alexander Technique in Pregnancy
- ◆ Pregnancy Exercise
- ◆ Therapy Guidelines for the Three Trimesters

Advanced Therapeutic Techniques for Pregnancy:

- ▲ Myofascial Release
- ▲ Strain Counterstrain
- ▲ Muscle Energy
- ▲ Joint Mobilization
- ▲ Reflexive Techniques

- Clinical Practice with a Pregnant Client
- Labor Preparation
- Labor Massage and Support Training
- Postpartum Therapy
- Cesarean Recovery
- Post-surgical Scar Massage
- Marketing Pregnancy and Postpartum Bodywork
- Ethical Issues



The importance of bodywork during the childbearing year

Pregnancy is a time of major structural, physiological, psychological, spiritual, and social change in a woman's life. Massage therapy is a particularly appropriate form of adjunctive health care for women in both normal and high-risk pregnancies.

Some of the benefits of massage therapy and bodywork in pregnancy and labor include: emotional support in a time of transition; relaxation and stress reduction; immune system enhancement; increased blood and lymph circulation; reduction of leg edema; relief of muscle spasms and myofascial pain; reduction of strain and dysfunction in weight-bearing joints and myofascial structures; development of sensory awareness to prepare for the experience of labor; improved labor outcome with reduced pain perception and shorter labors; and enhancement of a mother's ability to touch her own baby lovingly.



The time after giving birth

In the postpartum period, massage therapy can: facilitate recovery from birth through enhanced circulation and lymphatic drainage; alleviate muscle strain and soreness caused by labor and delivery; provide adjunctive treatment of hemorrhoids, bladder disorders, and post-episiotomy soreness with

reflex massage; rehabilitate the skin, connective tissue, and musculature of the abdomen; promote structural realignment of the psoas and pelvic musculature; facilitate healing from Cesarean section using connective tissue and scar massage techniques; address the physical stress of caring for a newborn; and provide nurturance and emotional support during the early postpartum period.

Become competent and confident

Bodywork for the Childbearing Year[®] approaches the concerns of the pregnant, laboring, and postpartum woman with a comprehensive program of advanced massage techniques and specific pregnancy and postpartum support measures. Sessions taught take therapists far beyond general adaptations of massage for the pregnant body. Students learn to competently and confidently address the specific structural, physiological, and psychological discomforts of pregnancy.

This workshop presents the anatomy and physiology of pregnancy, labor, and birth in relation to those techniques that therapists can most effectively use to provide relief and support to their pregnant clients. Students learn to recognize contraindications, complications, and high-risk pregnancies, emphasizing appropriate consultation with other childbirth professionals. Relevant research documenting the benefits of touch, particularly during the childbearing year, is discussed to prepare students to present the benefits of pregnancy massage to health care providers.

Hands-on learning

The course is organized to balance lecture and discussion with detailed demonstrations; and a super-

vised clinic with pregnant women completes this extensive hands-on learning experience.

Alexander Technique/Posture and body use skills

Students learn the Alexander Technique to evaluate pregnant and postpartum clients and to educate them in efficient pain-free body mechanics. Students also are taught to focus on their own body use to maximize their ease and comfort while working.

Marketing strategy and ethics

Pregnancy massage therapy now flourishes in many professional settings, including private massage practices; hospitals; birthing centers; and physicians', midwives', and chiropractors' offices. The unique challenges of reaching this target market are met with presentations of effective promotional strategies selected from the experiences of over 3,000 graduates of this program.

The ethical issues that arise in working with pregnant women are also addressed.

Certification

Certification is granted by Kate Jordan Seminars to those students who satisfactorily accomplish both written and practical evaluations. Most participants are certified within the four days of the workshop; however, some students need further time to complete course requirements.

Workshop prerequisites:

Students should be practicing therapists who are trained and experienced in Swedish massage and one or more of the other modalities utilized. Midwives, nurses, and childbirth educators are admitted to the course with instructor approval. Advance reading and anatomical review are recommended.



**Workshop meets: Thursday through Sunday
8:30 a.m. to 6:00 p.m., and includes a 125 page
comprehensive, illustrated Student Handbook**

Kate Jordan Seminars is approved by the National Certification Board of Therapeutic Massage and Bodywork (NCBTMB), the State of Florida Board of Massage, and the State of California Board of Registered Nursing as a continuing education Approved Provider, and meets current AMTA continuing education standards. *Bodywork for the Childbearing Year*[®] can be used for continuing education credit with DONA (Douglas of North America), and completion of this course is recognized by ABMP for membership.



For more information contact:
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Toll free (888) 287-6860, Fax (760) 436-6998
e-mail pregnancymassage@aol.com
www.KateJordanSeminars.com

"This was the best continuing education workshop I have ever attended. My clinical skills have increased, as well as my understanding of pregnancy changes."

Labor and Delivery nurse, Boston

"The punctual, professional, and organized presentation of the course alone far surpassed my expectations, and was fully appreciated, along with the quality and clarity of the content."

Massage therapist, Santa Monica, CA

"Content and teaching is technically superb, yet you also brought out our personal feelings about our own reproductive/parenting roles."

Massage therapist, Chicago

"I have been trained by the leaders in Women's Health on the P.T. circuit. Kate is right up there with them."

Registered Physical Therapist, Maryland



Kate Jordan is a nationally recognized expert in pregnancy massage. She has been presenting programs on infant massage, and

pregnancy, labor, and postpartum massage to schools, hospitals, and professional associations since 1980. She has practiced as a massage therapist since 1972. She studied Edgar Cayce massage with Dr. Harold Reilly, Hawaiian lomi-lomi with Margaret Machado, and completed programs at the Namikoshi Shiatsu School and the Arica Institute. She has had extensive training in osteopathic soft tissue techniques at the Jones Institute, the Ursa Foundation, and with John Barnes. Her movement education includes study at the Laban Institute, Continuum Movement with Emilie Conrad Da'oud (1979-1991), and the Alexander

Technique with Marjorie Barstow (1984-1987). She trained in the use of visualization and guided imagery for medical conditions with Dr. Carl Simonton, the Academy for Guided Imagery, and Dr. Rebecca Martin. She taught at the International Professional School of Bodywork in San Diego from 1979 to 1991. In her private practice at the La Jolla Clinic of Integrative Medicine, she specializes in working with individuals experiencing complex medical conditions and chronic and acute pain using movement re-education, guided imagery, and neuromuscular therapy. She has produced and consulted on pregnancy audio and videotapes, and is currently completing the text, *Bodywork for the Childbearing Year*. She has served on the Board of Directors of the National Certification Board for Therapeutic Massage and Bodywork (1996-2001). Kate is the mother of Jeremy and Andrew who have been her teachers since their births.

Kate is assisted, as needed, by other experienced teachers or assistants.



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Bodywork for the Childbearing Year[®]



Certification Workshop

A 34 Hour
Advanced Training
in
Therapeutic Massage
Techniques for
Pregnancy
Labor
and
Post-Partum