

ICEA Approved Cultural Humility and Historic and Diverse Birthing Practices Contact Hours

These options meet ICEA's Cultural Enrichment Activities/DEI training requirements

The ICEA Board of Directors has made the decision that 4 hours of the 24 hours required for recertification need to be in an area of diverse cultural birth practices. This decision was made in order to ensure that our educators and doulas have a more robust awareness of national and international birthing practices across diverse ethnicities and cultures, as well as an understanding of how biases can impact healthcare, which may lead to healthcare disparities. Four hours is a very minimal requirement but will provide an opportunity to begin exploring how we can all do a better job teaching and serving families.

Below is just a small list of courses and trainings and other free online options that are possible ways to meet the Cultural Humility and Enrichment requirement. This list will continue to grow as other options become available. You will need to do the research to decide which course, training, or other activity will work best for you.

- Dignity in Pregnancy and Childbirth online training
 - [Dignity in Pregnancy and Childbirth Project - SB464 Resources](#)

- Think Cultural Health, Health and Human Services
 - [Culturally and Linguistically Appropriate Services \(CLAS\) in Maternal Health Care](#)

- Kantola
 - [Diversity, Equity, and Inclusion | Online DEI Training](#)

- Paradigm Reach
 - https://paradigmreach.com/?utm_term=%2Bonline%20%2Bcultural%20%2Bdiversity%20%2Btraining&utm_campaign=Online+Diversity+%7C+REACH&utm_source=adwords&utm_medium=ppc&hsa_tgt=kwd-389781465344&hsa_grp=109335542797&hsa_src=g&hsa_net=adwords&hsa_mt=b&hsa_ver=3&hsa_ad=473928176862&hsa_acc=6040429001&hsa_kw=%2Bonline%20%2Bcultural%20%2Bdiversity%20%2Btraining&hsa_cam=11145957047&gclid=EAlaIqObChMImZP58rfI9AIVhI7ICh0kngdoEAYAYAAEgI0lvD_BwE

- Birthing Advocacy, Doula Trainings
 - [Courses — Birthing Advocacy Doula Trainings](#)

- Uncomfortable Conversations
 - <https://Uncomfortableconvos.com>
- “So, You Want to Talk About Race” - Ijeoma Oluo
 - <https://www.youtube.com/watch?v=TnybJZRWipg>

Birth in Belfast (46.40mins)

<https://www.youtube.com/watch?v=wtO6yjc2b-s>

Follow up questions:

Summarize the content. Discuss the similarities and differences in Belfast vs where you are from. How does or how do you see a childbirth educator or doula impacting this birthing culture. Response should be 2 to 3 paragraphs in length.

Birth in Nepal (23min 41 sec)

<https://topdocumentaryfilms.com/birth-in-nepal/>

Follow up questions:

How do you see childbirth education and/or birth support playing a role in the births in this video?

What are the advantages vs disadvantages of having a baby at the health posts vs at home in the village?

What is the Nepalese government doing to improve birth outcomes?

What are the women's fears during pregnancy, birth, or during the postpartum time?

Saving Nepal's Mothers by 101 East (25 mins)

<https://www.youtube.com/watch?v=lpZhsu5TZ-o>

Follow up questions:

How do you see childbirth education and/or birth support playing a role in the births in this video?

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Birth in Guatemala

<https://www.youtube.com/watch?v=8jHxdYGqUaA>

This is about training indigenous midwives in villages so that better care can be accessed by the remote villages. Also, there is a more collaborative care model now between the standardization of the training of traditional midwives and the link between them and the medical staff.

Follow up questions: How would you define the circle of care here? What has been improved upon? What is currently being worked on to improve birth outcomes, and what still needs to happen? How can you compare and contrast this to birthing in the US?

Birth in the Amazon

<https://www.youtube.com/watch?v=JhMx-ZERKcQ>

Discuss barriers to care, the importance of traditional midwives, and how they learned and trained. Compare and Contrast birthing here vs another country.

Motherland: Birthing in the Philippines (1 Hour 34min)

https://www.amazon.com/gp/video/detail/amzn1.dv.gti.12aefc46-56e5-3ab5-53e0-4f53f0e07425?ref=imdbref_tt_wo_tp_pvt_aiv&tag=imdbtag_tt_wo_tp_pvt_aiv-20

Prime Video \$2.99

What were your....

3 main takeaways from this documentary

3 parts you could relate to

3 new things you learned

3 things you saw that seemed to be working well in this culture

3 things you observed or that were mentioned that were areas that could be improved by a doula or educator?

3 things that are different than your culture

Ancient Chinese pregnancy and birthing customs vs now

<https://www.youtube.com/watch?v=carpenRzGGQ>

birth in china...costs...private vs public hospital

<https://www.youtube.com/watch?v=z1E-Q7RGo5w>

Postpartum hospitals in china are like spas with chefs!...they take the first 30 days seriously!

<https://www.youtube.com/watch?v=7hdwhCSpXU>

Watch and Compare and Contrast birthing in China vs the US in 2 to 3 paragraphs.

Birthing in US

Cost:

<https://www.youtube.com/watch?v=Tct38KwROdw>

Summarize this short video, and then add a paragraph adding a summary of your own research on costs to birth in the US.

History of Birthing in the US from a black-centered perspective:

Medical Bondage and the Birth of Gynecology

Discuss 3 key takeaways and any action points for doulas and educators?

Lost Mothers: Maternal Mortality In The U.S.

(12 mins)

Black Mothers Keep Dying After Giving Birth. Shalon Irving's Story Explains Why

(12 mins)

America is Failing its Black Mothers

Listen to and Read the above articles and summarize in your own words in 2 paragraphs. Paragraph one: summary of articles. Paragraph 2: Potential Doula or educator action points

CDC: History of birthing in the US...A look at the numbers and proposed action points:

<https://www.cdc.gov/mmwr/preview/mmwrhtml/mm4838a2.htm>

Where do you see doulas and educators fitting into the CDC's proposed next steps?

https://www.youtube.com/watch?v=28_VkJWSab4

Bringing midwifery back to black mothers.

Action points for doulas and educators?

3 key takeaways

Culture war of midwives and obgyn's.

<https://www.youtube.com/watch?v=SE34K88LUek>

Birth disparities per state...can midwifery care help?

<https://www.propublica.org/article/midwives-study-maternal-neonatal-care>

<https://books.google.com/books?id=J24cAQAAAMAAJ&pg=PA1111#v=onepage&q&f=false> (page 1111)

Question: How do you see doulas fitting in to a mother's circle of care and affecting positive change given the midwifery and obgyn accessibility realities where you live?

An example takeaway.... Doulas exist to fill the gap that naturally occurred as more births shifted away from family and midwifery centered to hospital centered while midwives were shunned and denigrated and pushed out of the circle of care falling to a statistical low by the 1920's. The Rise of doulas in the US seemed to correspond to the rise in interest of more autonomy and educated and natural births due to the Birthing Without Fear and Lamaze Movement (1940's and 50's). Midwifery care grew around that time, but due to a lack of streamlining education and incongruent accrediting system across all states, it was slow going and not the same everywhere. Doulas were an easy step-gap (due to its inability to be easily regulated due to its limited scope) for a hole that exists in care for the time being and will continue to exist until Midwifery care streamlines and integrates its credentialing process into the American Medical system. We, in America, still have areas of the US that are at least an hour drive or more to a hospital with qualified obgyns on staff. Midwives, doulas, and village health coordinators can still help fill the education and care gap in these extremely rural areas.

Birth In the US

Impacting Communities and the effects of chronic stress and birth outcomes

[Jennie Josephs](#) and [Ted Talk](#)

Action points for doulas and educators?

3 key takeaways

Doula'ing through tragedy:

<https://www.youtube.com/watch?v=xO3h0wmWolU>

Baby Alexandra's Story (18:57mins)

Culture of not listening led to tragedy

-If you were her doula, what would you have done?

-What kind of resources are in your area for this type of birth scenario for the parents?

-List how and who to submit formal complaints in your area.

Lost Mothers:

<https://www.google.com/search?client=firefox-b-1-d&q=propublica+lost+mothers>

Action Point for Credit:

Read and then find out your region or state's maternal and perinatal statistics. Summarize findings in a paragraph or an infographic and tag icea or email attachment.

An example takeaway: Texas's 2022 numbers:

<https://www.dshs.texas.gov/sites/default/files/legislative/2022-Reports/Joint-Biennial-MMMRC-Report-2022.pdf>

US historical numbers and maternal mortality disparities by defined leading causes using enhanced vital records and better coding

<https://ajph.aphapublications.org/doi/10.2105/AJPH.2021.306375>

Read this and summarize in your own words. Make an instagram infographic and link to icea

If you take a course or training that does not offer CE's, we ask that you submit the time spent attending or viewing the event and then give us a brief synopsis of what you learned (¾ to 1 page) and if you recommend this educational event. If you would like to earn additional CE's you may choose to submit what you learned in blog format to be published on our blog page. This is subject to requirements for submission. Please contact info@icea.org for more information.

An alternate activity would be to read a book on discussing historical or present day birthing practices in any culture and submit the time spent reading along with a synopsis. Similarly, you could attend a community event or work event and submit the same information. We will allow for partial hours in several activities that equals 4 CE's.

It is strongly recommended that if you pick an activity outside of the approved list that you submit for approval prior to attending so that you know the CE's are approved. Simply send the details of the event or activity to info@icea.org.

These hours will not be subject to the occasional transfer fee that applies to other outside CE's