

The Power of Cultivating Trauma-Informed Relationships: How Birth Workers can Use Trauma-Informed Strategies to Improve Perinatal Outcomes

FREE ■ Virtual ■ Open to all Birth Workers in Maryland

Amanda Irby is the course provider for this workshop.

Provider is approved by the California Board of Registered Nursing, Provider Number 17690, for 2 contact hours.

Program Overview

Join us for a 2-hour interactive session to appreciate how trauma-informed care principles can grow your impact as a birth worker! During the course, the facilitators will use case studies to explore implementing trauma-informed approaches. Specifically, we will discuss ways to improve interactions with birthing people, including those with substance use disorder, mental illness and a history of trauma. Participants will discover how trauma-informed principles result in improved outcomes, prevent retraumatization, ensure the provision of respectful maternity care, and may decrease maternal morbidity and mortality. Through participation in interactive breakout sessions, participants will take time to process and begin to embody these practices so that they become integrated into our day-to-day work with the birthing people we serve. Attendees will come away with trauma-informed techniques that can easily be used during their next client interaction!

Learning Objectives

By the completion of the course, you will be able to

- ✓ Appreciate the evidence on screening for trauma and universal trauma-informed care.
- ✓ Integrate foundational principles to foster a trauma-informed practice.
- ✓ Advocate with birthing clients to improve perinatal outcomes.

Sponsored by a grant from:



Wes Moore, Governor · Aruna Miller, Lt. Governor · Laura Herrera Scott, M.D., M.P.H., Secretary

TO REGISTER

Select your preferred date

Thursday Jan 11th, 2024, 8:00am - 10:00am

Monday Jan 29th, 2024, 4:00pm – 6:00pm

Friday Feb 23rd, 2024, 12:00 pm – 2:00pm



UNIVERSITY of MARYLAND
SCHOOL OF NURSING

ABOUT THE SPEAKERS

Mandy Irby, BSN, RNC-OB, C-EFM, LCCE, NSI-L1

Maggie Runyon, MSN, RNC-OB, C-EFM, CYT-200

Paula Richards, MSN, RNC-OB, C-EFM

Maggie, Mandy, & Paula are three perinatal nurses passionate about bringing a trauma-informed care standard to pregnancy, birth, and postpartum. Together, they've co-founded the Trauma-Informed Birth Nurse with a mission to promote trauma-informed care across the perinatal space. They love educating and collaborating with nurses, midwives, doulas, physicians, lactation consultants, childbirth educators, and more who are ready to examine and change their practice. Their Embodied Trauma-Informed Care Framework shows birth workers how trauma-responsive strategy and physiology skills, coupled with their patients' unique experiences and self-expertise, can together prevent birth trauma and create better care environments for all! Through presentations, trainings, writings, and deep-dives online and in-person they aim to connect with others to transform care alongside pregnant, birthing, and postpartum people.