European Doula Network invites you to this year's meeting
September 20st - 22nd 2013 in Zurich, Switzerland

„Doulas: our contribution to a healthful start“

In collaboration with the Association Doula Switzerland
Program:

Friday, September 20st

17.00  Guests’ arrival and check-in
19.00  Dinner
20.15  Opening of the meeting by EDN Office and the Swiss Doula association Doula.ch
20.30  Speech by Annieck Rietbergen Alkemade, Netherlands
       “First contact - safe bonding”
       Annieck will guide the doulas into the very precious seconds before delivering and after birth. How can a doula prepare the parents for these very important moments around birth? And how can we listen to former birth stories of the parents focusing on the first contact with their baby? It will make parents feel stronger and more confident about birth when they learn about the importance of bonding and about their possibilities as parents.
21.30  Closing session and get together

Saturday, September 21st:

08.30  Arrival of the day guests, check-in
09.00  Speech by Marie-Christine Gassmann, Switzerland
       “Looking for confidence in a society focused on safety”
       Concepts for the practical work
       Today childbirth is exposed to all sort of medical interventions. This bears the risk to alienate women and their partners from their own inner resources. Our question is: Which elements can help women and families to stay connected to their own inner resources and what can be the contribution of the various professionals and of the doulas?
10.30  Rebozo - Workshop with Mirjam de Keijzer, Netherlands
       During this workshop we will have the opportunity to feel how the Rebozo works, learn how to give a Rebozo-massage and practice some basic techniques in the most common positions. By doing and receiving this way of massage, we will learn the best of this ancient Mexican technique.
       Books and rebozos for sale during the meeting.
12.15  Lunch
13.45 Speech by Elena Piantino, Switzerland
“Co-naitre: an initiative by doulas creating synergy in the birthing world”
Being at births is not the only work Doulas do. Many of them have become aware that making good and up to date information circulate and opening communication between caregivers is a big part of our responsibility in improving maternity services. You will get an inside look at one of the doula created initiatives that has been bearing fruits in the Geneva-Lausanne area.

14.30 EDN’s position and importance for doulas in Europe
15.45 Guided City tour with doula Mara Jacob
17.45 Aperitif in the old town old Zurich
18.30 Free time for strolling and shopping
20.15 Dinner
Later Red Tent with Barbara Strehler –Heubeck (Germany), Daniela Tax (Germany), Angelika Rodler (Austria)

Sunday, September 22nd:

07.00 Early Morning Red Tent with Michèle Birchler Stratmann, Switzerland
09.30 Speech about Doulas in Slovenia with Ana Pavec and Nina Jenstrle
Slovenian doulas were born in the autumn of 2009, with Dona International workshop, now united in an informal association, which tends to be a very strong one. Ana and Nina will present you the situation in Slovenia, what is the reality and what are their goals. They face many joys and many obstacles as well. They are constantly learning in developing, but still keeping their spirit above all.

10.45 EDN: Further activities for 2013/14
Meeting 2014
12.30 Lunch and farewell
**Good to know**

**Venue**
The event is centrally located in the premises of the Pfadihuus Zurich next to the zoo [www.pfadihuuszueri.ch](http://www.pfadihuuszueri.ch)

**Conference fees**

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<td>2 nights all incl.</td>
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<td>230.</td>
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<td>One day fee (Saturday)</td>
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The price includes all meals (freshly cooked on site by doulas), accommodation in dormitory sleeping rooms including linens, social program, etc. Not included are charges for public transport.

**Accommodation**
The Pfadihuus has 4 dormitories, each one with 12 beds. The beds have a mattress cover, pillow cover, fitted sheets and duvets. Sleeping bags are not required. Who would not want to stay in a dorm room has the option to book in the nearby bed & breakfast Dieci a single (CHF 80.- without breakfast) or double room. The costs must be taken over by the participant. Please contact Daniela Pallavicini in this respect Tel. +41 44 786 17 50 or dpallavicini@bluewin.ch

**Registration**


**Approach**

We recommend travelling by public transport. Paid parking available on the premises of the Zoo Zurich.

**Administration and Registration**
The registration, the processing of incoming information and the payment transactions are handled by the office of the EDN Switzerland.
Tel +41 91 827 31 04, sabine.lanfranchi @ doula-ticino.ch
**Annieck Rietbergen Alkemade, Netherlands**
Annieck is a mother of 7 children and works as a doula, a Doula-trainer and also as a childbirth educator. She is also a member of the delivery team of a hospital and was one of the organizers of the Doula conference in Gouda in 2012.

**Marie-Christine Gassmann 1955, Berne, Switzerland**
Midwife since 1988, Independent midwife caring for women during pregnancy, labour and the postnatal period, attending women for home births. Teacher for student midwives and author of articles on subjects like homebirth, embodiment, professional care in situations of loss and bereavement.

**Mirjam de Keijzer, Netherlands**
Mirjam has worked as a childbirth educator since 2001 and as a doula and a doula trainer as well since 2006. During her doula training, Mirjam was introduced to the rebozo by Thea van Tuyl. Impressed by the relaxation it brought for their clients, Mirjam and Thea decided to work together to spread this technique by organizing workshops and writing *The Rebozo Technique Unfolded* with involvement from Naolí Vinaver who inspired their writing of the book. For several years now, Thea and Mirjam have taught rebozo techniques in the Netherlands and other European countries.

**Elena Piantino, Nyon, Switzerland**
Elena has been a Doula since 2003 when her ever-present passion for birth became her work. The birth of her 3 children, Patrick, Annie and Daniela (c-section, maison de naissance VBAC and Homebirth respectively) became the energy that motivated her conversion from her communications and TV career to childbirth. Elena is also the founder and director of Formation Doula Suisse Romande FDSR and founding committee member at the Global Midwifery Council and Co-naître.

**Ana Pavec, Slovenia**
Ana Pavec is a mother of four. She is currently fully busy with her youngest baby. Since 2010, she has served her community as a doula, childbirth educator, LLL Leader and professional translator from English and German. Her website www.narvnaporod.si is a resource for pregnant women and couples wishing to learn more about childbirth options, preparation for natural childbirth and birth as a human rights issue, as well as to get support for mindful parenting.

**Nina Jenštrle, Slovenia**
Nina Jenštrle is a mother of two girls, a psychologist, a doula and a childbirth educator. She is an active member in Slovenian doula association, actively works on all events. On her workshops parents-to-be get a holistic view on pregnancy and labour, with an emphasis on consciousness. Her website www.rojstvoljubezni.si offers inspirational contents, so does her Facebook profile. She loves working as a doula and loves creating workshops.