

Janelle Durham, MSW, LCCE

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EDUCATION AND TRAINING

- 2015 **Unitarian Universalist Association.** Bellevue, WA. Facilitator Training for Our Whole Lives: Lifespan Sexuality Education.
- 2012 **Simkin Center.** Kenmore, WA. Perinatal Support Group Facilitator Training.
- 2005 **Lamaze International.** Austin, TX. Lamaze Childbirth Educator Training by Passion for Birth.
- 2004 **Childbirth and Postpartum Professional Association (CAPP).** Seattle, WA. Childbirth Educator Training.
- 2004 **Evergreen Perinatal Education / Evergreen Hospital.** Kirkland, WA. Basic Course for Lactation Specialists, and Lactation Educator Training.
- 2003 **Seattle Midwifery School / DONA.** Seattle, WA. Doula Trainer Workshop.
- 2003 **International Childbirth Education Association.** Chicago, IL. Postnatal Educator Training.
- 2003 **Bates College.** Tacoma, WA. Birthing from Within Mentor Training.
- 2002 **Mothercare / CAPP.** Seattle, WA. Mothercare's Lactation Educator Training.
- 2000 - 2001 **Bastyr University.** Kenmore, WA. Professional Certificate in Spirituality, Health, and Medicine.
- 2000 **Birth Education Northwest.** Seattle, WA. Completed training as a Childbirth Educator at the BEN training sponsored by Seattle Midwifery School.
- 1999 **Seattle Midwifery School.** Seattle, WA. Labor Support Doula and Postpartum Doula Training.
- 1991 - 1993 **University of Washington School of Social Work.** Seattle, WA. MSW awarded June 1993. Human Services Concentration, Health Care Specialization. GPA 3.99.
- 1985 - 1989 **Brandeis University.** Waltham, MA. BA with honors in Sociology. Thesis: Rituals for Coping with Childbearing Loss.

CONTINUING EDUCATION

- 2004 – present **Parent Trust for Washington Children.** Continuing Education Inservices, 3 – 6 per year
- 2016 **REACHE** annual conference. Seattle, WA. Helping Parents Understand Evidence-Based Care
- 2015 **REACHE** annual conference. Seattle, WA. Preventing Primary Cesareans
- 2014 Undisturbing Birth Conference. Seattle, WA. Sarah Buckley presenting.
- 2013 **REACHE** annual conference. Seattle, WA. Topic: Detect and Correct Fetal Malposition.
- 2011 **REACHE** annual conference. Seattle, WA. Topic: Teaching Techniques.
- 2010 **Lamaze / ICEA Mega-Conference Webinars.**
- 2010 **REACHE** annual conference. Seattle, WA. Topic: Changing Birth Practices.
- 2009 **REACHE** annual conference. Seattle, WA. Topic: Impact of Fear on Birth.
- 2008 **Lamaze International.** Louisville, KY. International Conference.
- 2008 **REACHE** annual conference. Seattle, WA. Topic: Cesarean Birth.
- 2008 **Coalition for Improving Maternity Services,** Orlando, FL. International Conference.
- 2007 **Lamaze International.** Phoenix, AZ. International Conference.
- 2007 **REACHE** annual conference. Seattle, WA. Topic: Epidural Update
- 2006 **International Childbirth Education Association.** Portland, OR. International Conference.
- 2006 **Lamaze International.** Boston, MA. International Conference.

- 2006 **DONA International.** Denver, CO. International Conference.
- 2006 **REACHE** annual conference. Seattle, WA. Topic: Preparing Parents for Postpartum.
- 2005 **International Childbirth Education Association.** Kansas City, MO. International Conference.
- 2005 **Lamaze International.** Austin, TX. International Conference.
- 2005 **DONA International.** Washington, DC. International Conference.
- 2005 **REACHE.** Annual conference, featuring Robbie Davis-Floyd and Suzanne Arms.
- 2005 **Seattle Midwifery School, Penny Simkin and Phyllis Klaus.** When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women.
- 2004 **Childbirth and Postpartum Professional Association (CAPPA).** Seattle, WA. International Childbirth Conference.
- 2004 **REACHE.** Annual conference, featuring Dr. Michael Klein and Henci Goer.
- 2003 **International Childbirth Education Association.** Chicago, IL. International Convention.
- 2002 **International Childbirth Education Association.** Denver, CO. International Convention.
- 2002 **REACHE (Regional Association of Childbirth Educators).** Seattle, WA. Understanding and Teaching Optimal Fetal Positioning with Jean Sutton.

CERTIFICATIONS

- Certified Labor Support Doula – Pacific Association for Labor Support, 2001 - 2011.
- Certified Childbirth Educator – Birth Education Northwest / Great Starts, 2002 - present.
- Certified Childbirth Educator – International Childbirth Education Association, 2004 - 2014.
- Certified Childbirth Educator – Lamaze International, 2005 - present.

EXPERIENCE

- 9/13 – present **Parent Educator, Bellevue College Parent Education Department.** Bellevue, WA. Teach child development and parenting skills to parents of children age 1 – 7. Also teach STEM enrichment program for children age 3 – 6.
- 1/09 – present **Consultant and Trainer, Great Starts program at Parent Trust for Washington Children.** Seattle, WA. Develop curricula and class materials for childbirth preparation classes. Co-author of Pregnancy, Childbirth & the Newborn (2010, 2016) and Simple Guide for Having a Baby (2012, 2016). Author of The Great Starts Guide to Having a Baby (2012).
- 6/02 – present **Website Author.** Designed and created all the content multiple sites. (See below.)
- 11/01 – present **Childbirth Educator and Postpartum Educator.** I have taught hundreds of hours of classes, to over 3500 students. Classes include: Preconception Health, Early Pregnancy, Childbirth Preparation, Refresher classes, Breastfeeding, Newborn Care, Baby Safety, Couples' Relationship skills, Self-Care in Postpartum, and Starting Solid Foods. Employers: Great Starts, Swedish Hospital, and Birth Education Northwest.
- 6/94 – present **Volunteer, PEPS – Program for Early Parent Support.** Seattle, WA. Have facilitated support groups for new parents. Currently, I serve as a guest speaker on a wide variety of topics.
- 2013 – 2015 **Prenatal Yoga Teacher Training – Eight Limbs Yoga.** Seattle, WA. Taught labor and birth, interventions, newborn care, and breastfeeding content to prenatal yoga teacher candidates.

- 6/04 – 2013 **Board of Trustees, Eastside Preparatory School.** Kirkland, WA. Served on this board since before the school opened. During my tenure, the school went serving 14 sixth and seventh graders to serving 240 students in grades 5 – 12.
- 11/10 – 12/11 **Program Designer, PEPS – Program for Early Parent Support.** Seattle, WA. Revised curricula for postpartum support groups, and training for support group facilitators.
- 9/09 – 11/10 **Program Director, PEPS – Program for Early Parent Support.** Seattle, WA. Supervised parenting programs offering peer support groups to 1800 families per year. Oversaw program budget and scheduling, coordinated with community partners, conducted facilitator trainings, and created and revised curricula for programs.
- 6/04 – 12/08 **Program Coordinator, Great Starts Birth & Family Education.** Seattle, WA. Coordinated program that provides childbirth preparation, breastfeeding, newborn care, and infant safety classes to over 2000 students per year, at 8 sites. Supervised 35 instructors. Developed and revised curricula and class materials. Oversaw class budget and scheduling. Coordinated with hospital affiliates, and managed contracts. Administered, and taught Childbirth Educator Training at Great Starts and developed curriculum for training at Seattle Midwifery School.
- 7/02 – 6/04 **Training and Certification Coordinator for Birth Education Northwest.** Seattle, WA. Served as liaison for the Childbirth Educator Training for Seattle Midwifery School; updated class curriculum and outlines. Supervised instructor trainees through the process of certification.
- 3/99 – 2011 **Labor Support Doula.** Have attended 30+ births as a doula, including home, birth center, and hospital births with a diverse array of clients. Served as a preceptor for 4 doula apprentices.
- 9/92 - 6/93 **Children's Hospital and Medical Center.** Seattle, WA
Social Work Intern. Provided services for children and adolescents with cancer, and their families.
- 1/92 – 6/92 **University of Washington Medical Center - Transplant Services.** Seattle, WA
Social Work Intern. Provided services for liver transplant patients, inpatient and outpatient.

PUBLICATIONS

- Whalley, Simkin, Keppler, Durham. The Simple Guide to Having a Baby. Meadowbrook Press, 2012, 2016.
- Simkin, Whalley, Keppler, Durham, Bolding. Pregnancy, Childbirth, and the Newborn: The Complete Guide. Meadowbrook Press, 2010, 2016.
- Durham, J. “The Great Starts Guide.” 2012.
- Durham, J. “The Great Starts Guide to Hospitals, Birth Centers, and Home Birth Midwives in King County”. A report from the 2007 Parent Trust for Washington Children survey of birthplaces.
- Durham, J. “The Tools we Bring to a Birth.” International Doula, 2006.
- Durham, J. “Side Effects of Epidurals: A Summary of Recent Research Data”. IJCE 2003; September.
- Durham, J. Having a Baby: Your Personal Workbook. (Designed to accompany Pregnancy, Childbirth, and the Newborn and The Simple Guide to Having a Baby by Simkin, Whalley & Keppler.) Meadowbrook Press, 2006.

CONFERENCE PRESENTATIONS

- “Partner and Family Roles in Breastfeeding Support”, Breastfeeding Beyond the Hospital Stay, Seattle, 2016.
- Health Care Service Corporation, Pregnancy Engagement Program, 2010. Participated in panels and recording video podcasts for clients of a major health insurer.
- “Teaching Techniques for Doulas”, Northwest Doula Conference. Seattle, WA, 2016.

“Evaluating the Outcomes of Our Childbirth Classes” poster presentation. Lamaze International, Louisville, KY. 2008.

“How to teach so your students will listen: Learner-Centered Education” presentation and “Developing a Consumer Guide to Local Birthplaces” poster presentation. Lamaze International, Phoenix, AZ. 2007.

“Building Peer Support Networks for New Parents” – DONA International, Denver, CO. 2006.

“Unexpected Outcomes” – La Leche League of Washington conference, 2004 and 2006.

“Sleeping like a baby: The how, when, where, and why of infant sleep.” La Leche League of Washington conference, 2006.

“How to Teach so Your Students Will Listen: Learner-Centered Education”. Annual Conference for Regional Association of Childbirth Educators, 2006.

BLOGS

Transition to Parenthood, www.TransitionToParenthood.wordpress.com. Resources for childbirth educators, doulas, and expectant parents.

More Good Days with Kids, www.GoodDaysWithKids.com. Child development and parenting skills for parents of children age 1 to 5

Inventors of Tomorrow, www.InventorsOfTomorrow.com. Lesson plans for STEM enrichment classes for children age 3 to 6, with hands-on, interactive activities.

REFERENCES

Penny Simkin, penny@pennysimkin.com

Linda McDaniels, lmcdaniels@parenttrust.org

Lisa Allen, lisa.allen@bellevuecollege.edu