

# **The Silent Birthkeeper:**

**A One Year Immersion into True Midwifery**

online programme

with monthly workshops via zoom

**2 MARCH 2023 - 7 MARCH 2024**

**Participant Programme**



***This programme outlines our projected itinerary over the 12 month immersion.***

We will meet monthly (EXCEPT AUGUST) as a group via Zoom from the 9th of November 2023 to the 14th of November 2024 between 6pm - 9pm SAST (SOUTH AFRICAN STANDARD TIME). The only exception is that we will not be meeting in August 2024, this will be an opportunity for you to have a holiday and to catch up on any material on Teachable you may not have gotten to.

To double check your time zone again this time slot please see [HERE](#):

The intention of the monthly calls is to check in, dive deeper into the subjects covered, answer questions and support one another.

**THESE ARE THE SCHEDULED DATES FOR OUR CALLS:**

1. **09/11/2023 - Opening call and orientation**
2. **14/12/2023 - Walking this Path of True Midwifery**
3. **18/01/2024 - Taking care of ourselves and one another on this path**
4. **08/02/2024 - Creating our Learning Container**
5. **14/03/2024 - The Basic Needs of a Woman In Labour**
6. **11/04/2024 - Birth Stories**
7. **09/05//2024 - Pregnancy Care**
8. **13/06/2024 - Attending Births**
9. **11/07/2024 - The Baby and Postpartum (MotherBaby)**
10. **NO SESSIONS IN AUGUST 2024**
11. **\*\* 12/09/2024 - Disability and Death\*\***
12. **\*\*10/10/2024- Sexual Abuse Triggers in Pregnancy, Labour and Birth\*\***
13. **14/11/2024 - Project Presentations// Closing of our Bones**

***\*\*Please note the highlighted Programmes - the material for 'Birth and Death' and 'Sexual Abuse Triggers in Pregnancy, Labour and Birth' - are potentially triggering and we recommend that you make space for yourself when accessing this content to digest and possibly process it. You may want to make space on a weekend, or take some time away from your family or work to digest, journal, rest.***

If you are unable to make a call please note **ALL** calls will be recorded and uploaded to the Teachable platform for you to view and listen to within 48 hours of the call. At this stage Ruth only has a few birth commitments - if these coincide with our scheduled time together the meeting will be moved to the next available Thursday at the same time.

New material and modules will be released on the day that we all meet via zoom.

Teachable should send you an email (if you have opted in for emails) on the day of the release.

There is a private Telegram group for ongoing check-ins and discussions. Interaction on the Telegram group is optional but we would like to encourage you to use this space to share what you are learning, what inspires you and to evoke discussion. It is also a good place to lean into for support as a birthkeeper.

You can also reach out privately to [truemidwife@gmail.com](mailto:truemidwife@gmail.com) and [samara@wellmamaworld.com](mailto:samara@wellmamaworld.com) if you need to.

***We are a small community of women from around the world who have chosen to journey together for 12 months to unravel and relearn the mystery of womanhood, birth and motherhood. We hold each other in a safe container. Whilst we maintain structure we also allow for what arises to unfold. Your feedback and guidance are very welcome. This is YOUR course. Together we are creating this space.***

## **DISCLAIMER**

*This course will **not** qualify you to practice as a midwife. This is purely an explorative journey for those interested in pursuing a path of birthkeeping, or deepening the learning of those walking this path already.*

**Recommended Reading List for the course (subject to addition and change):**

**Books**

*The Basic Needs of a Woman in Labour* by Ruth Ehrhardt

*Do We Need Midwives* by Michel Odent

*The Scientification of Love* by Michel Odent

*Primal Heath* by Michel Odent

*Spiritual Midwifery* by Ina May Gaskin and the Farm midwives

*The Babycatcher* by Peggy Vincent

*A Book for Midwives* by Susan Klein

*Heart and Hands* by Elizabeth Davis

*Practical Skills Guide for Midwifery* by Pam Weaver and Sharon Evans

*Reclaiming Childbirth as a Rite of Passage: Weaving Ancient Wisdom with Modern Knowledge* by Dr Rachel Reed

*When Survivors Give Birth* by Penny Simpkin and Phyllis Klaus

*Invisible Earthquake* by Malika Ndlovu

*Pathways to Midwifery - Midwifery Today*

*Time to Think* - Nancy Kline

*The Red Tent* - Anita Diamant

*Vagina* - Naomi Wolf

*Our Bodies Ourselves* - Boston Women's Health Collective

## **Websites**

*The Primal Health Research Database* – <http://www.primalhealthresearch.com/>

*Sara Wickham* – <https://www.sarawickham.com/>

*Dr Rachel Reed/Midwife Thinking* – <https://midwifethinking.com/>

*Evidence Based Birth* – <https://evidencebasedbirth.com/>

*Midwifery Today* - <https://www.midwiferytoday.com/>