

Stillborn: Surviving Grief and Traumatic Stress as a Health Care Provider (90-120 min, CERP) A step-by-step guide to understanding and coping with your own traumatic stress reactions after having witnessed the birth of a stillborn baby while serving as a health care provider, such as in the role of a midwife, nurse, doctor, or doula.

Loss, Grief, and Breastfeeding Counseling (90-120 min, CERP) An exploration of the role of loss and grief in the breastfeeding experience, including the loss and grief inherent in the acquisition of the maternal role, grief due to congenital disorders, pregnancy loss, and infant death, grief due to the loss of breastfeeding, and guilt as a symptom of grief.

Helping Mothers Create Breastfeeding Allies (90 min, CERP) An exploration of effective, non-manipulative persuasion techniques that can help women gain meaningful breastfeeding support in their families, workplaces, and communities. Includes discussion of the process of change, how to work with that process, and conflict resolution across cultures.

Brief Breastfeeding Encounters: Effective Counseling Techniques when Time is Limited (90-120 min, CERP) An introduction to key counseling concepts and techniques from solution focused brief therapy and their application to lactation consulting. Includes practical tools that any health care provider can routinely use to work more effectively with women when time is limited.

Empathic Listening and Beyond: Essential Counseling Techniques for Lactation Consulting (90-120 min, CERP) A discussion of fundamental, as well as more advanced, counseling concepts and approaches necessary

for anyone working with pregnant or breastfeeding mothers.

Shades of Gray: Ethics, Culture and Breastfeeding (90-120 min, CERP) An overview of the process of ethical decision making in cross-cultural settings. Includes a discussion of how ethical issues in breastfeeding counseling are impacted by non-universal culturally based values and beliefs and how to respond to ethical issues of breastfeeding in a multicultural world.

From Barriers to Bridges: Culture and Breastfeeding (90-120 min, CERP) An introduction to concepts and tools that are useful when working with members of any culture. Includes a discussion of cultural dimensions, how culture impacts breastfeeding, how lactation consultants and others can work with parents from many cultures to promote positive breastfeeding experiences, and how to work toward the development of cultural competence.

Sunlight Deficiency, Vitamin D, and the Breastfed Baby: Helping Mothers Make Informed Decisions (90-120 min, CERP) An overview of the complex research base of information essential for facilitating informed decision making on vitamin D supplementation of the breastfed infant. Addresses risk factors for vitamin D deficiency and options for preventing vitamin D deficiency.

The Women behind the Breasts: The Context of Infant Feeding Issues (90-120 min, CERP) A review of several models of context and their application to infant feeding issues and decisions. Provides lactation consultants and other health care providers with understanding and tools to work more compassionately and effectively with mothers from all backgrounds.



Speaking Services

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ABOUT THE SPEAKER



Cynthia Good Mojab, MS clinical psychology, IBCLC, RLC, CATSM is a clinical counselor, private researcher, author, educator, and International Board Certified Lactation Consultant. She writes and speaks about issues related to psychology, culture and the family—particularly as they relate to breastfeeding.

Through her private practice, LifeCircle Counseling and Consulting, LLC (www.lifecirclecc.com) Cynthia offers a blend of psychological and lactation services to women and health care providers—in person and by phone. She is the founder LactPsych, an international email discussion group for professionals working at the juncture of the fields of lactation and psychology. She is a member of the American Academy of Experts in Traumatic Stress and is Board Certified in Acute Traumatic Stress Management. She is a member of the Ask the Experts panel on *Mothering* magazine's website. She was a member of the La Leche League International Editorial Review Team for *The Breastfeeding Answer Book* (3rd ed.). Cynthia is a member of the professional speakers' bureaus of LactSpeak, the International Lactation Consultant Association, and The National Center for Crisis Management. For a complete list of speaking topics, please see her website www.lifecirclecc.com.

PRESENTATION TOPICS

Cynthia Good Mojab combines her multidisciplinary education and experience to create unique presentations addressing issues that are often complex, challenging, and controversial. Trained in the tools of adult education, her professional and image-rich PowerPoint presentations are well-organized, designed for various learning styles, thoroughly referenced, and applicable to “real life.” She has consistently received high ratings on evaluations of her presentations. She is responsive to the needs of conference organizers, has experience speaking to both large and small groups, and is available to speak in the US and internationally. Cynthia’s presentations reflect her interest in multidisciplinary work. Topics include but are not limited to:

The Hot Topic of Infant Feeding Rhetoric: Risks or Benefits? (90-120 min, CERP) An exploration of the multidisciplinary evidence base that provides guidance on identifying and using effective and ethical language when communicating about infant feeding.

Postpartum Depression: The Most Common Complication of Birth (90-120 min, CERP) An overview of postpartum depression, how breastfeeding and postpartum depression interact, and how and why to screen and refer breastfeeding mothers for treatment.

Breastfeeding Compatible Mental Health Care for Postpartum Depression (90-120 min, CERP) An introduction to the physical and psychological risks for mothers and their children of mental health care that undermines

breastfeeding during postpartum depression and to a variety of breastfeeding compatible treatment options for postpartum depression in nursing mothers.

Mutually Inclusive: Breastfeeding Support and Mental Health Care (90-120 min, CERP) An invitation to multidisciplinary collaboration in the treatment of mother-nursing dyads coping with common postpartum mental health issues, as well as a dialogue about what lactation consultants and mental health practitioners can contribute so that breastfeeding and mental health are both supported.

It Wasn't Supposed to be Like This: Traumatic Birth, Traumatic Stress, and Breastfeeding (90-120 min, CERP) A sensitive discussion of how traumatic birth experiences affect maternal mental health, mothering, breastfeeding, and lactation consulting. Includes the importance of recognizing the difference between postpartum depression and stress disorders.

Managing Acute Maternal Traumatic Stress in Birth (90-180 min, CERP) An overview of the ten steps of Comprehensive Acute Traumatic Stress Management as adapted and applied to the context of traumatic childbirth.

Mother's Milk, Empty Arms (90-120 min, CERP) A guide to the compassionate management of lactation and breastfeeding in the aftermath of pregnancy loss and infant death. Addresses suppression of lactation, breastfeeding a surviving sibling, donation of expressed milk to a human milk bank, and the emerging psychological needs of bereaved mothers.