

BETH S. BARBEAU, CPM, LM

Homebirth Midwife

www.IndigoForest.com

EDUCATION

B.S.	Antioch College Biological Health Sciences	1988
	Michigan State University Medical Anthropology Program Women's Health, Birth, Cross-Cultural Health Issues	1987
DEM	Midwives Anne Frye, Harriette Hartigan Apprenticeship, Direct Entry Midwives (DEM)	1981-1982
DEM	Midwife Linda Honey Apprenticeship, Direct Entry Midwife (DEM)	1982-1983 1988-1990

PROFESSIONAL CERTIFICATION AND LICENSING

CPM	Certified Professional Midwife	2019
LM	Licensed Midwife, State of Michigan	2019
CPR	Red Cross, Adult, Child, Infant	2021
NRP	Integrative Resuscitation of the Newborn (IRN)	2021

HONORS & AWARDS

Breastfeeding Friendly Gold Award	2009 – 2015
Washtenaw County Breastfeeding Coalition annually reviews local businesses; received top county awards for both Breastfeeding Friendly Business and Breastfeeding Friendly Customer Service	
<u>The Circumcision Decision</u>	1988
Grant awarded from Henry Ford Hospital for production of 28-minute audio documentary	
John M. Prather Science Scholarship	1986, 1987, 1988
Awarded for Academic Excellence at Antioch College, Yellow Springs, OH	

PROFESSIONAL EXPERIENCE

Safe Passages Birth Services, Ann Arbor, MI 1998 - Present
Midwife/Educator/Advocate

- Provide comprehensive prenatal, birth and postpartum care for homebirth clients
- Consult with pregnant women and families who are birthing medically to develop hospital care/birth plans, debrief from traumatic birth, trouble-shoot breastfeeding problems, and deliver home midwifery post-partum care
- Deliver specialized naturopathic consulting in preconception preparation, overcoming infertility, maternity and family care
- Teach group and private classes encompassing childbirth, infant/child care and natural health topics

Indigo Forest: Healthy Births, Healthy Lives, Ann Arbor MI 2007 - present
Founder/Owner/Educator

Founded and manage family-centered natural health store, class studio and community center providing resources for the parenting journey. Indigo became a beloved presence as a brick & mortar presence (thru 2016) for its unique family and breastfeeding products, empowering natural health and parenting classes, and its weekly

- Mama Circle, mothering support group
- Nursing Café, breastfeeding support group
- Health Club, natural family health care class

TEACHING EXPERIENCE

The Indigo Forest: Healthy Births, Healthy Lives, Ann Arbor MI 2007 – present
Educator

- Developed, promoted & taught day-long conference “Get Well Soon”
 - Wrote class manual
- Developed and taught childbearing year classes & series, ranging from 2-24 hours each
 - A New Baby in the House, Infant Care for Adopting Families
 - Authentic Birthing
 - Baby’s Out, Now What?
 - Breastfeeding and Back to Work Success
 - Breastfeeding Basics
 - Breastfeeding Made Simple
 - Having Twins (CBE)
 - Healthy Families in the Cold and Flu Season
 - Holistic Childbirth Education (CBE)
 - I’m Pregnant (Or Almost), Now What?
 - Nursing Your Baby
 - Strategies for Natural Birthing in a Medical Setting
 - VBAC’s – Having a Natural Birth After a Caesarean
 - Your Naturally Healthy Pregnancy
- Developed and taught workshops for doulas
 - Debriefing for Doulas
 - Expanding the Birth Bag
 - Natural Remedies for the Doula
 - Self-Care for Birth Workers

- Developed and taught family classes for adults, including
 - Essential Oils for the Family
 - Healthy Herbal Infusions
 - Healthy Teeth
 - Let Me Feel Your Forehead
 - Keeping Families Healthy in the Cold & Flu Season
 - Natural First Aid
 - Nourishing Meals
 - Rejuvenate and Energize
 - Staying Centered
 - Traveling Healthy
 - Why Can't I Lose Weight?

Naturopathic Institute of Therapies & Education, Mt. Pleasant MI 2008 - 2020
Director and Lead Instructor, Holistic Doula Program.

- Developed program which awards State-recognized Certificate/Diploma in 60/120 contact hour tracts
- Developed syllabus, teaching manual, homework and instructor guide for courses
 - The Miracle of Pregnancy
 - The Miracle of Labor and Birth
 - The Miracle of Postpartum and Newborns
- Developed and conducted written and oral homework, tests, and final exams
- Developed and taught one- and two-day continuing education seminars
 - Parenting Confidently in Uncertain Times
 - If I Had to Deliver a Baby
 - 30 Remedies Every Doula Should Know
 - Breastfeeding: Supporting Healthy, Happy Nursing Relationships
 - Doula Round Table
- Faculty Presentations
 - Environmental and Cultural Effects on the Childbearing Year
 - Changing Humans: Environmental Contaminants' Effect on the Hormonal System
 - Why Birth Matters to Everyone

Naturopathic Institute of Therapies & Education, Mt. Pleasant MI 2019 - 2020
Instructor, Naturopathy Program

- Taught senior students enrolled in the four-year Traditional Naturopath Program
- Developed syllabus, teaching manual, homework and instructor guide for 20-hour course
 - Holistic Death and Dying

Center for the Childbearing Year, Ann Arbor MI 2000-2007
Instructor

- Revised and taught classes for couples birthing at home or hospital
 - Natural Childbirth Education Series
- Developed and taught classes for birthing couples and doulas
 - Newborn and Infant Care
 - Breastfeeding
- Developed syllabus, educational objectives, class and keynote presentation for Nursing and Maternity Professionals Seminar
 - Ensuring Breastfeeding Success
 - Accredited for 4 CEU's
- Taught classes in Doulas of North America (DONA) program
 - Condensed Labor & Birth

- Taught Childbirth Education, 6-12 week series for home and hospital birth couples

PUBLICATIONS

Articles

Barbeau, Beth, "What Should We Ask of Our 10-Year-Olds?" Crazy Wisdom Community Journal, Spring 2020.

Barbeau, Beth, "Recovering from a Shocking Hemorrhage," Midwifery Today Journal, Winter 2019, Issue #132.

Barbeau, Beth, "Tools for Easing Grief and Birth Trauma," Midwifery Today Journal, Summer 2019, Issue #130.

Barbeau, Beth, "Spiraling Up," Crazy Wisdom Community Journal, Winter 2019.

Barbeau, Beth, "Deeply Nourishing Meals and Seasonal Eating," Crazy Wisdom Community Journal, Winter 2015.

Barbeau, Beth, "Time in a Bottle," Midwifery Today Journal, Winter 2011, Issue #97.

Barbeau, Beth, "Safer Birth in a Barn?" Midwifery Today Journal, Autumn 2007, Issue #83.

Poems

Barbeau, Beth, "Red Rover," Poem, Midwifery Today Journal, Issue 100, Winter, 2011.

Barbeau, Beth, "To the Birthing Women of Tim-Buck-Two," The Record, 1992.

Contributor

Tritten, Jan, "Wisdom of the Midwives," Midwifery Today Journal, Issue 127, Autumn 2018. Page 61.

Tritten, Jan, "Tricks of the Trade," Midwifery Today Journal, Issue 126, Summer 2018. Page 6.

Tritten, Jan, "Labor", Midwifery Today Journal, Issue 126, Summer 2018. Page 61.

Shadigian MD, FACOG, Elizabeth, Woman Safe Health: The Antidote to Status-Quo Health Care, WomanSafeHealth HerStory, LLC Publisher, 2016. Story through protected pseudonym.

Sperlich M.A., Mickey and Seng Ph.D., Julia, Survivor Moms: Women's Stories of Birthing, Mothering and Healing After Childhood Sexual Abuse, Motherbaby Press, 2008. Story through protected pseudonym.

Brennan, Patty, Whole Family Recipes for the Childbearing Year and Beyond, 2007, Publisher Center for the Childbearing Year. Pages 12, 24-25, 48, 90, 114, 117, 130, 155, 157, 170-171.

PRESENTATIONS AND INVITED LECTURES

Panel Discussion & Presentation. “Consent Birth,” with Elizaveta McFall (Producer) and Savannah Cannistraro (Videographer/Editor), including birth film, “The Good Work” and developing birth documentary, “Consent Begins at Birth.” Rudolph Steiner High School, 2020

Lecture. “Birth is Normal,” with Elizaveta McFall and her birth film, “The Good Work.” 10th grade Embryology Block, Rudolph Steiner High School, 2017, 2018, 2019, 2020, 2021

Workshop. “The Season of Babies, Herbs for Conception to Post-Partum,” Great Lakes Herb Faire, 2016

Workshop. “Staying Healthy with Herbal Infusions,” Tree Town Wellness Center, 2014, 2015, 2016

Presentation. “Using Essential Oils Safely with Moms and Babies,” Washtenaw County Baby-Wearers, 2014

Workshop. “Staying Sharp on Your Feet - Healthy Habits in the Restaurant Business,” Zingerman’s Community of Businesses, 2011

Presentation. “How To Get the Sleep Fairy to Stop at Your House,” Mothers of Preschoolers (MOPS), 2012, 2014

Lecture. “A Different Kind of Birth,” Intro to Sexuality, Psychology Department, Washtenaw Community College, 2004 – 2014

Presentation. “Keeping Kids Naturally Healthy in the Cold and Flu Season,” Mothers of Preschoolers (MOPS), 2011, 2013

Workshop. “Why Birth Matters to All of Us,” Re-Skilling Conference, 2012

Workshop. “Raising Playfully Brilliant Children,” Re-Skilling Conference, 2012

Workshop. “Natural Death’ and Home Funerals,” Re-Skilling Conference, 2012

Presentation. “Top 10 Steps to a Healthier Family, Pregnancy and Beyond,” Mothers of Preschoolers (MOPS), 2010

Lecture. “Top 10 Things You Can Do to Have a Natural Birth,” Providence Birth Center (ABC), Providence Hospital, 2010

Lecture. “Naturopathic Approaches to the Cold & Flu Season for Pregnant and Nursing Mothers,” Alternative Birth Center (ABC), Providence Hospital, 2009

Presentation. “Birth After Violation,” Midwife Apprentice Study Group, Lake Orion, MI, 1989

Lecture. “Normal Labor and Birth,” Psychology Department, Antioch College, 1988

PROFESSIONAL TRAINING

Vaginal Breech Workshop

Detroit, MI, 2019. *3-Day hands-on course, Breech Without Borders;*
Dr. Rix Freeze PhD, Dr. David Hayes OB/Gyn

Integrative Resuscitation of the Newborn Certification

Mid-Michigan, 2012, 2013, 2015, 2017, 2019, 2021;
Ann Arbor, MI, host 2014, 2016, 2018. *Karen Strange, CPM*

Adult, Child and Infant CPR

Ann Arbor, MI. 1981-89, 1998-2021.

Naturopathic Healthcare Survey

Naturopathic Institute of Therapies and Education (NITE), Mt. Pleasant, MI, 2008-2019. *Annual attendance at weekend seminar, topics include The Chemistry of Wellness, Glandular Wellness, Menopause, and The Details: Estrogen, Progesterone, Testosterone. Dr. Bessheen Baker and NITE faculty members*

Intuitive Practitioner Certification

Sacred Balance Academy, Lori Lipten, M.A., Bloomfield Hills, MI. 2015, 2017. *Yearlong, 96-hour course*

Cranial Sacral Therapy at the Beginning of Life

Ann Arbor, MI, 2011-12, 2015-16. *Yearlong, 40-hour, hands-on series;*
Linda Diane Feldt, LMT, HHP

Resonance Repatterning Series, Certification Training Completed

Arizona, Illinois, Indiana & Michigan, 1993 – 2016
Entire series three times as it was revised, 3-5 day trainings including Fundamentals, Primary Patterns, Transforming Unconscious Patterns, Chakra Patterns, and 5 Elements and Meridians. Inner Cultivations and Principles of Relationship. Ardis Osborn, Chloe Wordsworth

A Day with Dr. Michel Odent: 1001 Possible Topics

Midwifery Today Conference, “Birthing with Love Changes the World.” Eugene OR. 2015.
Dr. Michel Odent, MD

Midwife Best Practices for Survival of Mothers and Babies in Low Resource, High-Risk Populations

Midwifery Today Conference, Birthing with Love Changes the World. Eugene OR. 2015.
Full-day seminar, Vicki Penwell, CPM

Clinical Issues: Hemorrhage and Estimating Blood Loss

Midwifery Today Conference, Eugene OR. 2015. *Gail Hart CM*

Clinical Issues: Post-Dates Pregnancy: Waiting, Watching & Worrying

Midwifery Today Conference, Eugene OR, 2015. *Gail Hart, CM*

Breech

Midwifery Today Conference, Harrison PA, 2014. *Full day of five-day conference, Gail Tully CPM and Others*

Clinical Issues: Shoulder-Dystocia and Malpresentation

Midwifery Today Conference, Harrisburg, PA, 2014. *Full day of five-day conference, Gail Hart, CM and Angelina Martinez-Moranda*

Sex and Intimacy Naturally, Classes I-V

Naturopathic Institute of Therapies and Education (NITE), Mt. Pleasant, MI, 2014.
10 Continuing Ed hours, Bessheen Baker, ND

Circumcision for Educators

The Indigo Forest, Ann Arbor, MI, 2013. *Jennifer D'Jamoos, CCCE, Board Member, Intact Network*

Conception, Childbirth and Childhood

Naturopathic Institute of Therapies and Education, Mt. Pleasant MI, 2008. *20-hour course. Kathryn Doran-Fisher, ND*

Herbs and Muscle Response Testing

Naturopathic Institute of Therapies and Education, Mt. Pleasant MI, 2008. *20-hour course, Bessheen Baker, ND*

Nutrition

Naturopathic Institute of Therapies and Education, Mt. Pleasant MI, 2008. *20-hour course, Bessheen Baker, ND*

Surviving Sexual Abuse: Hope and Healing

Midwifery Today Conference, Ann Arbor, MI, 2008. *Five-Day Conference, Mickey Sperlich, Penny Simpkins, Phyllis Kraus and others*

Breastfeeding: Search for Excellence

Henry Ford Hospital and University of Michigan Health System, Wyandotte, MI. 2006.
Molly Pessl, BSN, IBCLC

Controversies in Breastfeeding

Monroe, MI. 2006. *Dr. Jack Newman, MD, FRCPC*

Breastfeeding: Complex Challenges

University of Michigan Health System, Ann Arbor, MI 2005.
Catherine Watson Genna, BS, IBCLC

La Leche League Annual Conference

Detroit MI. 2005. *Dr. Jack Newman (Kangaroo Care, Latching/Preemies), Diane Wiessinger (What Other Mammals Tell Us About Nursing), Diane West (Milk Supply Issues)*

New Perspectives in Breastfeeding: From Promotion to Latch and Beyond

La Leche League of Michigan, Healthcare Provider Seminar 2005, Detroit, MI.
Christina Smillie MD, FAAP, IBCLC, FABM, Katherine Dettwyler Ph.D.

Preventing and Resolving Shoulder Dystocia

Michigan Midwives Association, E. Lansing, MI, 2005. *Ina May Gaskin, CPM*

Breastfeeding: Complex Clinical Issues

University of Michigan Health Systems Educational Services for Nursing, Ann Arbor, MI, 2004.
Karen Kerkhoff Gromada, MSN, RN, IBCLC

Herbs for Women's Health and Childbearing

Ann Arbor, MI, 2004. *Day Conference with Susun S. Weed*

Cutting Edge Breastfeeding Trends Seminar

La Leche League Conference, Ann Arbor, MI, 2003. *Nancy Mohrbacher, IBCLC*

Promoting, Protecting, Supporting Breastfeeding in Michigan

Lansing MI. 2003. *Linda J. Smith, BSE, FACCE, IBCLC*

Waterbirth: Current Perspectives and Practices

University of Michigan Medical Center, Nurse-Midwifery Service, Ann Arbor, MI, 2002.
Barbara Harper R.N.

Breastfeeding: Complex Clinical Issues

Henry Ford Hospital, Detroit, MI, 2000. *Karen Kerkhoff Gromada MSN, RN, IBCLC*

Birth Assistant

- Garden of Life Birth Center, Dearborn, MI, 1989-1990
- DEM Tina Sullivan, Southeast MI 1989-1990
- Various settings including both home and birth centers, DEM and CNM attended births in High Point NC, Alexandria VA, Yellow Springs, OH, and Albuquerque, NM 1983- 1996

Exhale Pushing

University of New Mexico Medical School, Albuquerque, NM, 1992
Ina May Gaskin, CPM

Apprentice Midwife Study Group

Lake Orion, MI, Linda Honey Midwife, 1989

Healthy Childhoods

University of Illinois, Champaign, Urbana, 1986. *Dr. Robert Mendelsohn, MD*

Loving Hands International Midwifery Week Conference

Ontario, Canada, 1986.

Four-day conference, birth experts from USA, Europe, Canada and Africa

Reiki Level I Certification

New York City, NY, 1985

Informed Birth and Parenting Certified Childbirth Educator

Boulder, CO, 1984

Women Birthing Women Conference

Ann Arbor, MI, 1984. *Weekend workshop, Harriette Hartigan and Rahima Baldwin*

Moving Midwifery Forward Seminar: Practical Midwifery Skills

Garden of Life Birth Center, Dearborn, MI, 1984. *Weekend workshop, Valerie El Herta*

Basic Midwifery

Ann Arbor, MI, 1982. *Monthly seminar and practicum series, Anne Frye CM*

Informed Homebirth Midwifery Skills Seminar

Davisburg, MI, 1981. *Five-day intensive with practicum, Anne Frye CM and Valerie Hobbs*

OTHER

Working Title: Consent Begins at Birth

Featured in Documentary Birth Film, in Production

- Savanna Cannistraro, Producer; Elizaveta McFall, Mother. 2019-2020

The Good Work

Featured in Short Birth Film

- Savanna Cannistraro, Producer; Elizaveta McFall, Mother. 2017
- Short Film winner of Best Cinematography, Voice & Vision Award (DePaul University Premiere Film Festival XII); Official Selection (Cleveland International, Paris Lift-Off Online Film Festival, Stark County International Short Film Series), Best Editing (The Midwest Independent Film Festival), and Featured Artist (HOMESSET Series)

Equinox International

Executive Director, Las Vegas, NV, 1994-1997

- Responsible for recruitment and training of sales associates for company specializing in healthy, environmentally safe products
- Opened, staffed and supervised 10 offices nationwide; extensive travel

Alliance for Affordable Health Care

Division Manager, Albuquerque, NM, 1990-1994

- Represented health insurance for self-employed small business
- Managed all business operations within the state of New Mexico and El Paso, TX.
- Supervised 40 agents, taught weekend seminars, responsible for all recruitment/termination
- Awarded "Top Dozen Managers" in the Country, 1993 Bahamas Cruise Award.
- Awarded \$2,300 Travel Prize for Nation's Top 20 Sales Agents of 1991-92

League of Renaissance Co-ops

Conference Coordinator and Organizer, Detroit, MI 1989.

- Organized and managed all aspects of successful conference for low-income and minority worker-owned businesses, including volunteers, media promotions and national speakers

Henry Ford Hospital

Asst. to the Director of Nursing, Maternal Child Unit

Project: Child Life Program Development, Detroit, MI, 1987

- Established program mission statement and traveled statewide to evaluate and benchmark existing programs by extensively interviewing administrative personnel, staff and patients
- Designed a prototype including fund raising, budgeting, staff requirements, physical plant alterations and implementation timetable
- Persuaded department heads and medical staff to support program

Pre-Med Student Health Sciences Committee

Founder, Antioch College, Yellow Springs, OH, 1987

Survey of indigenous health care, Central America

Traveled to Yucatan Peninsula, Belize and Guatemalan Highlands, 1985

Women's Center

Coordinator and Health Liaison, Antioch College, Yellow Springs, OH, 1984-1985

Michigan Midwives Association

Newsletter editor, two years; Conference Planning Committee member, one year, Traverse City, MI, 1981-82