

# JOURNÉES DES DOULAS 2016

«Alongside parents, to support their choices»



## Doulas Days in Paris, MAY 13<sup>th</sup>-14<sup>th</sup> 2016

*The association Doulas de France celebrated its 10<sup>th</sup> anniversary on February 14<sup>th</sup> 2016 !*

This year we invite you to celebrate and share with Michel Odent, Marie-Hélène Lahaye, Danielle Rapoport, Anne Loirette, Karine Baudoin, Nadège Beauvois Temple, Véronique Darmangeat, Charlotte Marchandise, Geneviève Prono, Agnès Aubry, Emilie Llamas, Luciana Vidarte, Virginie Bouffart, Marie-Anne Sévin, Solenn Minier, les associations Césarine, Maman Blues, Timéo et les Autres, Tatiana défense des droits de l'enfant, Papallaitants, Bien-traitance, Formation et Recherches, L'instant douceur, et aussi Peps magazine, Grandir Autrement, les éditions Myriadis, Le Hêtre, Le Souffle d'Or, de l'Instant Présent.

To celebrate this special event, these two days will have a special format, as well as, like each year, renowned speakers, Red Tents and quality workshops.

*These 2016 Days are under the sign of encounter, gathering, exchanging and sharing our vision of the future of Doulas de France but also the celebration of our common commitment to parents.*

# Program

## Friday May 13<sup>th</sup> : Afternoon ( Doulas de France association members only)

### 14h -17h : Welcome and DDF doulas Forum

Opening in songs with **Marie Anne Sévin** (French association of prenatal singing)

*"Working together to build DDF future for the coming 10 years"*

Time for meeting, sharing, exchanging, facilitated by **Geneviève Prono (co-founder of Doulas de France, Césarine association and Chrysalide )** in order to develop our ideas, desires, commitments, changes we would like to bring to Doulas de France. The themes will be suggested by members and discussed during Forum time. A summary of the discussion will be proposed to the General Assembly so that coming actions linked to that discussion are added to the actions to be taken in 2017.

### 5.30pm to 7.30pm General Assembly - Dinner and Celebration of DDF 10 years

## Friday May 13<sup>th</sup> : Evening Open to all

**8pm-11pm :** Short recital performed by **Emilie Llamas**, « **Le son du cordon** » (The umbilical cord sound) followed by :

**« L'association Femmes Sauvages» presents Karen Brody's play «*Birth*»**  
followed by a debate lead by guests from the birthing world

*Upstream of the writing of the play, Karen Brody, mother, playwright and co-founder of the Bold movement, interviewed more than 100 women between 2000 and 2004 about their pregnancy and birth experiences and get largely inspired by these stories to compose her work. In a way, it is a witness play.*

*Birth has very often been compared to the Vagina Monologues linked to the use of testimonials, of the same crude and realistic tone, of its success et effort to denounce violences against women and remove the taboo of Occidental birth ( not as secure as some pretends) and the unspeakable suffering of women.*

*The play was written in 2004 and played for the first time in 2006. It sets 8 women who tell the story of their pregnancies and birth in a touching and humoristic way.*

*A large panel of women portrait and birth stories is deployed all along the play, starting from Amanda who has an intimate conviction that « her body rocks » to Natalie very optimistic on her innate body capacity to give birth, through Beth, the careerist who needs to control everything and the opposite Sandy, ready to be totally guided, Janet who despite her fondness for natural life comes to wish for a very medicalized birth, till Lisa who expresses very deeply anchored anger and bitterness. Each story talks about personal choices : epidural for Vanessa, homebirth for Jillian or planned C-section for Beth, and all choices are given her without any judgment*

**Saturday May 14<sup>th</sup>**  
**Open to all**

**8.45am- 9.15am : Opening with Doulas de France Team**

**9.15am-10am : Conference « *Doulas, their role in the health democracy process, an answer to social issues* » with Charlotte Marchandise**

The place of the doula and her training are based on interpersonal interactions ( with family and relatives, medical staff) and refers mainly to studies proving the direct benefits for those persons. Doulas offer a global approach aiming to develop women power to act and to reinforce links. It is a strong commitment, secondary benefits of accompaniment may influence ways of living, behaviors, future family choices. This kind of approach is known in others fields ( users place in the fight against AIDS or in mental health...) and it has been proved that what is called Community Health by peers is the more efficient approach- and sometime the more disturbing. Could we develop a speech about Doulas adapted to decision makers around their beneficial impacts on society as a whole and then increase the Doulas fields of action ? In parallel, is it possible to introduce Doulas in a political approach without loosing their soul ?

**9.15am-10.30am : Workshops (on-line registration needed)**

**A- « *How to facilitate a red tent* » with Doulas de France team**

During this workshop , the Red Tent team will offer you to share on how to facilitate a red tent the space, the environment, how to welcome women experiences. Red tents are women gathering where they share their story in an intimate atmosphere. The red tent refers to an ancient tradition of women gathering in a dedicated place to celebrate the key stages in a woman's sexual life : puberty, pregnancy, births...

**10am-10.30am : Break (Homemade cakes will be on sale!)**

**10.30am-12.30am : Workshops (on-line registration needed)**

**A- « *Rebozo and Belly art* » with Solenn Minier et Doulas de France Team**

**B- « *Felling good in our body during pregnancy and postnatally* » with Agnès Aubry and Luciana Vidarte (practical workshop based on gentle exercises and positions, please wear comfortable clothes and bring a thick pair of socks)**

**C- *Red Tent* :** Red tents are women gathering where they share their story in an intimate atmosphere. The red tent refers to an ancient tradition of women gathering in a dedicated place to celebrate the key stages in a woman's sexual life : puberty, pregnancy, births...

**12.30-1.30pm : Lunch break**

**1.30pm-3.30pm : Workshops (on-line registration needed)**

**A- « *C-section : which support around the women and her partner for a C-section birth* » with Karine Baudoin ( copresident of Cesarine association) - Veronique Darmangeat ( lactation consultant )- Nadège Beauvois Temple (cofounder of Maman Blues**

Association) - **Christophe** ( Dad, member of the breastfeeding support group for dads  
**Papallaitants - Berengère Maillet** ( Doulas de France team)

**B- « Obstetrical violences in childbirth : mothers and babies experiences, consequences ».** Several guests to share upon this issue that more and more women express having faced. Guests and participants will share about what are violences (words, gestures, medicines used...) and the possible physical, physiological, psychological and emotional impacts on mother, child, father and on the structure of the new family. With **Marie-Hélène Lahaye** ( Jurist, birth advocate, Marie-accouche-là Blog) - **Danièle Rapoport** ( psychologist and president of the association Bien traitance, formation et recherche) - **Anne Loirette** (vice president of the association Timeo et les autres, forum bebectyo.org) - **Valerie Dupin** (Doulas de France team)

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**3.30pm-4pm : Break (Homemade cakes will be on sale!)**

**4pm-5.30pm :** Conference « **Understanding human mammals birth**» with **Michel Odent**.

Human birth has lots of similarities with other mammals birth but bears also differences. Let's study in our species the specific aspects of two vital organs : the placenta and the brain.

**5.30pm-6pm : Closing in songs** with **Virginie Bouffart** (association Si ça me chante)