

# SHEILA KITZINGER MBE

meet *the* experts

TIME	TOPIC
00:00	Introduction: Sheila Kitzinger
02:23	Homebirth: the making of an activist
02:44	Birth: the bridge to motherhood
03:39	Safety: homebirth, hospital and actively managed labour
04:54	Childbirth: ordeal to fear or challenge to enjoy?
05:44	Intervention: the interruption of natural labour
08:26	Intervention: the hidden costs to mother and baby
09:55	Homebirth: managing risk
11:28	Rediscovering natural birth: learning from traditional cultures
12:50	Perceptions of birth: the media and children

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TIME	TOPIC
13:54	Having a safe birth in hospital
15:30	Measuring progress in childbirth reform
15:57	Unnecessary intervention: the hidden costs
19:24	Caesarean section, bonding and motherhood: the value of support
21:08	Post Traumatic Stress Disorder (PTSD) and birth
22:12	PTSD after birth: contributing factors, effects and long-term consequences
23:33	Coping with PTSD after a disempowering birth
24:54	Rising caesarean rates and the fear of childbirth
26:25	Changing childbirth: the value of understanding the policy makers
27:53	Facing the pain of labour
28:53	The risks of being a passive patient in birth

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# MICHEL ODENT

meet *the* experts

TIME	TOPIC
00:00	Introduction: Michel Odent
00:51	The age of the (medically) safe caesarean
04:39	Rising caesarean and intervention rates: the personal and social implications
14:44	Assessing the personal cost of intervention in childbirth
22:15	Science vs Medicine: considering the long-term impacts of modern birthing practices
24:22	The best place to birth: honouring women's basic needs in labour

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# RICHARD PORTER

meet *the* experts

TIME	TOPIC
00:00	Introduction: Dr Richard Porter
00:29	Birthing out-of-hospital and against the trend
01:43	Appropriate care: the relationship between Obstetricians and Midwives
03:43	The role of the Obstetrician in birth
05:26	Rising caesarean rates and the impact of technology
07:28	Choosing caesarean: decisions and their influences
09:39	Changes: valuing choice for women in childbirth
11:23	Why women choose homebirth in Bath
14:46	Models of care: who gets involved in childbirth?

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# INA MAY GASKIN

meet *the* experts

TIME	TOPIC
00:00	Introduction: Ina May Gaskin
00:12	Eliminating midwifery in the USA: the consequences
01:01	Rising caesarean rates and the rise in maternal mortality in the USA
03:06	Maternal death rates in the USA
03:59	Maternal mortality: raising awareness to affect change
06:18	What women need to birth well
09:09	Modern medicine and the loss of essential knowledge about childbirth
14:34	Why women choose homebirth: emotional, mental and physical safety

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# INA MAY GASKIN

meet *the* experts

TIME	TOPIC
18:30	Safety and the impact of choice for mother and baby
21:24	Leading the world astray: US maternity policy and the fear of childbirth
24:45	Rediscovering the art of Midwifery: traditional wisdom informing modern practice
28:25	Maintaining balance in birth: the need for mutual respect
28:48	Midwifery at The Farm: philosophy, caesarean rates and outcomes
32:33	Media and the fear of childbirth
36:01	Natural Breech deliveries

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# ROBBIE DAVIS-FLOYD

meet *the* experts

TIME	TOPIC
00:00	Introduction: Robbie Davis-Floyd
01:58	Intervention and the caesarean: the state of childbirth in the USA today
07:12	The essential ingredients for natural, physiological birth
10:07	Rising caesarean rates in the USA: profit, power and the loss of obstetric skills
17:58	Rising caesarean rates and the increasing popularity of homebirth in the USA
20:20	Choice or cultural conditioning: homebirth, caesarean and the spectrum of choice
22:48	Safety: going beyond an alive baby and mother
24:54	New Zealand Maternity Services: the best quality care in the world
29:31	Why many women put up with mistreatment by maternity carers
31:55	How to transform birth within a society

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# HANNAH DAHLEN

meet *the* experts

TIME	TOPIC
00:00	Introduction: Hannah Dahlen
00:38	Fear of childbirth: intervention & the communication of risk
01:30	Safe childbirth: not just an alive mother and baby
02:36	Safety: the importance of holistic care
03:27	Continuity of care in childbirth
05:13	Hospital: the risk of intervention
06:38	How women choose where to give birth
07:50	The benefits of birthing in your own environment
09:46	Homebirth and safety: when things go wrong

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# HANNAH DAHLEN

meet *the* experts

TIME	TOPIC
11:32	The safety of homebirth: deconstructing politics and statistics
14:54	Making homebirth available to all women
16:30	Childbirth reform: the feminists are missing
18:06	Pain relief: rights, consequences and appropriate support
18:53	Improving outcomes for mother and baby
19:58	Public vs private homebirth: the value of choice

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# SALLY TRACY

meet *the* experts

TIME	TOPIC
00:00	Introduction: Sally Tracy
00:35	Vested interests and childbirth in Australia: the making of a researcher
01:11	Research goals: informing and empowering women
01:54	Modern birthing practices and their outcomes
03:02	The evidence: Obstetrics and normal childbirth
03:54	Medicine, control and maternity reform: Australia vs New Zealand
06:26	Making information about birth accessible
07:26	Research: <i>Continuity of care in hospital</i> and <i>Evaluating midwifery-led birthing units</i>
09:46	Maternity care in New Zealand: empowering women through choice

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# SALLY TRACY

meet *the* experts

TIME	TOPIC
11:16	Research findings and neonates: the hidden cost of unnecessary intervention
14:31	Caesarean section: rescue operation or normal way to give birth?
15:59	Homebirth in Australia: demonising the unknown
16:51	Unnecessary intervention: draining the public purse
17:49	High levels of intervention: saving women or misunderstanding birth?
20:46	Research: proving intervention rates unjustified
22:23	The financial cost of birth: hospital vs the home
24:14	Vested interest, control and the way forward

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# RHEA DEMPSEY

meet *the* experts

TIME	TOPIC
00:00	Introduction: Rhea Dempsey
00:24	Modern culture and women's desire to birth naturally
01:36	Birthing naturally within a culture of fear
02:56	Natural, physiological childbirth and the hospital: the impact of institutional protocol on the individual
04:11	Homebirth: finding the balance between comfort and safety
05:27	Fathers and childbirth: the introduction of partners in labor
07:26	Fathers and childbirth: involvement and intervention rates
10:14	Managing pain: supporting women to deliver naturally
11:28	Managing the 'Crisis of Confidence' in labour

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# RHEA DEMPSEY

meet *the* experts

TIME	TOPIC
12:55	Crisis of confidence: the beginning of empowerment
17:02	Caught unprepared for the pain of labour: the consequences
18:27	Building a support team for normal, physiological childbirth
23:04	Facilitating natural birth: bringing together old wisdom and new possibilities
24:28	Overcoming negative acculturation and fear of childbirth
25:56	The 'Labor-Bypass Era'
27:16	The value of normal, physiological childbirth: looking beyond a live baby
29:59	Natural birth as a template for or right-of-passage into empowered parenting
32:02	The transformative power of natural birth

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