



BIRTHING HANDS of DC *presents*

Workshop Series: Chinese Medical Perspectives on Pregnancy, Labor and Postpartum Care

[Class I: February 4](#)

Pregnancy and Labor from a Chinese Medical Perspective [more information](#)

[Class II: March 10](#)

Postpartum Care from a Chinese Medical Perspective [more information](#)

Location: All classes 9:00 am – 1:00 pm at [Emergence Community Arts Collective](#), 733 Euclid Street, NW, Washington, DC 20010

Instructor: **Diane Gioioso** *Certified by National Council of Colleges of Acupuncture and Oriental Medicine (NCCAOM) as a Diplomat in Acupuncture*

\$80 per class, \$140 for both classes. **Register at** <http://bhdc-tcm-2012.eventbrite.com>

Class Details:

[Class I: February 4](#)

Pregnancy and Labor from a Chinese Medical Perspective

Who Should Attend?

Class will be of special interest to doulas, midwives and their assistants massage therapists, other birth care service professionals. These topics will also be of interest to soon-to-be expectant mothers, and expectant mothers and their husbands/partners.

What Will Be Covered?

Gynecology and Obstetrics have been considered specialties within Chinese medicine with their own special considerations for 1400 years.

This class will begin with an overview of present Female physiology from a Chinese medical perspective.

This class draws from the Chinese midwifery tradition to address common problems experienced during pregnancy and labor. It includes an overview of the month to month progression of the pregnancy and ways a woman can stay healthy as she provides the matrix for an unfolding life. There will be discussion of discomforts and problems which arise in pregnancy and how to resolve these. The class will also look at "fetal education", the attitudes and behavior which are encouraged of a woman to have a happy baby.

We will look at effective acupressure protocols for stages of labor and birth. We will explore basic acupressure techniques and points to use during childbirth and afterward to aid your recovery. We will learn when and how to use these points to help reduce pain, speed delivery and reduce fatigue

The tools of change will be lifestyle and dietary recommendations, acupressure and stones. This a great class to gain a different perspective on the common place problems your clients bring to you and help them to have a healthy pregnancy and easy delivery!

Register at <http://bhdc-tcm-2012.eventbrite.com>

Class II: March 10

Postpartum Care from a Chinese Medical Perspective

Who Should Attend?

Class will be of special interest to birth and postpartum doulas, midwives and their assistants, and other birth care service professionals. These topics will also be of interest to soon-to-be expectant mothers, expectant mothers, and mothers in their first year post-partum and their husbands/partners.

What Will Be Covered?

The three months after a woman gave birth in classical China was considered a critical time of restoration for her health for the rest of her life. Ideally, great care was given to the mother and to promote the bonding of mother and infant during what were regarded as "last stage" of a pregnancy.

This class gives ways to support a woman body in the immediate stages after birth and next few months. "Mother roasting" and moxabustion techniques will be presented to close the uterus and create a proper environment for a reestablishment of fertility. Breastfeeding issues will be addressed through acupressure and medicinal foods. External application of herbs and oils will be taught to help heal scars and tears. Traditional restorative recipes will be given to help with common imbalances and symptoms. This class will also give a framework for the alchemical changes that occur in a woman after birth and how to encourage a woman to embrace this new self.

The tools of change will be lifestyle changes, delicious recipes and dietary recommendations, acupressure and external application of Chinese herbs and essential oils. This is a great class which will add new tools for postpartum care for a healthier mother and family.

About Your Instructor:

Diane Gioioso *Certified by National Council of Colleges of Acupuncture and Oriental Medicine (NCCAOM) as a Diplomat in Acupuncture*

Diane Gioioso has studied and practiced acupuncture and Chinese herbal medicine for the last 10 years. She holds a Master of Acupuncture degree and Certificate in Chinese Herbal Studies from the Academy for Five Element Acupuncture. She has been a student of Jeffrey Yeun for 10 years, completing certificates in advanced acupuncture and essential oils. She has taught acupuncture and herbal medicine at TAI Sophia. Her interest in Women's Health led her to teach on the topic of women's health to acupuncturists and birth workers. She has a special interest in how Chinese medicine can improve women's health through the life cycle, with a concentration on fertility and peri-partum care. Diane has a family practice in Columbia, MD, and is the mother of a lovely five year old.

Register at <http://bhdc-tcm-2012.eventbrite.com>
