

This is our Midwifery Curriculum that is used in our Birthkeepers Cohort.
Upon entering the Cohort you will receive our complete Quantum Midwifery Curriculum.

This curriculum was originally intended as a two-year program.
You will receive the complete curriculum once enrolled in the one-year Birthkeepers Cohort

How is the curriculum set up?

The course is completely on-line and is comprised of 10 Modules.

Each Module is dedicated to a specific aspect of Birth.

Module 1 – A&P and Beginning Studies

Module 2 – Holistic Pregnancy and Prenatal Care

Module 3 – Holistic Pregnancy and Prenatal Care

Module 4 – Variations of Normal and Complications

Module 5 – The Fetus/Assessing Wellbeing

Module 6 – Holistic Birth

Module 7 – Holistic Birth

Module 8 – Variations and Complications of Birth

Module 9 – Immediate Postpartum and Breastfeeding

Module 10 – Holistic Postpartum and the Newborn

**Each Module is a window into birth and midwifery...
and has four different topics.**

- **Academics**
- **The Practice of Holistic Midwifery**
- **Homeopathy and Healing Modalities**
- **Wisdomkeeping**

Each of the four topics has numerous Lessons including videos.

- **Academics**

Includes between 8 – 18 Comprehensive Lessons per Module –
topics such as the Heart, the Physiology of Birth, Variations of Normal,
Cardinal Movements of Labor, Recognizing and Handling Hemorrhage...

- **The Practice of Holistic Midwifery**

Includes 2 – 6 Lessons per Module –

topics like Risk Screening, Quantum Midwifery, Standards of Holistic Care,
Equipment and Skills, The Initial Interview...

- **Homeopathy and Complimentary Modalities**

Includes 3 – 6 Lessons per Module –

and our goal is that you Graduate with the ability to practice
Homeopathy for Emergencies and for the entire Childbirth Continuum.

- **Wisdomkeeping**

Includes 2 – 6 Lessons per Module – topics such as

Brainwave Patterns, Altered States of Consciousness, Self-Care Practices,
Using Power Wisely, Holding Transformation in Your Community, Intuitive Journaling...

At the bottom of this document you will find the curriculum for the first three Modules.

What are the Costs of This Program:

At this time we are offering this Birthkeepers Mentorship Program at an introductory cost of \$3,300 USD

This includes all the Modules and lifetime access to all the information including:
200 videos on nearly all topics of importance to a midwife.

We believe that The Matrona Quantum Midwifery Curriculum is accessible and affordable considering the quality of the education, the amount of unique content and the cost of other comparable programs.

We do not offer financial aid/scholarships.

The course is created as a Web, the Feminine structure, and everything fits together as a living tapestry of midwifery and birth knowledge.

Each topic connects to the other so that when we talk about the Heart, we talk about the A&P of the Cardiovascular System but we also discuss the wisdom and intelligence the heart. Blood pressure is really about the pressure waves generated by the heart that create a continuous dialogue with every cell in the body.

With that underlying wisdom, we check blood pressure to hear that dialogue...and now the practice of midwifery integrates physiology with wisdom.

The heart is so much more than a pump and ultimately a pregnant woman becomes more than a client to us and our heartfelt dialogue with her is connected and deep.

A Word From Whapio

I began teaching about birth and midwifery in 1995, after a three year apprenticeship in the early 80s and 15 years of practice as an Independent Midwife.

In 2001, after 20 years of practice, I created an entry-level midwifery course, The Matrona Midwifery Program, that contained all the things I felt were necessary and important to know as a midwife. This is the program I wished were available when I was first studying midwifery.

It offers a merging of academic and intuitive studies, it promotes instinctual birth and fosters returning birth to the family and it values the consciousness of birth as a matrix for practice.

This program is for anyone who wants to study and practice with that approach.

In my 40 years as a midwife I have always been an Independent Midwife. My allegiance has always been first to the families I have served and, while I honor and respect all paths to midwifery, I have never felt the call to be licensed or to become a CPM (Certified Professional Midwife) or CNM (Certified Nurse Midwife).

What I bring to birth is years of self-study and reading textbooks...the skills I learned from my teachers including my 3-year apprenticeship, conferences, classes, a month in a busy birthing center in Texas... and the experience of attending close to 500 families.

What I bring to birth is that in my 20 years of active practice with nearly 500 average healthy women I saw very few complications. This fact underscores that The Matrona approach to birth and the Quantum model of care with average healthy women is unique and seemingly successful.

And more importantly, I bring to birth the collective wisdom of these 500 families upon whose knowledge and wisdom I stand and who taught me how women give birth when they are in their instinctual power and are accompanied and witnessed by an invested midwife/caregiver.

All of this, all of what I have learned from books and teachers and all of the wisdom of self-directed families is what I am offering in this program.

Who is this program designed for?

This program is for anyone embarking on the path of midwifery and aspiring to attend women and families in Instinctual and Undisturbed Birth.

- We are aware that many CNM students who have a university-type education and have not had the benefit of a holistic and more conscious approach can well benefit from the Matrona approach. We use the CNM text book in our program and we strive to understand clinical information and reframe it into a holistic paradigm.
- We also know that many CPM programs lack the intuitive, more conscious approach and we offer it here.

- I mentioned that there are different paths to midwifery.

Many women believe that the choice is whether to become a CNM, a CPM or a Licensed Midwife and do not realize that there is another route.

There is the route of the Independent Midwife.

No longer do you need to choose between becoming a midwife in the system or not being able to lawfully practice.

Our US constitution guarantees citizens the right to lawfully offer their goods and services to the private sector through a Private Membership Association.

Many doctors practice outside the legal system through this constitutional provision as do midwives and other healthcare practitioners. This also includes fellow citizens who are not health caregivers to sell their wares...unpasteurized milk, raw honey etc...to the private sector. The bottom line is that you may lawfully practice as an

Independent Midwife, outside of the legal system, upheld by the law, through a private relationship with clients.

A few of our graduates and students are currently practicing successfully and lawfully as Independent Midwives. You can too!

- Many doulas and birth attendants want a midwifery education to better serve their families. Understanding what is in the mind of the clinical/medical caregiver can give women attending families a place to become a Childbirth Consultant and advise families from a neutral point of view. A thorough, well balanced midwifery education will give you the much of the physiologic information that a midwife or a doctor may have and allow you to understand birth from their perspective.

Doulas, Childbirth Consultants and birth attendants can also create their own Private Membership Associations and practice lawfully as they choose to expand their role in birth and birthing options for families.

- Over the years we have had many people from other healing professions...therapists, herbalists, educators etc...take our program to better understand organic birth in a holistic construct and to better facilitate their practice.

- Mothers, free birthing women, aspiring birth attendants of any kind could be served by a midwifery education that has all the clinical textbook physiology and the undergirding of the holistic matrix. Women have taken the Matrona Midwifery program because they wanted an organic, authentic understanding of birth in which to birth their own babies.

Anyone who wants a physiologic understanding of birth seen through the lens of consciousness is welcome to this program.

What is exactly in each Module?

Each Topic in each Module has:

- Reading material...some from Whapio, some from other authors
 - Notes that Whapio has written
 - Reading assignments from Texts and other books
- Videos lectures by Whapio on many topics...academics, homeopathy, consciousness practices...
- Links to follow for internet information on a myriad of relevant topics

- Case studies
- Quizzes

On page 12 of this document you will find the curriculum for the first three Modules.

I am happy to open one of the Modules for you to look at for a few days before you commit to the Program.

Wonderful things about this course:

- This is a well thought-out and comprehensive Midwifery Equivalent Education. It is comprehensive in academics and has a solid homeopathy component. It also has lessons that translate academic knowledge into a holistic approach rather than the typical clinical/medical approach and it offers lessons on the wise lifestyle of a midwife. You shouldn't need to take another extensive program as this program should fit your basic entry-level educational requirements.
- This program is unique in that it offers numerous videos throughout. Many of the Lessons have textbook reading and a video by Whapio explaining the salient points of the topic. Video makes for more interesting learning and you will always have these videos to watch over and over again.
- Many of the videos are from former classes so you won't feel so lonely and the material won't get stale. Sometimes on-line courses create a feeling of isolation. There's much less chance of that as you are invited to imagine yourself in each class. Also, much of the material is repeated but it is always with a different class so the perspective is always slightly different and new things are brought up in every video even if it's the same basic material.
 - When you purchase this course you will receive ALL the Modules at the beginning. You will have access to everything the course offers and you may want to hop around to different Modules or go from Module 1 to 10. You'll always be able to look up various topics for information or review.
 - You can work at your own pace. You can take summers off or work straight through. You can finish one Module and take a month off. It's up to you to create the schedule that works for you.
- Having said that, I want you to be happy with the program and know what you are getting. I am happy to open a Module for you for a few days so you can see exactly how the Lessons look. You can watch the videos and get a feel for the course. You can see how our Ruzuku platform works. You can tell if you want to participate or not.

What The Matrona purports to do is celebrate and facilitate the instinctual responses of women to their childbirth experience and educate midwives to celebrate and facilitate these paradigm-changing women. If that appeals to you, then we welcome you to The Matrona.

Other things to know about our Midwifery course.

- It's on-line...so we are looking for self-directed people.
 - There's lots of reading...text books, Anne Frye's Holistic Midwifery, specifically for Pregnancy and Prenatal Care, Varney's Midwifery for birth and postpartum and other authors like Rixa Freeze and texts like Human Labor and Birth as we go along.
 - We have about 15 – 25 hours of video per each Module. The videos are of Whapio, explaining the work (like the A&P of the Kidneys or Labwork etc...) and some are classroom lectures about things like using power wisely, nurturing, healing wounds etc... We also have some wonderful videos with Tolewa discussing her practice as a busy midwife.
- There is a comprehensive homeopathy course that can enhance your practice 100%.
 - There are numerous videos and discussions on Altered States of

Consciousness, Mystical Intelligence, Ideas vs Ideologies, the Art of What is Occurring, Instinctual birth, Holding Transformation in Community, Healing Wounds, a Quantum Paradigm, Using Power Wisely, Consciousness Practices for self-care and health, Dispelling Fear, Fathers/Partners as the Archangel and perfect advocate...

- There is NOT a lot of written homework or papers to be handed in and no one is looking over your shoulder. We rather that you keep a continuous Journal of the course, as both an intuitive and historical record of your journey and path to midwifery. Questions will be posed, reflections will be encouraged. Your Journal is your history for the next two years.

We prefer that you spend your time reading, journaling, creating 5 minute oral presentations and watching videos (more than once if necessary as they are companions to the reading assignments) rather than writing homework assignments.

- As a self-directed program there is no turning in of assignments, grading of work or feedback on your academic progress.

How will I know if I am getting the material?

What if I don't understand something?

I understand that sometimes reading a text can be hard to understand so I have put in this course more than 200 videos explaining various topics, the majority of which are at least hour-long. You have the option of going over the material numerous times and each Module may repeat important information and the salient points. There are also numerous internet resources, especially Khan Academy, that can explain concepts and enhance your learning on specific topics.

Our Platforms:

Ruzuku is platform we use for the course.

We also have a Mighty Network dedicated to the Cohort to provide options for students to connect, ask questions, create a study group and share information.

- We focus on what is relevant so there are no classes on algebra but there is one on the Sacred Geometry of the Pelvis.
- Graduation requirements are simple: you have completed the Modules and you will have created a complete Childbirth Education Program, ready to be presented in your community. We feel that if you know what pregnant women and families want and can teach it to them then you have distilled the essence of this course.

Then, you will graduate ready to offer services to your community.

More on our Philosophy:

Birth is not about midwifery.

But it seems that midwifery is very much about birth.

Birth is about LIFE therefore LIFE is what the midwife studies.

At The Matrona you will learn the practical and didactic skills of midwifery but you will learn much more than academics.

You will learn the life skills that weave through the life of a midwife and the life of the pregnant family...

You'll learn to use your power wisely and to communicate on a deep soul level.

You'll learn to heal your wounds gracefully and facilitate that healing in others.

You will learn the skills of holding transformation for your families and your community.

You will learn homeopathy...the medicine the future.

You will learn mediation and conflict resolution skills... an incredible resource for reducing complications.

You'll learn self-care consciousness practices

that elevate spirit and soul.
We invite you to visit our Philosophy section on our Matrona website
and see the myriad of Wisdomkeeping skills we feel are vital
to the midwife of the new millennium.

You'll receive a diploma in Holistic Midwifery from The Matrona.

You'll have the knowledge, skills and wisdom
that no one can ever take away from you.

You will be confident, competent, compassionate and caring.

If you desire to be a midwife, The Matrona Midwifery Program
can be an important and integral component of your journey.

What are the Costs?:

At this time we are offering this Holistic Midwifery Program at an
introductory cost of \$3,300.

This includes all the Modules and lifetime access to all the information including
200 videos on nearly all topics of importance to a midwife. It also includes live zoom sessions each month with
Whapio,
Shaonna and Jess.

This is my lifework as an experienced Elder Midwife.

I believe that The Matrona Holistic Midwifery program is accessible and
affordable considering the quality of the education that is offered and I am honored
to offer this work to the larger community.

At The Matrona we do not offer a payment plan.

We are, by choice, a small business and payment plans are not feasible for us.

We prefer that you make your payments through another source.

To register:

If you would like to register for this program, fill out the application and email it to us.
You will also schedule a phone chat with Whapio to see if this program is the right fit for you.

After we receive your application Whapio will be in touch to welcome you to the
program or schedule a phone interview if you haven't yet spoken.

What you will receive at the completion of the program:

At the completion of the program you will receive three certificates:

- A Diploma in Holistic Midwifery from The Matrona
- Certification as a Professional Childbirth Consultant.

This certificate allows you to enter the field of birth as a consultant immediately
upon finishing the course. You will have a thorough entry level diploma in
Holistic Midwifery upon which to base your consulting and you will have a
Childbirth Ed course ready to offer to pregnant families.

- Certification as a Holistic Doula. You can also offer services as a Holistic Doula
as you go through your apprenticeship and you will be equipped to teach classes
on a myriad of topics relating to birth.

What our program does not offer:

- We do not offer any hands-on birthing experience as part of the Diploma
program. We learn basic midwifery skills throughout the course (taking BP,
palpation, prenatal testing, neo-natal resuscitation etc...) and we suggest an
apprenticeship to refine those skills and receive birthing experience.
- We are not MEAC accredited. We claim autonomy with our curriculum and want
to offer aspiring midwives an alternative to a university-style education.
- As stated above, we do not offer direct feedback on lessons and the actual work of the course.
We support your ability to find answers and recommend Khan Academy and
other internet sources as an excellent starting point for more explanation of academic material.
You can connect with other students and share classwork and questions with each
other through our Connection and Communication Module.

If you choose to add mentoring be aware that it is geared toward processing your
movement through midwifery and birth and is focused on your experiences with
all the material rather than on answers to specific academic questions.

Frequently Asked Questions:

What if I don't finish in two years?

You can have more time (up to three years), assuming you are serious about the program and intend to finish. We'll consult and find the best way for you to continue and receive your diploma.

Are there any scholarships?

There are no open scholarships at this time.

Are there any payment plans?

We do not offer financial aid/scholarships at this time.

While you will find the price of the program (\$3,200) far below what other programs are charging, you will receive an enormous amount of information and videos included in this program.

We give you all the material and course modules and still keep our prices low and affordable.

We do not offer work trade options at this time, because it is not a sustainable option for our organization.

We offer a comprehensive program like none other and we are seeking serious students to enter midwifery.

If you feel ready to take this program we welcome you and we expect that you are ready to purchase your text books and to make the financial investment to start the program.

Can I get a CPM or license through this program?

As of right now, you may use this program for the PEP process of becoming a CPM, however the PEP process may be changing in 2020.

You may also find an apprenticeship at birthing centers that are CPM preparatory and get your CPM through that program. Maternidad la Luz, in El Paso, TX, is one of those programs.

Most licensing boards will not recognize this style of education so, if licensing is a preference, you may wish to apprentice with a place like Maternidad and receive your CPM prep there.

The Birthkeepers Cohort and Independent Practice

We believe that women and families desire the care and services of Independent Midwives who focus on instinctual and undisturbed birth.

Our diploma program offers the requisite knowledge to support entry-level midwifery caregiving. We strongly suggest that after completion of the program each graduate receive hands-on experience in birthing skills and the practice of midwifery. We recommend an apprenticeship at either a birthing center or in a private midwifery practice.

We do offer information and classes about a PMA (Private Membership Association) which allows Independent Midwives to lawfully practice, without a license, directly to the private sector of the population.

Upon completion of an apprenticeship, you may decide to become a CPM or open a PMA (Private Membership Association) as an Independent Midwife which will allow you to practice directly to the private sector.

How will I get an apprenticeship or hands-on learning?

We cannot find an apprenticeship for you but as part of connecting with other students you will look at various paths to apprenticeship and practice.

Some of our practicing graduates have attended Maternidad La Luz and have received their CPM, and subsequent state licensing, as a result of apprenticing there and taking the necessary exams after their apprenticeship.

There are also other options for apprenticeship and you have the ability to become an Independent Midwife, a CPM or a Licensed Midwife or all three.

And, you may create your PMA at any time regardless of certifications or diplomas although most midwives prefer to have some credentialing from a school or program along with an apprenticeship.

We have never had a student not be able to find an apprenticeship.

What if I don't want to stay in the program and I have paid my fee?

You have a week to work with the program. If you decide this is not what you are looking for, we refund your money. After the first week, there are no further refunds.

What if I am a midwife and do not need a full-on basic entry level course but would like to have access to the Wisdomkeeping section or the Homeopathic Course? Can I purchase Modules or Lessons without being in the program? Not at this time but that will be an option in the future. Look for that possibility in 2022.

**Here is our curriculum for the first few Modules
and a break-down of how the course unfolds.**

Module 1

Academics:

- An asterisk * before a Lesson indicates an video accompanies the Lesson
- *The Language of Anatomy: General Overview of Body Systems
 - Terminology and Vocabulary
 - A Bit of Bio-Chemistry: Alchemy in Practice
 - *Ode to the Pelvis: Pelvic Structure and Pelvimetry
 - *Pregnancy Nomenclature and Calculating the EDB
 - *The Sacred Geometry of the Pelvis and the Female Reproductive System
 - *The Endocrine System
 - Hormones as Messengers
 - Q&A – Questions and Answers Study Guide
 - The Practice of Holistic Midwifery:
 - *Evolving Models of Care
 - Caregiving, Caregivers and Midwives
 - *The Caregivers Spiral
 - *The Quantum Paradigm...and Beyond
 - Homeopathy and Complimentary Healing Modalities:
 - Homeopathy and Healing Modalities
 - *The Roots of Western Medicine
 - *Principles and Practice in Homeopathy
 - Wisdomkeeping:
 - *The Relevance of Consciousness Practices
 - *Quantum Connectedness
 - Intuition and Soul-Level Connection
 - *Tapping the Glands

Module 2

Academics:

- *The Amazing Kidney and Urinary System
- Cycles and Hormones of the Reproductive System
- *23 in the Back Pocket: Conception and Fertilization
 - *Labwork and Testing
- The Physiology of First Trimester
 - *The Intelligence of the Heart
- *The A&P of the Heart, Vessels and Blood
 - The CBC: the Complete Blood Count
 - *Placenta: the Baby's Advocate
 - Q&A – Study Guide
- The Practice of Holistic Midwifery:
 - *The Circle of Nurturing
- *First Contact and the Initial Interview
 - *Records and Charting
- Articles and Books of Note
- Homeopathy and Healing:
 - Sandra Perko's Advice to the Modern Pregnant Woman
- *Two Archetypal Women's Remedies: Pulsatilla and Sepia
 - *Principles and Practice: Part II
 - Wisdomkeeping:
 - *The Pineal Gland
- *Brain Waves and Altered states of Consciousness
 - *Parthenogenesis and Receiving the Light
 - *Yoga Poses of the Day

Module 3

Academics:

- *Blood Types and Rh Factor
- *Communicating About the Baby in Utero

- *The Physiology of Second Trimester
 - The Liver and the Digestive System
 - *The Birth Atlas
- *The Physiology of Third Trimester
 - How Pregnancy Impacts Maternal A&P and Nutrition in Pregnancy
 - *Physiologic Adaptation to Pregnancy
- *Physiologic Adaptation – Part II and the Carbohydrate Metabolism Shift
 - Q&A – Study Guide/Case Studies
 - The Practice of Holistic Midwifery:
 - *Why I am a Midwife
- *Regular Prenatal Care: Presence in Practice
 - *The Power of the Question
 - *The Art of Palpation
- *Birth Politics: Risk Screening and the Nocebo Effect
 - Homeopathy and Healing:
 - *Using a Materia Medica and a Repertory
 - Casetaking with Miranda Castro and Whapio
 - Revisiting the Wise Woman Tradition
- *Caulophyllum and Cimicifuga: Two Birthing Remedies
 - *Homeopathy for Emergencies – Part I
- *Homeopathy for Morning Sickness and other Concerns
 - Wisdomkeeping:
 - *Understanding Everything on the Planet
- *Woundology: the Study of our Wounds – Part I
 - *Woundology – Part II
 - *The Birth Wound

How the Course Unfolds:

Throughout the first three Modules we focus on A&P and normal Pregnancy. We use Anne Frye’s amazing tomes... ‘Holistic Midwifery’ and ‘Understanding Diagnostic Tests’ and most of our reading is pulled from these books. We set the stage for Undisturbed Pregnancy and Instinctual Birth throughout The Practice of Midwifery lessons.

We delve into serious homeopathy and some casetaking.

We use numerous videos from former class lectures to accompany the academic reading and the videos in Wisdomkeeping and the Practice of Midwifery are meant to offer thought-provoking topics for journaling.

In Module 4 we look at variations of normal in pregnancy and we discuss complications such as PIH, Diabetes, Miscarriage, Infections etc.

In Module 5 we focus on fetal wellbeing and fetal assessment. We learn to auscultate FHTs and endeavor to understand the wealth of fetal testing.

We finish up pregnancy and prenatal care.

In Module 6 we begin our study of birth and the process of normal labor. We switch from Frye to Varney’s ‘Midwifery’ and ‘Human Labor and Birth’ and we read these texts for information, not approach.

In our Practice of Midwifery Lessons we discuss the holistic approach and how to reframe the information from the texts.

Throughout all the Modules we weave homeopathy and other complimentary healing modalities into the academic Lessons.

We begin our work with Mediation and Conflict Resolution and we work with Intuitive Studies throughout the rest of the Modules.

In Module 7 we continue to look at variations of normal in the birthing realm and in Module 8 we discuss complications of birth and reasons to transport.

In Module 9 we finish birth and begin the immediate postpartum and breastfeeding and in Module 10 we study Postpartum Physiology, Postpartum Psychology, the Normal Newborn, Complications of the newborn and Concerns of Breastfeeding.