

99 Parker Ridge Road
Palmer, TX 75152

Anna Marie Nelson
Certified Doula(DONA)
Licensed Massage Therapist
Lamaze Certified Childbirth Educator
Certified Breastfeeding Educator
Certified Teacher

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www.ProfessionalDoula.com

Voted "Best Doula in Dallas" 2007, 2006, & 2005 ~DallasChild Magazine

EDUCATION

- Supporting Teens During the Childbearing Year: Lamaze International, Plano, TX
Terri Shilling, MS, CD(DONA), IBCLC, LCCE
October 2008
- Controversies in Breastfeeding: Nipple confusion, Supplementing Formula, Premature Babies: LLL Conference, Irving, TX
Jack Newman, MD, foremost breastfeeding expert in N. America, author of *The Ultimate Breastfeeding Book of Answers*
July 2008
- Using Medications in Breastfeeding Mothers: La Leche League Conference, Irving, TX
Thomas Hale, Ph. D., author of *Medications and Mothers' Milk*
July 2008
- Special Topics in Maternity Care: Austin, TX
Penny Simkin, PT
January 2006
- When [sexual abuse] Survivors Give Birth: Austin, TX
Penny Simkin, PT
January 2006
- Infant/Child/Adult CPR Certification: Dallas, TX
Dallas Association for Parent Education
January 2006
- First Aid Certification: Dallas, TX
Dallas Association for Parent Education
January 2006
- Lamaze Philosophy of Birth: Dallas, TX
Lamaze International Continuing Education Program
January 2005
- Mission Possible: A World of Confident Women Choosing Normal Birth: Dallas, TX
Lamaze International Continuing Education Program
December 2004
- Certified Doula(DONA): Dallas, TX
Certified Birth Doula by DONA International
November 2004
- Lamaze Labor Support Specialist: Ft Worth, TX
Presented by Jeanne Green, LCCE, CD(DONA)
November 2004
- Lamaze Breastfeeding Support Specialist: Dallas, TX
Presented by Jeanette Crenshaw, MSN, RN, IBCLC, LCCE & Judy Lothian RN, PhD, LCCE, FACCE
November 2004
- Advanced Breastfeeding Training: International Lactation Consultant Association, Dallas, TX
Presented by Barbara Wilson-Clay, BSEd, IBCLC
September 2004
- Certified Breastfeeding Educator: Principles of Lactation Mgmt. (Phase I), Lactation Counseling & Problem Solving (Phase II)—Dallas, TX; Clinical Assessment of Lactation Research & Policies (Phase III)—Austin, TX; TX Dept. of Health
June-July 2004
- Lamaze Certified Childbirth Educator: Dallas, TX
Certified by Lamaze International as a Childbirth Educator. Commended score (>90%) on final exam
June 2004
- Rebozo Skills Training: Dallas, TX
Presented by Jeanne Green, LCCE, CD (DONA) & Linda Worzer, BME, IBCLC, CD (DONA)
March 2004
- Advanced Doula Training: Austin, TX
Presented by Debra Pascali-Bonari, DONA-Approved Doula Trainer, Director/Producer of *Orgasmic Birth*
November 2003
- Massage Doula Network: Bakersfield, CA
Certified Massage Doula, Certified in Pregnancy, Labor, Postpartum, and Infant Massage
May 2003

- Hands On Therapy Massage School: Mesquite, TX
Licensed Massage Therapist, TX State Dept. of Health Registration #44820
May 2003; GPA: 4.00/4.00
- Texas A & M University/Region 10: Texas Teacher Certification, Mesquite, TX
Generic Special Education (Grades PreK-12), Elementary Self-Contained (Grades 1-8)
May 1998; GPA: 3.66/4.00
- Oklahoma State University: Stillwater, OK
Bachelor of Science
Graduated May 1986; GPA: 3.41/4.00

EXPERIENCE

- Certified Birth Doula, Postpartum Doula & Licensed Massage Therapist: Self-employed as a birth and postpartum doula. Also provide expertise breastfeeding education and newborn care. Have well over 150 hospital, birth center, and home births as a doula. Specialize in VBAC, natural birth, and assisting women who have been sexually abused. Certified in and perform pregnancy, postpartum, and infant massage.
May 2003 through Present
- Speaker/Educator: Conduct training on labor and birth, pregnancy massage, infant massage, and breastfeeding at Babies 'R' Us, Mesquite, TX; and for *Pregnant Women Nursing Mothers and Families*, a non-profit organization, Waxahachie, TX.
February 2004 through Present
- Special Education Teacher: Turner Middle School, Waxahachie Independent School District, Waxahachie, TX. Taught 6th Grade resource reading using the Creative Education Institute's Essential Learning System.
August 2001 through August 2002
- Humorous Columnist: Wrote for *The Waxahachie Daily Light* and *The Midlothian Mirror*. Wrote a weekly humorous column concerning the realities of everyday life. The column was comparable to a modern-day Erma Bombeck pragmatic outlook with an Andy Rooney satirical edge. Also contracted for interviewing and writing articles of local interest.
October 1999 through January 2001
- Special Education Teacher: Ennis & Waxahachie Independent School District, Ennis & Waxahachie, TX
Taught 9th-12th Grades; English and math. Taught 6th Grade; English, reading, and math.
February 1997 through May 1999, August 2001 through May 2002

PROFESSIONAL MEMBERSHIPS

- DONA International
- Lamaze International
- La Leche League International
- Dallas Doula Network
- Lamaze DFW Association
- Golden Key National Honor Society, Lifetime Member

PUBLICATIONS

- *International Doula*, pending publication March 2009; Submitted an article on the benefits of not circumcising, basing the facts on evidence-based information rather than social conformity.
- *BabyDallas*, Spring/Summer 2008, *5 Minutes with a Doula*; Wrote a short article explaining what a doula is, the benefits of having a doula, and debunking the myth that doulas are only for moms wanting an unmedicated birth.
- *Benefits of Breastfeeding*, March 2006; Compiled a comprehensive list of the benefits of breastfeeding from numerous national and international publications.
- *Journal of Perinatal Education*, Fall 2005, Letter to the Editor; Voiced concerns over Lamaze Certified Childbirth Educators (LCCE's) not being able to teach the Lamaze Philosophy of Birth, the six Lamaze Position Papers, and evidence-based care in many hospital settings.
- *Journal of Perinatal Education*, Spring 2005, Letter to the Editor; Voiced concerns about Lamaze endorsing hospitals that restrict their LCCE's from teaching evidence-based care practices, and which implement restrictive policies that do not encourage normal birth, such as not allowing birth balls, confining women to bed, using constant fetal monitoring, not allowing showers or baths, and having an unwritten but understood "no-doula policy."

HONORS

- Named "Best Doula in Dallas", *DallasChild Magazine*, 2007, 2006, 2005
- Received one of five Lamaze International scholarships, Summer 2005
- Selected to participate in a Professional Evaluation Study for a name brand hospital-grade breastpump, Fall 2004
- Featured as a Doula on KTVT, Channel 11 with Health Reporter, Dr. Mona, May 2004
- Steve Ray Memorial Scholarship, Oklahoma State University, 1985-86
- Dean's Honor Roll, Oklahoma State University, Stillwater, Oklahoma, 1985-86
- National Dean's List, 1984-85
- President's Honor Roll, Oklahoma State University, Oklahoma City, Oklahoma, 1984
- Dean's Honor Roll, Oklahoma State University, Oklahoma City, Oklahoma, 1983
- Freshman Honor Society, The University of Oklahoma, 1982
- University Scholar Achievement Award Scholarship, The University of Oklahoma, 1982