

Kicki Hansard

F-mail: kicki@birthbliss.co.uk

EDUCATION

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|-------------------|--|------|
| • Open University | BSc Open – Psychology, Sociology and Counselling | 2011 |
| • City & Guilds | PTTLS – Teacher Training Certificate | 2009 |
| • Open University | Certificate in Social Science | 2007 |
| • SNHS | Certificate in Professional Relaxation Therapy | 2004 |

SHORT COURSES (Coursera)

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|------------------------|---|------|
| • Princeton University | Buddhism and Modern Psychology | 2014 |
| • Duke University | A Beginner's Guide to Irrational Behavior | 2014 |

TRAINING UNDERTAKEN

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| • BOND | Doula UK approved birth and postnatal doula course | 2002 |
| • Doula UK Study Day | Dilemmas of Being a Doula, Breastfeeding and Exploring Emotions | 2004 |
| • Doula UK Study Day | Seminar "A celebration to the womb" with Ina May Gaskin and Yehudi Gordon | 2004 |
| • Birth Crisis | Workshop with Sheila and Celia Kitzinger | 2004 |
| • Doula UK Study Day | Frederick Leboyer, Reflexology, Rebozo, Birthball & Maya Womb Massage | 2005 |
| • Nurturing Birth | Study Day with Penny Simkin | 2007 |
| • Profylaxgruppen | Study Day with Anna Wilsby (Stockholm) | |
| • Doula UK Study Day | Jack Newman Study Day on Infant Feeding | 2010 |
| • Naomi Stadlen | Seminar with author of "What mothers do". | 2010 |
| • Michel Odent | Study Day "Childbirth: towards a paradigm shift" | 2011 |
| • Mavis Kirkham | Study Day "Informed choice or informed compliance?" | 2011 |
| • Gail Tully | Study Day "Spinning babies" | 2011 |
| • Kerstin Uvnäs Moberg | Study Day "The Oxytocin Factor" | 2012 |
| • Sheila Kitzinger | Study Day "The Sexual Experience of Birth" | 2012 |
| • Penny Simkin | 2 day workshop "When Survivors Give Birth" | 2013 |
| • UNICEF | Baby Friendly Initiative's course | 2013 |
| • Simkin & Klaus | 4 day Educators Workshop "When Survivors Give Birth" (San Diego) | 2014 |
| • Michelle Every | Supporting Every Birth – workshop on loss | 2015 |
| • Birthlight | Conference on Water | 2016 |
| • Doula UK Conference | | 2016 |
| • Doula UK Conference | | 2017 |
| • Doula UK Conference | | 2018 |
| • Mamasere | Hypnobirthing Teacher Course | 2018 |
| • Foda Utan Radsla | Workshop with Phyllis Klaus - Stockholm | 2019 |

DOULA CERTIFICATIONS

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| • BOND Certified Birth and Postnatal Doula | 2004-present |
| • Doula UK Recognised Birth and Postnatal Doula | 2004-present |

CURRENT POSITIONS

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| • Birth and Postnatal Doula | Independent Practise | 2002-present |
| • appleyoga Teacher Training | Teacher Training Faculty Member | 2010-present |
| • BirthBliss Doula Courses | Originator and Facilitator | 2011-present |
| • BirthBliss Events | Organiser of events for birth professionals | 2012-present |
| • 1001 Critical Days Manifesto | APPG Member | 2015-present |

Kicki Hansard

Birth & Postnatal Doula

Relaxation Therapist

BSc Open (Open)

PAST POSITIONS

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|--|---------------------------------|-----------|
| • Doula UK | Website Administrator | 2002-2003 |
| • Nurturing Birth | Doula Course Facilitator | 2006-2011 |
| • Doula UK | Head of External Communications | 2012-2014 |
| • Doula UK | Chair | 2015-2016 |
| • Breastfeeding Peer Supporter | Local NHS trust | 2013-2016 |
| • Maternity Services Liaison Committee | Lay member | 2008-2017 |

BOOKS

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|---|----------|
| • The Secrets of Birth – What every woman should know about birth and motherhood | Nov 2015 |
| • Supporting Survivors of Sexual Abuse Through Pregnancy and Childbirth:
A Guide for Midwives, Doulas and Other Healthcare Professionals | Jan 2020 |

ARTICLES AND BOOK CHAPTERS

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| • The Roar Behind the Silence | Chapter Author | Feb 2015 |
| • Compassion and empathy - a Doulas best friends | Midwifery Today Int Midwife. | Spring 2012 |
| • The Hormone of Closeness by Kerstin Uvnas-Moberg | Translation from Swedish to English | 2012 |

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WORKSHOPS (One day)

- *Attract More Clients*; workshop for doulas and other self-employed women who would like information about running their own business successfully.
- *Antenatal and Birth Preparation*; workshop for doulas to get ideas and design their own antenatal preparation workshops as part of their doula package or independently.
- *Prepare for Birth*; workshops for couples who are expecting a baby with practical tools and information to prepare for the birth of their baby.
- *Advanced Doula Workshop*; workshop for experienced doulas.

SELECTED LECTURE TOPICS

- Compassionate communication – changing women's experiences
- The doula – who is she and what does she do?
- The Secrets of Birth – what every woman should know!

AWARDS

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| • Pregnancy and Birth Magazine and Doula UK - "Doula of the Year" | 2009 |
| • Janey Loves 2017 Platinum Award Gold (The Secrets of Birth) | 2017 |

PERSONAL INFORMATION

Kicki is originally from Lapland in Sweden but lives and works in the UK. She is married to Lance since 2007 and they have two daughters.