



JESSALYN BALLERANO

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I have been studying birth and reproductive wellness since 2010, and started serving families as a doula and childbirth educator in 2014.

Listed here are some of the works, study and ongoing development I have put into myself so as to better serve you and our community, with lifelong learning as a core element of my practice and philosophy. My advocacy for individual, community and planetary wellness, and my passion for holistic health in particular, is grounded in a foundation given to me by my mother, who recognized the value of organic nutrition, creative therapeutic stress management, and the importance of community support in helping us all to raise healthier, happier human families.

PREGNANCY, BIRTH and POSTPARTUM EDUCATION & TRAINING

- SHAFIA MONROE CONSULTING (SMC, formerly ICTC), Oregon & California 2016 - present
- *Full Circle Birth Companion Doula Training & Certification*
- SHIPRAH'S CIRCLE COMMUNITY DOULA PROGRAM, Oakland, CA 2015 - present
- *Senior Doula, Program Assistant, Apprentice to Samsarah Morgan; Includes bereavement, lactation, nutrition, adoption, etc. training)*
- CHILDBIRTH and POSTPARTUM PROFESSIONAL ASSOCIATION (CAPP) 2015 - present
- *Childbirth Educator Certification*
- NATIONAL MIDWIFERY INSTITUTE 2013 - 2016
- *Student of curriculum towards completion of study and apprentice for licensure and certification as a homebirth midwife*
- HEART & HANDS MIDWIFERY INTENSIVE & ADVANCED COURSE, San Rafael, CA 2012
- *Coursework with midwife and author Elizabeth Davis, immersing in the basics of midwifery care for the prenatal, labor and birth, and postpartum periods and the skills of navigating common challenges, complications, and unique needs and desires of families along the reproductive spectrum.*
- UNIVERSITY OF ROCHESTER, Rochester, NY 2006 - 2011
- *Bachelor of Arts in Anthropology, Cum Laude; Honors Thesis: "Contracted Birth: Limited Agency, Authoritative Knowledge, and Modern Meanings of Choice in American Reproduction"*

CONTINUING EDUCATION & PROFESSIONAL DEVELOPMENT

- CHILDBIRTH-U: **Professional Member** 2020 - present
- BIRTH MONOPOLY "KNOW YOUR RIGHTS": **Professional Member** 2020 - present
- SPINNING BABIES @ WORKSHOP with GAIL TULLY 2020
- EVIDENCE BASED BIRTH @: **Professional Member** 2019 - present
- INTEGRATIVE RESUSCITATION OF THE NEWBORN with KAREN STRANGE 2019
- SISTERSONG: LET'S TALK ABOUT SEX CONFERENCE 2017
- REBOZO TRAINING with GENA KIRBY 2016, 2019
- BAY AREA DOULA PROGRAM FULL SPECTRUM ABORTION DOULA TRAINING 2016
- BIRTHWAYS VOLUNTEER DOULA PROGRAM, Berkeley, CA: **Volunteer Doula** 2014 - 2015
- CONTRA COSTA REGIONAL MEDICAL CENTER, Martinez, CA: **Volunteer Doula** 2014 - 2015
- MIDWIVES ALLIANCE OF NORTH AMERICA (MANA) CONFERENCE 2012

PRACTICE EXPERIENCE

- OAKLAND BETTER BIRTH FOUNDATION, Oakland, CA December 2015 - present
- Communications Coordinator & Senior Program Assistant; Founder's Apprentice; Senior Doula; Educator
- HEARTHWELL (Private Practice), Northern California, Central Oregon, Nationwide September 2014 - present
- Owner, Certified Doula, Certified Childbirth Educator
- MONARCH PARENTS (Start-Up), Oakland, CA & Nationwide October 2019 - January 2020
- Care Operations Development & Curriculum Consultant; Lead Monarch Mentor & Educator

OTHER SKILLS

Emotional Freedom Technique Practitioner, Vocalist, Writer, Ritualist