

Wondrous Woman Workshops Spanish for Childbirth and Woman's Health

*Providing quality language training programs which focus
on empowerment through education and compassion
through cross-cultural understanding*



Cross Cultural Encounters

P.O. Box 1665
Lajas, Puerto Rico 00667

Contact: Susan Nadathur

(888) 251-4562 (toll free)
(787) 550-7582 (mobile)
susan.nadathur@gmail.com
www.susannadathur.com

The Wondrous Woman Training Program



Cross Cultural Encounters offers the following two-part training program to be brought directly to your work place or professional conference:

1) Perinatal Spanish for Nurses and Other Health Care Providers

In order to offer optimal perinatal care to the Spanish-speaking community in your area, it is preferable for health care providers to learn the language rather than to rely solely on interpreters. This training enables health care providers to improve communication between themselves and their Spanish-speaking clients while encouraging them to move towards a fuller understanding of the diversity of culture and the different ways to health and wellness. This workshop has become a national model in training perinatal care professionals to acquire basic communication skills in Spanish. It is intended for individuals with little or no prior training in Spanish who wish to acquire terminology specific to one or more of the areas listed below:

- Spanish Language & Culture for Childbirth (Prenatal Care & Education)
- Spanish Language & Culture for Childbirth (Labor & Delivery)
- Spanish Language & Culture for Postpartum Mother/Infant Care

- Spanish Language & Culture for Neonatal Intensive Care
- Spanish Language & Culture for Breastfeeding and Infant Nutrition
- Spanish Language & Culture for Pediatric Care
- Spanish Language & Culture for Women's Health & Gynecology
- Spanish Language & Culture for Home Health Care

2) On-line Education Leading to Certification for Competency

In recognition that language acquisition and cultural competency is a process that requires time and commitment, the *Wondrous Woman* training program provides a framework for on-going study and the transference of workshop competencies. After an initial on-site workshop of between six to twenty-four hours (as determined by the sponsoring institution depending on need and budget) training is continued on-line via a distance education program that provides structured practice, on-line tutoring, and a final evaluation of workshop competencies. Students will be guided through the online program by a CCE facilitator and will have on-going contact with the workshop leader. Successful completion of the program will lead to the awarding of the Certificate of Competency in Spanish for Childbirth and Women's Health. College or continuing education credit for this course may be arranged in cooperation with the sponsoring institution.

Why Is This Program Successful?

1. The Wondrous Woman Training Program is a thoroughly-tested system of foreign language acquisition that is well-grounded in the theories of adult education and adult second language acquisition strategies.
2. Our training staff has established a national reputation for vocational language acquisition in health care and has documented success in motivating adult students to learn Spanish appropriate to their professions.
3. Music and song are integrated into traditional language training methodologies to enhance learning and improve learner retention.
4. Programs are specific rather than general, targeted toward areas of specialization not often reached by traditional Basic English/Spanish courses.
5. Program follow-up is a key to the success of the training provided.

Who is the Principal Trainer?

Susan Nadathur is the principal trainer for *Cross Cultural Encounters*. Susan is a nationally recognized perinatal language trainer and author with an established reputation for excellence and innovation in Spanish training for health care professionals. She holds a master's degree in Spanish, is a registered nurse and certified Childbirth Educator currently teaching in Lajas, Puerto Rico. She completed nursing school and became licensed to practice in the Commonwealth of Puerto Rico, where she currently resides with her family.

Susan has been an invited speaker at the national meetings of The Association of Women's Health, Obstetric and Neonatal Nurses, The American College of Nurse Midwives, The International Childbirth Education Association, Lamaze International, the National Perinatal Association, and the American Association of Physician's Assistants. She has developed institutional training programs throughout the country, including The Wake Forest University School of Medicine in Winston-Salem, North Carolina, Northwestern Memorial Hospital in Chicago, The Arkansas Department of Health in Little Rock and regional Area Health Education Centers (AHEC) throughout the state of North Carolina. She has extensive experience working with Mexican, Spanish and Puerto Rican communities and has gained a deep understanding of diverse perspectives on health care within these communities. Susan brings to her workshops a genuine enthusiasm for the subject, solid experience in foreign language instruction for adult learners, and a unique, motivational style.

Why Is Our Principal Language Trainer Successful?

1. Because of her motivational, compassionate style, and sensitivity to the needs of adult learners, students gain confidence in Susan as a trainer and allow themselves to believe that they can learn.
2. Because of her genuine enthusiasm for the subject and wealth of experience with Hispanic culture and health, she validates the information delivered.
3. Because of her creative teaching techniques, students are never bored, are encouraged to participate, and are inspired to learn.

What is the Cost of Training to the Institution?

Cross Cultural Encounters offers two options to interested program hosts: The Co-Sponsored Program and the In-House Workshop, described as follows:

I. Co-Sponsored Program with a Public Fee Schedule:

Hosting a public workshop is a practical and cost-effective way to offer exceptional continuing education to the nursing/health care professionals in your community. With this option, no hosting fees are incurred by you or your organization. All registrations are considered public and Cross Cultural Encounters collects individual registration fees as determined at the time of scheduling. As a special consideration to the hosting institution, a reduced fee for employees of the sponsoring institution is offered and one complimentary registration is given to the local coordinator. With this program,

Cross Cultural Encounters Provides:

- Speaker fees, travel arrangements, and travel expenses
- Comprehensive participant notebooks and handouts
- Shipment of program materials to workshop site.
- Workshop marketing and promotion via direct mail pieces and listing of the workshop on Cross Cultural Encounters' web site.
- Pre-registration of program attendees and collection of registration fees

Host Provides:

- A local workshop coordinator responsible for coordinating all program details with Cross Cultural Encounters
- Workshop site large enough to accommodate 20-50 participants (more if registration is exceptionally high)
- AV equipment to include power point projector, lap top computer, screen, lavalier microphone, CD player, easel, large newsprint pad/flip chart, assorted color markers, and laser pointer.
- Continuing Education certificates, contact hours, and sign-in sheets
- On-site registration and any set up or take down that is necessary
- Help with local promotion, both internally and externally, including the facilitating of mailing lists to Cross Cultural Encounters.

II. The In-House Program:

A health care organization may want to offer the workshop as an in-service education program for staff. Hosting an In-House Workshop is a convenient way to provide superior continuing education to your institution's staff and allows the host to manage some of the workshop details to minimize costs. With this program,

Cross Cultural Encounters provides:

- Comprehensive language and culture training services in the location and at the time determined by the host
- Comprehensive participant notebooks and handouts
- Shipment of program materials to workshop site.
- Reproducible promotional brochure/s for local distribution
- Listing of workshop on Cross Cultural Encounters web site

Host Provides:

- Continuing education certificates, contact hours, and sign-in sheets
- A local workshop coordinator responsible for coordinating all program details with Cross Cultural Encounters
- Printing and mailing of workshop brochures for promotional purposes
- Workshop site large enough to accommodate 20-50 participants (more if registration is exceptionally high)
- AV equipment to include a power point projector and lap top computer, CD player, easel, large newsprint pad/flip chart, assorted colored markers, screen, and lavalier microphone
- (Optional) continental breakfast, lunch, afternoon snack break each day.
- Airfare, ground transportation, lodging and meals for faculty presenting the workshop. Lodging and per diem will be provided one day prior to the commencement of the workshop up to the evening of the last presentation.
- Registration of participants and collection of registration fees

Fees:

- The fee for each one-day program (6 hours) is \$1000
- The fee for each one-day program (4 hours) is \$700
- The fee for each one-day program (2 hours) is \$350
- There is a materials charge of \$25 per registrant.
- A minimum of 20 participants is required per program

Host Revenue:

In-house program hosts have the option of underwriting the full cost of the workshop, or setting a fee for participants to share in the cost. In case of the second option, the host sets the participant fee and collects all registration revenues. All profits are retained by the hosting institution after the terms of this in-house agreement have been met.

Special Features of CCE Workshops:

- We offer practical, focused language training specific to the focus area.
- Included in all workshops is sensitivity training in issues of cultural relevance within the Hispanic community.
- We provided innovative language learning and adult motivational strategies.
- Workshops are offered in a non-threatening, supportive learning environment.
- Home-study materials are provided to reinforce information presented at the workshop and continue language training after the seminar ends.

Sample Abstracts:

Sample abstracts have been provided for select workshops on the following pages. Other abstracts can be provided on request.

Workshop Abstract

Culture and Care: Spanish Language and Cultural Competency Skills for Perinatal Care Professionals

Culture and Care is designed for those individuals with little or no prior training in Spanish who wish to acquire terminology in a broad range of health care areas. The workshop is structured to provide not only the terminology needed to communicate with Spanish-speaking clients, but also strategies for understanding cultural issues that may affect patient care. By attending this workshop participants will be introduced to practical methods for language assimilation and will be motivated to continue studying and perfecting their Spanish while they learn the terminology specific to their job. Strategies for the transfer of workshop competencies and on-going assimilation of the language are presented and supported through the workshop binder: Culture and Care: Spanish Language and Cultural Competency Skills for Perinatal Care Professionals. This workshop is structured to take place over one six-hour day and may be offered as an in-house program or as a co-sponsored program with a public fee (see previous pages for details).

Workshop Topics: (each workshop may include 6 of the following topics)

Cultural Sensitivity and Health Care in the Hispanic Community
Strategies for Taking Culturally-Sensitive Medical Histories
Assessment of Organ Systems in Spanish
Conducting a Culturally and Linguistically Appropriate Physical Examination
Diagnosis and Treatment of Illness in Spanish
Family/Pediatric Health Care in a Cultural Context
Sex, Culture and Women's Health Care
Caring for the Human Heart
Caring for the Hypertensive Client
Caring for the Diabetic Client
Caring for the Cancer/ AIDS Patient and his Family
Caring for the Alzheimer Patient and his Family
Helping Clients Understand End of Life Decisions/Living Wills
Culture, Grief and Death
Any other topic of interest to the sponsoring institution

Workshop Abstract

Spanish for Childbirth, Labor, and Delivery

Spanish for Childbirth, Labor, and Delivery is designed for obstetric residents, physicians, labor/delivery nurses, midwives, doulas and other childbirth professionals working with women in perinatal settings. No prior training in Spanish is required. The workshop is structured to provide not only the terminology needed to communicate with Spanish-speaking clients during prenatal care, labor, and delivery, but also to provide strategies for assimilation of the language. By attending this workshop participants will be introduced to practical methods for language assimilation and will be motivated to continue studying and perfecting their Spanish while they learn the terminology specific to their job. Strategies for the transfer of workshop competencies and on-going assimilation of the language are presented and supported through the workshop binder: Wondrous Woman: Spanish for Childbirth. This workshop is structured to take place over one six-hour day and may be offered as an in-house program or as a co-sponsored program with a public fee (see previous pages for details).

Workshop Topics: (Each workshop may include six of the following topics)

Cultural Sensitivity and Childbirth in the Hispanic Community
Prenatal Clinical Care, Histories and Physical Examinations
Childbirth Education & Nutrition
Admissions to Labor/Delivery
Initial Preparation and Orientation of the Laboring Mom
Obstetric Histories
Latin women in labor
Guiding Hispanic women through labor and delivery
Comfort measures appropriate for Hispanic women
Reaching out to Hispanic fathers during labor
Breathing and Relaxation Techniques for Hispanic women in labor
Postpartum Recovery and Newborn Care/Hospital Discharge
Breastfeeding and Infant Nutrition
Any other topic of interest to the sponsoring institution

Workshop Abstract

Spanish for Mother/Infant and Neonatal Intensive Care

Spanish for Mother/Infant and Neonatal Care is designed for those individuals with little or no prior training in Spanish who wish to acquire terminology specific to postpartum and neonatal care. The workshop is structured to provide not only the terminology needed to communicate with Spanish-speaking clients, but also strategies for assimilation of the language. By attending this workshop participants will be introduced to practical methods for language assimilation and will be motivated to continue studying and perfecting their Spanish while they learn the terminology specific to their job. Strategies for the transfer of workshop competencies and on-going assimilation of the language are presented and supported through the workshop binder: Fragile Life: Spanish for Mother/Infant and Neonatal Care.

Workshop Topics: (Each workshop may include 6 of the following topics):

Cultural Sensitivity and Hospital Care in the Hispanic Community
Initial Postpartum Care and Recovery/Hospital Discharge
Breastfeeding and Infant Nutrition
Communicating with the Parents
Visiting Procedures at the NICU
Nutrition and Nourishment of the Newborn in the NICU
Nursing the Premature Baby
Explaining Common Medical Problems in the NICU
Explaining NICU Equipment
Infant Care (first month of life)
Discharge Instructions for the NICU
Discharge Instructions for Mother and Baby

Workshop Abstract

Spanish for Mother/Infant Outreach

Spanish for Mother/Infant Outreach is designed for those individuals with little or no prior training in Spanish who wish to acquire terminology specific to antenatal, postpartum and well woman care. The workshop is structured to provide not only the terminology needed to communicate with Spanish-speaking clients, but also strategies for assimilation of the language. By attending this workshop participants will be introduced to practical methods for language assimilation and will be motivated to continue studying and perfecting their Spanish while they learn the terminology specific to their job. Strategies for the transfer of workshop competencies and on-going assimilation of the language are presented and supported through the workshop binder: Wondrous Woman: Spanish for Mother/Infant Outreach.

Workshop Topics: (Each workshop may include 6 of the following topics):

Cultural Sensitivity and Home Health Care in the Hispanic Community

Prenatal Care

Childbirth Education

Obstetric and Medical Histories

Initial Postpartum Care and Recovery

Breastfeeding and Infant Nutrition

Infant Care (first month of life)

Family Planning & Contraception

Well Woman Care

Teen Pregnancy Prevention and Intervention

Any other topic of interest to your institution

Workshop Abstract

Spanish for Midwives

Spanish for Midwives is designed specifically for practicing and student midwives as well as other childbirth professionals working with pregnant and laboring women. No prior training in Spanish is required. The workshop is structured to provide not only the terminology needed to communicate with Spanish-speaking clients in prenatal, intra-partum and postpartum settings, but also to provide strategies for assimilation of the language and a broader understanding of cultural differences. By attending this workshop participants will be introduced to practical methods for language assimilation and will be motivated to continue studying and perfecting their Spanish while they learn the terminology specific to their job. Strategies for the transfer of workshop competencies and on-going assimilation of the language are presented and supported through the workshop binder: Wondrous Woman: Spanish for Childbirth.

Workshop Topics: (Each workshop may include 6 of the following topics):

Cultural Sensitivity and Home Health Care in the Hispanic Community
Prenatal Care
Childbirth Education
Labor and Delivery
Obstetric Histories
Latin Women in Labor
Comfort Measures for Hispanic Women
Reaching Out to Hispanic Fathers During Labor
Breathing and Relaxation Techniques
Initial Postpartum Care and Recovery
Breastfeeding and Infant Nutrition
Infant Care (first month of life)
Breastfeeding and Infant Nutrition
Family Planning & Contraception
Well Woman Care & Gynecology
Teen Pregnancy Prevention and Intervention
Any other topic of interest to your institution

Workshop Abstract

Spanish for Well Woman & Gynecological Care

Spanish for Well Woman and Gynecological Care is designed for those individuals with little or no prior training in Spanish who wish to acquire terminology specific to well woman and gynecological care. The workshop is structured to provide not only the terminology needed to communicate with Spanish-speaking clients, but also strategies for assimilation of the language. By attending this workshop participants will be introduced to practical methods for language assimilation and will be motivated to continue studying and perfecting their Spanish while they learn the terminology specific to their job. Strategies for the transfer of workshop competencies and on-going assimilation of the language are presented and supported through the workshop binder: Wondrous Woman: Spanish for Women's Health Care.

Workshop Topics: (Each workshop may include 6 of the following topics):

Cultural Sensitivity and Well Woman Care in the Hispanic Community

Family Planning and Contraception

Options in Birth Control

The STD Interview

Gynecological Cancer Screening

Menopause

Any other topic of interest to your institution

Student Testimonials

Susan was a dynamic speaker and presented a very informative program. Students with little or no Spanish language background are able to communicate immediately.

Raleigh, North Carolina (Wake AHEC)

I learned much more about the cultural value of the Spanish population than at other classes targeted for this. The workshop was top quality. Can't fail teaching methodologies.

ACNM Preconvention Participant

This program gave me a better understanding of the Hispanic culture's view of medicine. Susan made a subject I thought I could not possibly learn to use in my profession possible. She has a very easy-going and friendly classroom style that facilitates learning.

Carolina Association of Neonatal Nurse Practitioners

Energetic, dynamic speaker! Group dynamics were utilized very well. Relates extremely well to nurses. Great attitude and management of a high-volume, high-demand crowd.

AWHONN Preconvention Participant

Very much worth my time and money. I knew no Spanish and feel much empowerment since I sat under Susan's teaching. Because of this class my Spanish patients will benefit greatly.

St. Francis Hospital & Medical Center, Topeka, Kansas

The speaker was outstanding. Her ability to teach was clearly demonstrated. Truly a class without a dull moment! Creative use of music and interaction made this presentation a great success. The cultural information really improved my understanding of the things I have noticed before but did not understand. I will be a much more patient nurse now that I understand.

Hickory, North Carolina (Northwest AHEC)

Susan was great. Teaching methods really held my interest. I learned more in these two days than I learned in a 12-week course at a community college for medical personnel.

Wilmington, North Carolina (Coastal AHEC)

Great help. I understood with no prior knowledge of Spanish. I did not expect to get as much in a one day workshop on a new language as I did. We have many things to use right away, and a good point of beginning. Ms. Nadathur's techniques to incorporate language & culture into one program are innovative. The music made it fun and set an appropriate tone. 5 stars!!!

ICEA National Convention Participant, Phoenix

This program was wonderful. Such a departure from traditional CE programs! Adults learn by doing and Susan seems to understand that. Wow! How much can you do in one day? We did it. Makes it possible to assimilate other resources available. Susan is great!

Lamaze International Preconvention Participant, Washington D.C.

Client List

Regency Medical Center, Winter Haven, Florida

American Association of Physician Assistants Annual Conventions 2004, 2005, 2006, 2007

University of Iowa Hospitals and Clinics

Santa Barbara Cottage Hospital, Santa Barbara, California

Goleta Valley Community Hospital, Goleta, California

St. Francis Hospital, Santa Barbara, California

Santa Barbara County Health Care Services, Santa Barbara, California

Wake Forest University School of Medicine, Winston-Salem, North Carolina

Northwestern Memorial Hospital, Chicago, Illinois

The Arkansas Department of Health, Little Rock, Arkansas

Northwest Area Health Education Center, Hickory, North Carolina

Carandolet St. Joseph's Hospital, Tucson, Arizona

Coastal Area Health Education Center, Wilmington, North Carolina

Wake Area Health Education Center, Raleigh, North Carolina

Shady Grove Adventist Hospital, Rockville, Maryland

St. Francis Hospital and Medical Center, Topeka, Kansas

Carolina Association of Neonatal Nurse Practitioners Annual Conference, 1997

National Perinatal Association Annual Clinical Conference, Savannah, Georgia, 2002

Hudson Valley Chapter of the American College of Nurse Midwives

Association of Woman's Health, Obstetric and Neonatal Nurses
1994, 1995, 1998 & 2001 Annual Conference Pre-convention programs

American College of Nurse Midwives 1995 & 1996 Annual Conference Pre-convention
Programs

International Childbirth Education Association
1995 & 2001 Annual Convention Pre-conference programs

Lamaze International 1995 & 1999 Annual Conference Pre-conference programs

Thank you for your interest in our programs.

If you would like to see a sample abstract for any of the other topics listed in this presentation packet, or care to schedule a workshop in your area, please contact:

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