

Amy L. Gilliland, Ph.D.

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Training and Teacher Experience

1997-present. *Doulaing The Doula (2015) Midwest Doula Trainers (1997-2014)*
Conducted 99 basic doula trainings of 22 hours each since October 1997

Conducted 25 advanced trainings of 8.5 hours each since September 2002
Written curriculum, presented scholarly information, created audio visual materials.
Consistently excellent evaluations from attendees on organization, presentation, visual aids, and speaker effectiveness. www.doulaworkshop.com

Clients include: Columbus Community Hospital, Columbus, WI; St. Alexius Medical Center, Bismarck, North Dakota; Richland Hospital; University of Wisconsin School of Nursing/School of Medicine and Public Health; Marquette University School of Nursing Midwifery Program; St. Alexius Medical Center, Bismarck, ND; Richland Memorial Hospital; Black River Memorial Hospital; Dane County Parent Council Early Head Start Program; St. Mary's Hospital and Medical Center, Madison, Wisconsin; Reedsburg Area Medical Center, Reedsburg, Wisconsin; St. Joseph's Hospital of Milwaukee; Waukesha Memorial Hospital; St. Elizabeth's Hospital, Appleton, Wisconsin; Fairview-Riverside Hospital of Minneapolis, Minnesota; Winnebago County Health Department, Illinois; Early Head Start CESA 5 District; Ounce of Prevention Fund of Chicago, Illinois; American Indian Family Center, St. Paul, Minnesota.

2006 January – 2015 May, *Part-time or Full time Faculty, Psychology Department, Madison College*, Full semester courses, six week accelerated courses. Responsible for curriculum development, instructional and evaluation duties.
Courses taught: Human Sexuality, Psychology of Human Relations, Introductory Psychology, Human Relations Survey

2014, Midwest Maternal Child Institute, Wauwatosa, Wisconsin, Perinatal Education Training Faculty for the Midwifery Program

2011-2012, Southwest Wisconsin Technical College, Fennimore, Wisconsin, Part time Faculty, Doula Training Course for the Midwifery Certificate Program.

2005-2006, *University of Wisconsin-Madison, Teaching Assistant, Human Development and Family Studies 362, Child Development*. Main duties include setting criteria for evaluation, evaluating student papers and meeting with students.

2003-2008, *University of Wisconsin Extension, Family Living Programs*
Teach Parent-Infant Interaction Level I and II workshops annually for home visitors, focusing on attachment issues.

1988-1995. Taught childbirth class series. Adapted, wrote and presented original curriculum, part of which was included in the ALACE standard international curriculum. 1983-1985, *University of Wisconsin-Madison, Teaching Assistant and Instructor, Public Speaking, Communication Arts Department*. Main duties include classroom instruction, evaluating student work and meeting with students.

Review Experience

2013-present, Article Reviewer for Health and Social Care in the Community
 2009, Article Reviewer for *Sexual Health Journal*
 2018, *Birth*

Grants or Awards

Vilas Travel Grant (2006), Graduate Student Union, University of Wisconsin Madison
 Phi Theta Kappa Faculty Mentor Award, October 2008 and October 2010

Publications – Books or Book Chapters

The Heart of the Doula: Essentials for Practice and Life (2018) Bookbaby.com, 117 pages

“Doulas As Facilitators of Transformation and Grief”, (2016), *Doulas and Intimate Labour: Boundaries, Bodies, and Birth*, Edited by Angela Castaneda and Julie Johnson Searcy, Demeter Press, Bradford, Ontario.

“Attending the Births of Friends”, *Round The Circle: Experienced Doulas Share What They Learned The Hard Way*, (book chapter), by Julie Brill, March 2015

Publications – Peer Reviewed Journals

“What Motivates People To Take Doula Trainings? *Journal of Perinatal Education*, Summer 2016, Vol 25, No. 3, p. 174-183.

“An Economic Model of the Benefits of Professional Doula Labor Support in Wisconsin Births”, (2013) *Wisconsin Medical Journal*, Volume 112 (2), April, p. 16-22.

“After Praise and Encouragement: Emotional Support Strategies Utilized By Doulas in the United States and Canada”, (2011), *Midwifery*, August, Volume 27 (4), p. 525-531

“Women’s Experiences of Female Ejaculation”, *Sexuality & Culture*, September 2009, Volume 13, **Issue 3**, pp 121–134

“Beyond Holding Hands: The Modern Role of the Professional Doula”, *JOGNN (Journal of Obstetrical, Gynecological and Neonatal Nursing)* Nov-Dec 2002

“Nurses, Doulas and Childbirth Educators: Working Together for Common Goals”, *Journal for Perinatal Education*, Fall 1998

Publications

Co-Author, Evidence Based Birth Literature Review: Evidence for Doulas, 2017

“What It Means To Be A Professional Doula”, *International Doula*, Summer 2014, Volume 22, Issue 3 [blog reprint]

“Sensitivity: The Most Important Doula Skill We Can’t Teach”, *International Doula*, Spring 2014, Volume 22, Issue 2

“Labor Support – You Mean That’s A *Profession*? Childbirth Today Blog, May 2012; Reprinted in the E-Doula International Doula Newsletter, September 2012.

“A Grounded Theory Study of Effective Labor Support By Doulas”, (2010), Dissertation Abstracts International, University of Wisconsin-Madison. 452 pages

“Women’s Experience of Female Ejaculation”, (2009) *Sexuality and Culture*, September, Volume 13 (3), p. 121-134

“From Novice To Expert: A Series of Five Articles”, *International Doula*, publication of DONA International (feature articles) Autumn 2007-Winter 2008; reprinted as e-book, June 2009

“When The Baby Dies”, Summer 2007, *International Doula*, publication of DONA International (feature article)

“Mother Love: Amy Gilliland: 24 hours In My Life”, Brava! Magazine Annual, 2007.

“*Lexington Medical Center Doula Program Research Report*”, A Case Study Review from the perspective of parents, doulas and nurses. December 2005, 50 pages, unpublished manuscript.

“Effective Labor Support By Doulas” (2004). Unpublished thesis, 247 pages

Journal of Prenatal and Perinatal Psychology

The Effects of Domestic Abuse on the Unborn Child, Spring/Summer 1999

International Doula, official publication of Doulas of North America

Domestic Violence and the Doula, Spring 1999

Focus on the Founders, Spring 1998-Spring 1999: Interviews with

Penny Simkin, Annie Kennedy, Marshall Klaus, M.D., John Kennell, M.D.

A Path to Wisdom (conflict resolution), Summer 1997

Birth Plans for Doulas, Summer 1996

Dream A Big Dream With Me, Winter 1995

Expanding Your Horizons, reprinted Spring 1995

Book Reviews

Gilliland, Amy L. (2015) Traumatic Childbirth by Cheryl Tatano Beck, Jeanne Driscoll and Sue Watson, *International Doula*, Winter 2015

Gilliland, Amy L. (2013) *Creating the Perinatal BOND* by Tracy Wilson Peters and Laurel Wilson, *International Doula*, Spring 2013

Gilliland, Amy L. (2010) *Swinging in America* by Curtis Bergstrand, *Contemporary Sexuality*, December 2010

Gilliland, Amy L. (2006) *Romancing the Science: A Review of Why We Love* by Helen Fisher, *Entelechy: A Journal of Evolutionary Psychology*, Winter 2006, p.

Poehlmann, J., Gilliland, A., Lefeber, K., & Kim, H. (2001). Review of Jack P. Shonkoff and Samuel J. Meisels (Eds.) *Handbook of Early Childhood Intervention* (2nd Edition). *American Journal on Mental Retardation*, 106, 562-568.

Presentations

“Working With The Laboring Brain” “Why Most Births Are Crosscultural Experiences for Staff and Patient”, April 2018, Meriter Hospital Labor and Delivery Nursing Staff Enrichment/CE

“Working With The Laboring Brain: Why Doula Support Gets The Outcomes It Does”, June 6, 2019, UW SMPH OB/Gyn Grand Rounds

“How The American Way of Birth Damages People’s Sex Lives And What You Can Do To Help”, co-presenter Dr. Stephanie Buehler, Psy.D. AASECT International Conferences, June 12, 2018, Denver Colorado - 75 minute session
Preconference Workshop, June 12, 2019, Philadelphia, PA – 4 hours

“Why Are We Trying To Turn Men Into Women?: Meeting The Real Needs of Fathers”, ProDoula International Conference, October 17, 2017, Kansas City, Missouri

Two hour Keynote Address: “The Professional Doula”, Northwest Doula Conference, Seattle, WA, October 5, 2015

“From Lovers to Parents and Back Again: A Time of Shifting Sexual Identity“, GOLD Midwifery International Conference, February 25, 2015, webinar, Vancouver, BC, Canada

“Why Are We Trying To Turn Men Into Women?: Meeting The Real Needs of Fathers”, GOLD Perinatal International Conference, October 21, 2014, webinar, Vancouver, BC, Canada

“The Doula Effect: How and Why Doulas Help Mothers Have Shorter Labors, Less Pain, and More Satisfying Births”, GOLD Perinatal International Conference, October 21, 2014, (webinar)

“The Doula Effect: How and Why Doulas Help Mothers Have Shorter Labors, Less Pain, and More Satisfying Births”, October 2, 2014, Maternal Child Health Conference for Perinatal Professionals, Indianapolis, Indiana

“From Lovers to Parents and Back Again: A Time of Shifting Sexual Identity“, October 2, 2014, Maternal Child Health Conference for Perinatal Professionals, Indianapolis, Indiana

“Why Are We Trying To Turn Men Into Women?: Meeting The Real Needs of Fathers”, Lamaze/DONA International Confluence, September 19, 2014, Kansas City, MO

Circumcision Counseling in a Time of Cultural Change, Webinar, Praeclarus Press, August 28, 2014 (currently available for viewing)

Meeting Father’s Needs During Childbirth: Isn’t It Time We Cared? Webinar, INJOY, July 26, 2014, (currently available for viewing)

Birth Matters! How Birth Affects Sexuality of Men and Women; Catalyst Conference, Arlington, Virginia, March 15, 2014

“Why Are We Trying To Turn Men Into Women?: Meeting The Real Needs of Fathers” CAPPA International Conference, Destin, Florida, October 27, 2013

From Lovers to Parents and Back Again: A Time of Shifting Sexual Identity, DONA International Virtual Conference, July 20, 2013

Birth Matters! How Birth Affects Sexuality of Men and Women; Why Are We Trying To Turn Men Into Women? Meeting The Real Needs of Men During Labor, AASECT International Conference, Miami, Florida, June 7-8, 2013

“Fathers and Birth: Why Are We Trying To Turn Men Into Women?”, “Empowering Families: With and Without a Doula”, “Attachment Needs of Laboring Mothers”, (All General Sessions), *Indiana Perinatal Conference*, Indianapolis, Indiana, April 28, 2011.

“Fathers: An Important and Overlooked Influence on Birth Outcomes”, Overcoming Disparities Conference, Midwives Alliance of North American Region 4 Conference, July 2010.

“Attachment Needs of Laboring Women”, General Session Speaker, “Doulaing The Laboring Father”, concurrent workshop. *DONA International*, Atlanta, Georgia, August 2009, (audiotaped presentation; available synced with Powerpoint presentation)

“Impact of Childbirth on Sexual Lives of Women, Men and Couples”, May 2009 Wisconsin AASECT State Meeting

“Pornography and Sexual Health” Panelist, Sex Out Loud, University of Wisconsin-Madison, April 8, 2008

“Maternal Postpartum Assessment”, Guest Lecture, HDFS 663, September 2007

“Parenting a Child With Asperger’s Syndrome in the 1990’s”, Guest Lecture, Social Work 660, May 2007; HDFS 566, March 2008, October 2007

“Models of Doula Care and Their Relationship to Attachment and Attunement Processes”, Guest Lecture, HDFFS, September 2007

“Are Doulas A Band-Aid on the Hemorrhaging Health Care System?” Gentle Birth World Congress sponsored by Global Maternal Child Health, Portland, Oregon, September 2007

“Attachment Needs of Laboring Mothers During Childbirth”, *Association for Prenatal and Perinatal Psychology and Health BiAnnual Congress*, Los Angeles, California, February 2007, (audiotaped presentation)

“Attachment Needs of Laboring Mothers During Childbirth”, *National Council on Family Relations Annual Conference*, Minneapolis, Minnesota, November 2006

“Attachment Needs of Laboring Mothers”, *Coalition to Improve Maternity Services (CIMS) International Research Conference*, Boston, Massachusetts, February 2006

“Attachment Needs of Laboring Mothers”, *South Carolina Doula Day, Lexington Medical Center*, Columbia, South Carolina, September 2005

“Connecting Attachment Theory to Maternal Needs in Labor”, Guest Lecture, *University of Wisconsin-Madison, Development of the Young Child Telecourse*, January 2006

“Parent Child Relations During Pregnancy and Childbirth”, Guest Lecture, *University of Wisconsin-Madison, Human Development and Family Studies Course*, January 2006, September 2005

“Shifting A Posterior Presentation When The Mother Has An Epidural”, *St. Mary’s Hospital Inservice*, Madison, Wisconsin, May 2005

“Women’s Experiences of Female Ejaculation”, *Women’s Studies Research Conference, University of Wisconsin System*, February 2005

“Current Research on Birth Doula Care: A Reality Check”, *St. Mary’s Hospital and Medical Center Perinatal Conference*, November 2004

“Women’s Experiences of Female Ejaculation”, *Society for the Scientific Study of Sexuality Eastern and Midwest Regional Conference*, Honorable Mention for Student Research, June 2004.

“Doula Care and Labor Support Techniques for Nurses”, *Wisconsin Student Nurses Association Conference*, February 2004

“Doula, Nurses, and Childbirth Educators: Working Together into the Twenty-first Century”, *Best Practices, Best Outcomes Conference*, sponsored by the University of Wisconsin-Madison School of Nursing, October 1998

“Body Image In Modern Culture: Why our Society is Invested in Women Hating Their Bodies”, *Wingra School Seminar*, April 1998, February 2000, March 2003

“Everything You Always Wanted to Know About the 16-Step Empowerment Model”, *Visions for Success: Substance Abuse Treatment for Women, Children and Their Families*, sponsored by the University of Wisconsin-Madison, September 1997

“Sexuality During Pregnancy, Birth and Postpartum”, *A Woman’s Touch*, Fall 1997

“Rising to the Challenge: Conflict in Our Lives and Profession”, July 1996, *Doulas of North America International Conference*

“Birth Assistants: A Couple’s Companion and Guide for Birth”, February 1995, *Live at Five, WISC -TV Channel 3*

Featured Articles

“Sending The Pounds Packing”: maintaining a 80 pound weight loss for 10 years. *Wisconsin State Journal*, December 29, 2013

“Retro Fun: Tucked inside a wooded lot, newlyweds create a home that reflects their love of nature, color and good times”, *Madison Magazine*, March 2013

“Mother Love: Amy Gilliland: 24 hours In My Life”, *Brava! Magazine Annual*, 2007.

What I Do: Helping Mothers Experience Childbirth-Amy Gilliland, *Wisconsin State Journal*, April 4, 2006.

Ask The Expert: Amy Gilliland Talks About Sex, *The Clarion*, Madison Area Technical College, February 2006.

Video Production

Executive Producer, *Giving Birth: Challenges and Choices*, Suzanne Arms, Director, available from www.birthingthefuture.com

Consultant, *Orgasmic Birth*, Debra Pascali-Bonaro, Director, May 2008, www.orgasmicbirth.com

Education

Ph.D., Human Development and Family Studies, University of Wisconsin-Madison, 2010.

M.S. Human Development and Family Studies, University of Wisconsin-Madison, 2004.

Graduate Certificate in Prenatal and Perinatal Psychology, St. Mary’s University, Minneapolis Minnesota, June 1999

Graduate School, 1983-85, Communication Arts, University of Wisconsin-Madison

Bachelor of Arts, 1983, University of the Pacific, Stockton, California

Certifications

AASECT *Certified Sexuality Educator*, September 2007-present.

Certified Doula, DONA, June 1999-present.

Approved Doula Trainer, DONA, December 1999-present.

Certified Labor Assistant by ALACE Summer 1995-2009 (ALACE now defunct)

Certified Childbirth Educator by ALACE 1988-2009 (ALACE now defunct)

Certified Instructor, Wisconsin Technical College System, June 2009- present:

On Course Workshop: Strategies for Student Success, June 2006.

Diversity, October 2006.

Educational Evaluation, April 2007.

Wisconsin Technical College System History, August 2008.

Diversity in Education, November 2008

Curriculum and Course Development, June 2009

Online Teaching and Learning, Spring 2014

Service

Case Review Team, Dane County Fetal Infant Mortality Review, December 2014-present

Wisconsin Association for Perinatal Care (WAPC), Member, Board of Directors, April 2014-present

AASECT List Serve Moderator (800 members, 40 postings a day), July 2009 - present

AASECT Mentorship Committee, Membership Services Steering Committee, Communications Committee, Alt Sex Special Interest *Group Leader*, July 2008-present

Small Miracles Volunteer Doula Services, *Board of Directors*, 2006-present

Dane County Election Official (Wisconsin), November 2006, November 2004

Wingra School Board of Trustees, 2000-2004.

Doulas of North America (now DONA International)

- *Treasurer and Chief Financial Officer*, October 1997 - September 1999
- *Board of Directors*, October 1994 - September 1999
- *Wisconsin State Representative*, October 1995-October 1997

Doulas of Southcentral Wisconsin, *Founder*, 1992-present

- dedicated to support and education for birth assistants
- information and support for pregnant women and their families

Coalition to Improve Maternity Services (CIMS), *Steering Committee Member*, 1997-1998

Girl Scouts of America, Blackhawk Council, Troop Leader #376 (Fully trained), 1996-2002

Leader, La Leche League International, accredited April 1991 to December 1995

Professional Memberships

AASECT – American Association for Sexuality Educators, Counselors and Therapists, 2006 – present

ALACE – Association of Labor Assistants and Childbirth Educators, 1986-2009

APPPAH - Association for Prenatal Psychology and Health, 1986-present

CAPPA- Childbirth and Perinatal Professionals Association, 2000-present

DONA International – Doulas of North America International, 1993 – present

ICEA – International Childbirth Education Association, 1996 – 2009

SSSS – Society for the Scientific Study of Sexuality, 2002 – present

WAPC – Wisconsin Association for Perinatal Care – 2000 - present

WI AIMH – Alliance for Infant Mental Health, Wisconsin chapter, 2017-present