



# Brilliant Birth Academy

ESSENTIAL OILS SAFETY IN BIRTH MASTERCLASS

## CERTIFICATE OF COMPLETION

This certificate is awarded December 18th, 2019 in recognition that

*Jodi Guerrieri*

Has satisfactorily completed the mandatory requirements of study as prescribed by the Director of The Essential Oils Department at Brilliant Birth Academy and is thereby presented with this certification as a display their commitment to safe oil use in birth.

*Stephanie M. Lind*

Stephanie Lind  
*Academy Founder*



*Kelly Sullivan*

Kelly Sullivan  
*Essential Oils Department Director*

# THE ESSENTIAL OILS BIRTH CONSULTANT (EOBC) CERTIFICATION

Aromatherapy is a relationship in which the chemical intelligence of a plant's constituent molecules interact with the multidimensional human body at a cellular, biochemical, emotional, and spiritual level. Aromatic plant essences from every corner of the global village are now accessible to empower, rejuvenate, focus, inspire, and soothe mothers in birth.



Your EOBC understands mothers who value natural solutions, self-education, and want freedom in health care choices. This course they took is a response to that expanding consciousness and has been curated specifically for birth professionals who want to deepen their wisdom in the art and science of plant-based solutions for birth.

The Certification from Brilliant Birth Academy builds on our academy's acclaimed safety training by adding an evidence-based practice-focused curriculum that gives a comprehensive education on the best oils for birth that are applied according to our Academy's unique therapeutic guidelines.

## **This Certified EOBC From Brilliant Birth Academy Has:**

Gained a thorough understanding of how essential oils work therapeutically, the underlying science that supports their evidence-based application, how to perform clinical intake assessments, developed integrative plans of care during birth, and can use individualized therapeutic blends to integrate aromatherapy in a home birth practice or clinical (hospital) setting.



## Completed Our Comprehensive Oils Training

Our premier essential oil training is more comprehensive than many level 1 accredited aromatherapy certification programs. It distills an enormous volume of evidence-based research into laser-focused application strategies curated just for birth workers. We're committed to increasing safety knowledge and reducing adverse reactions in birth. Additionally, we teach (and advocate for) an altered therapeutic range of safe and effective oil use in birth that is unique to this program, and more conservative than traditional aromatherapy recommendations for important safety reasons. You can be confident that they received they're oils education for birth from a trusted institution that specializes in oils for birth!



## Completed Our Unique To Birth Training

This course focused exclusively on labor-specific application techniques with more than half of our training addressing the anatomy, physiology, somatic psychology, hormonal progression of labor, and many other topics not addressed in aromatherapy programs. You should never excessively layer multiple different oils during labor; the number of oils (even in a long birth) should be limited. This natural restriction enabled our students to gain a professional level of confidence in the masterful application of the ten best oils for birth.

### Our 'Unique-To-Birth' Therapeutic Range Has Been Informed By:



The elevated respiration and temperature ranges of laboring mothers



The sensitivity of newborns in physiological transition to life outside the womb



The elevated temperature and humidity ranges of most birthing environments

## They have a deep knowledge surrounding:

- A professional-level training within a strict scope of practice with clear legal and professional parameters
- The three main reasons adverse reactions happen including the ‘wild card’ issue which they obsessively trained for
- The signs & symptoms of the two types of adverse reactions; these may present similarly but require different first aid strategies—this is a must know.
- Evidence-based professional guidelines for essential oil first-aid by the different routes of exposure
- The physiological mechanics of birth and maternal anatomy that inform oil application strategies plus how to align oil use with the natural hormonal progression of labor.
- Oil bioavailability timelines and safety guidelines that inform professional dosing strategy.
- The stages and phases of labor and their clinical indicators; how to anticipate essential oil use for common symptoms.
- The signs of precipitous, protracted, & stalled labor, the six causes of dystocia and how to naturally support abnormal labor symptoms with oils.
- The physiological transition of the newborn including the most comforting aroma to the newborn (spoiler: it’s amniotic fluid—not an oil!)
- Professional charting of maternal essential oil use so that they can collaborate with primary care-providers that often have varying documentation requirements.

## Who's Our Tribe? We Admire & Learn From:



This course was presented by a certified aromatherapist; it is science-based and research-focused curriculum sourced by current studies and multiple acclaimed textbooks including:

- Tisserand and Young's Essential Oil Safety: A Guide for Health Care Professionals
- Clinical Aromatherapy: Essential Oils in Healthcare by Jane Buckle PhD RN
- Aromatherapy for Health Professionals by Shirley Price
- Medical Aromatherapy: Healing with Essential Oils by Kurt Schnaubelt Ph.D.
- The Healing Intelligence of Essential Oils: The Science of Advanced Aromatherapy by Kurt Schnaubelt Ph.D.
- The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood
- Fragrance and Wellbeing: Plant Aromatics and Their Influence on the Psyche by Jennifer Peace Rhind
- The Chemistry of Aromatherapeutic Oils by E. Joy Bowles
- See our [full recommended source list here](#).

The medical sections (on labor progression disorders, newborn physiology, etc) have been sourced with the same standard as the rest of the academy: over 1000 medical journal articles, 250 books on birth, dozens of modern obstetric textbooks, and every single midwifery textbook published in English in the US, Canada, and the UK since the 1950s.