

Britta Bushnell, PhD

info@brittabushnell.com | brittabushnell.com

Dr. Britta Bushnell is a celebrated speaker, veteran childbirth educator, and specialist in guiding audiences to revolutionary new approaches to childbirth, relationship, and parenting. Utilizing the timeless disciplines of cultural mythology and ritual preparation, Britta challenges unseen preconceptions and helps audiences cultivate new ways to approach life's most important transitions.

Experience

Author – *Transformed by Birth: Cultivating Openness, Resilience, and Strength for the Life-Changing Journey from Pregnancy to Parenthood* – Sounds True Publisher Published 1/28/20

Audiobook Reader – *Transformed by Birth: Cultivating Openness, Resilience, and the Life-Changing Journey from Pregnancy to Parenthood* – Sounds True Publisher Published 1/28/20

Senior Mentor/Teacher– Embodica/Transformed by Birth 1/12–present

Develop curriculum for and conduct childbirth preparation courses. Mentor private sessions for couples and individuals on parenting, romantic relationships, personal identity, and more. Facilitator of new parent circles, monthly women's groups, and co-facilitator of couples workshops.

Childbirth Educator – Del Mar Birth Center 2/14–11/18

Run all aspects of comprehensive six-week childbirth preparation courses. Facilitate cesarean healing sessions. Host childbirth class reunion gatherings.

Certified Childbirth Mentor – Birthing From Within 8/05–3/16

Taught childbirth preparation classes utilizing the entire Birthing From Within curriculum in six-week series or two-day immersion formats.

Senior Workshop Facilitator – Birthing From Within 10/05–2/09

Facilitated three-day introductory workshops training new childbirth educators and doulas in the US as well as internationally. Co-facilitated five-day advanced training with Pam England. Trained future workshop facilitators and sessions at the biennial Red Tent gathering.

Mentor Program Director – Birthing From Within 9/05–2/09

Expanded and managed the global Mentor Program (~300 Mentors). Organized, assigned and mentored Advisors, supporting them to better their ability to guide new Mentors and developed the first Advisor Handbook. Initiated, organized and ran monthly Mentor calls. Handled concerns and issues related to all aspects of the Mentor Program. Worked as a team with fellow Birthing From Within principals on new content, troubleshooting, workshop planning and overall business execution.

Childbirth Mentor – Birthing From Within	2/02–7/05
Yoga Instructor – Yoga Works (Prenatal, Mommy-n-me, and general classes)	9/95–9/03
General Manager – Yoga Works Managed all aspects of studio for large, world-renowned, multi-location yoga school. Responsibilities included teacher scheduling, customer relations, staff management, hiring and scheduling, workshop management including booking, promotion and facilitator relations, as well as management of the studio(s) when the owners were in India for months at a time.	1/94–9/97

Speaking

COMMUNE – Empowered Birth Course Three separate modules: Psychology of Pregnancy,” “Demystifying the Ideal Birth,” and “Transformed by Birth: Psychology of Postpartum”	2019
LamazeLIVE! – Annual Conference “Transformed by Birth: Preparing Parents for the Life-Changing Experience of New Parenthood” (thirty-minute keynote)	2019
SmartStart Hanover County – Fundraising Breakfast Keynote Speaker – “Upbringing Belongs to the Community”	2019
DONA International – Summit “Reducing Emotional Trauma from an Unexpected Cesarean” (ninety-minute live session)	2018
ICEA – Annual Conference “The Veneration of Information and Technology, and the Loss of Intuition: How childbirth educators can help parents learn to listen to their own inner wisdom” (sixty-minute live session)	2018
Midwives Alliance of North America – Annual Conference “Being Solution Focused in a Problem Focused World: Communication Skills to Build Bridges Rather than Walls” (ninety-minute live session)	2017
DONA International – Virtual Conference “Control and Certainty in Childbirth: How the cultural ideals of control and certainty work against parents during childbirth and what doulas can do to help” (one-hour virtual session)	2017
Abacus Wealth Partners – Annual Convergence Solution-Focused Communications Workshop (two different two-hour sessions)	2017

Interviews and Media

Under the Hood Podcast – Season 2: Birth as a Rite of Passage	2019
Courageous Wellness Podcast – Human Transformation, Childbirth, Mythology, and Moving Through Life Transitions	2019

Health Begins with Mom Podcast – Transformed by Birth	2019
Under the Hood Podcast – Season 1: The Myth of Control	2018
Atomic Moms Podcast – Part 1: The Mother’s Journey: Confronting the Unknown	2018
Atomic Moms Podcast – Part 2: How to Strengthen Your Marriage After Children	2018
Birthful Podcast – How Will Birth Transform You?	2018
The Wild WMN Podcast –Britta Bushnell on Myth, Mythology, and the Wilderness Within	2018
Yoga Birth Babies – Motherhood and Identity	2017
Informed Pregnancy Podcast – Mythology and Metaphors During Childbirth	2017
Pacifica Post – Mythological and Archetypal Perspectives on Childbirth in Contemporary Culture	2017

Education

Pacifica Graduate Institute – MA, PhD	2011, 2015
Master’s degree and Doctor of Philosophy in Mythological Studies with an Emphasis in Depth Psychology. 3.96 cumulative GPA. Doctoral dissertation entitled “Forceps and Candles: Cultural Myths in American Childbirth.”	
University of California at Irvine – BA	1992
Bachelor of Arts: Psychology	

Additional Training and Education

Denver Center for Solution-Focused Brief Therapy	3/18-present
Solution-Focused Brief Therapy Certification Program	7/17
Solution-Focused Addressing Habits and Creating Positive Addictions	
Solution-Focused Brief Therapy with Couples and Families	3/15
Using Solution-Focused Practice in Acute, Crisis and Integrated Care Settings	
Solution-Focused Brief Therapy Basics Training	
Solution-Focused Group Work Training	
Clarissa Pinkola Estés, PhD.	
<i>Women Who Run With the Wolves</i> facilitator training	7/16 & 7/19
Ojai Foundation	
Flesh and Spirit: The Way of Council for Couples	4/97
Council 1: An Introduction to the Way of Council	7/99
Yoga Works	
500-Hour Teacher Training	1996

Awards and Other Achievements

Educator of the Year – Doula Association of Southern California (DASC)

2016

Shiva Rea's Prenatal Yoga Video – Featured pregnant model for second trimester

2000

Leadership

JDRF – Member and Secretary, Board of Directors

2006-2010

Juvenile Diabetes Research Foundation, Los Angeles Chapter