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 ideals 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 1/2020

Audiobook Reader — *Transformed by Birth: Cultivating Openness, Resilience, and the Life-Changing Journey from Pregnancy to Parenthood* — Sounds True Publisher — Published 1/2020

Host — TRANSFORMED Podcast — 2020

Senior Mentor/Teacher —Transformed by Birth — 2012—present

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 couple's workshops. Apprenticeship program for birth professionals.

Childbirth Educator — Del Mar Birth Center — 2014—2018

Certified Childbirth Mentor — Birthing From Within — 2005—2016

Senior Workshop Facilitator — Birthing From Within — 2005—2009

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 facilitators to train other educators.

Mentor Program Director — Birthing From Within — 2005—2009

Expanded and managed the global Mentor Program (~300 Mentors)

Childbirth Mentor — Birthing From Within — 2002—2005

Speaking

ICAN of Greater Cleveland Birth Symposium — Closing Keynote — 2024

"Holding Multiple Realities at Once: Embracing What Is While Mourning What Has Been Lost"

GOLD Learning Labour & Delivery Online Symposium 2023 — Online Keynote — 2023

"Archetypes of Power: Navigating Dynamics of the Labor Room"

Speaking Continued

Yoga Gives Back Annual Global Gala — Panel Moderator 2022
"Beyond Prenatal Yoga: Yoga in the Real World of Childbirth and Parenting"

Rain or Shine: a gathering for all seasons of motherhood — Keynote 2022
"The Journey of the Labyrinth through Myth and Metaphor"

GOLD Online Birth & Beyond Conference 2020 — Opening Keynote 2020
"Awakening the Parent: Are You Supporting or Sabotaging Your Client's Transformation?"

Conscious City Guide — Digital Redirect 2022
"Relationships Under Quarantine" relationship workshop with Brent Kessel

COMMUNE — Empowered Birth Course 2019
Three separate modules: Psychology of Pregnancy," "Demystifying the Ideal Birth," and "Transformed by Birth: Psychology of Postpartum"

WMN Space — Maiden to Mother Circle (Special guest speaker) 2019

LamazeLIVE! — Annual Conference: Keynote 2019
"Transformed by Birth: Preparing Parents for the Life-Changing Experience of New Parenthood"

SmartStart Hanover County — Fundraising Breakfast: Keynote Speaker 2019
"Upbringing Belongs to the Community"

DONA International — Summit: Live Session 2019
"Reducing Emotional Trauma from an Unexpected Cesarean"

ICEA — Annual Conference: Live Session 2018
"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"

Midwives Alliance of North America — Annual Conference: Live Session 2017
"Being Solution Focused in a Problem Focused World: Communication Skills to Build Bridges Rather than Walls"

DONA International — Virtual Conference: Keynote 2017
"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"

Abacus Wealth Partners — Annual Convergence 2017
Solution-Focused Communications Workshop

Guest Presenter/Speaker for Online Programs

Birthing From Within — Facilitator Retreat	2024
Menopause Magick — Seane Corn	2024
Nurture Revolution Retreat — Greer Kirshenbaum, PhD	2024
APPPAH Live! Speaker Series — Association for Prenatal & Perinatal Psychology & Health	2024
Mindful Mom Portal — Lori Bregman	2021, 2024
Revillagers Program, Tending to Us — Beth Berry	2021, 2023
BADT — Birth Advocacy Doula Training	2022
Jumpstart Your Fertility — Ivy Joeva	2021

Interviews and Media

Yoga|Birth|Babies —Why We Want to Control Pregnancy, Birth and Parenthood
Sex Birth Trauma w/ Kimberly Ann Johnson—Ordered Culture + Wild Nature + Archetypes
Fatherhood Unlocked— Wildly Transformed by Birth
Birth Story Podcast — FAVORITE EP: Transformed by Birth
Insights at the Edge w/ Tami Simon — Transformed by Birth
At Home with Linda and Drew Scott — Transformed by Birth
Birthful Podcast — What Cultural Ideals Will Shape Your Birth Experience?
Informed Pregnancy Podcast — Transformed by Birth
The Art of Parenting — Transformed by Birth
The Birth Geeks — Transformed by Birth
Milk Trails Podcast — A Journey in the Out-of-Hospital Birth Experience
Pure Nurture — In the Middle of a Transformation
Sacred Body — Mother-Self
Becoming Podcast — What we can Learn about Radical Transformation from Birth
Mother the Mother — Transformed by Birth
BirthFit — Transformed by Birth
Intuitive Warrior — Pregnancy, Birth, and Transformation
Not Your Mother's Podcast — A Person's Journey Through Birth
Under the Hood Podcast — Season 2: Birth as a Rite of Passage
Courageous Wellness Podcast — Human Transformation, Childbirth, Mythology, and Transitions
Health Begins with Mom Podcast — Transformed by Birth
Under the Hood Podcast — Season 1: The Myth of Control
Atomic Moms Podcast — Part 1: The Mother's Journey: Confronting the Unknown
Atomic Moms Podcast — Part 2: How to Strengthen Your Marriage After Children
Birthful Podcast — How Will Birth Transform You?
The Wild WMN Podcast —Britta Bushnell on Myth, Mythology, and the Wilderness Within
Yoga|Birth|Babies — Motherhood and Identity
Informed Pregnancy Podcast — Mythology and Metaphors During Childbirth
Pacifica Post — Mythological and Archetypal Perspectives on Childbirth

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 — Bachelor of Arts: Psychology — 1992

Additional Training and Education

Denver Center for Solution-Focused Brief Therapy — 2015—present
- Solution-Focused Brief Therapy Certification Program
- Solution-Focused Addressing Habits and Creating Positive Addictions
- Solution-Focused Brief Therapy with Couples and Families
- 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.
- Women Who Run With the Wolves facilitator training — 2016, 2019
- Ancient Archetypes: The Great Mother — 2023

Ojai Foundation
- Flesh and Spirit: The Way of Council for Couples — 1997
- Council 1: An Introduction to the Way of Council — 1999

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 model for 2nd trimester — 2000

Leadership

JDRF — Member and Secretary, Board of Directors — 2006 - 2010
Juvenile Diabetes Research Foundation, Los Angeles Chapter