



Labor Support

Learning Center

Location/Dates/Time

Methodist Women's Medical Office Building (MOB), 2nd Floor, Bernard Room, 717 North 190th Plaza, Omaha, NE 68022
Wednesday, April 1, 2026, or
Thursday, September 3, 2026
8:30am – 3:15pm

Course Description

This course aims to prepare learners to provide informed, compassionate support to laboring women through evidence-based labor techniques, an understanding of perinatal hormones, and the development of effective facilitator and coaching skills.

Presented by

Mary Seger-Barker, MSN, RNC-OB, CIMI, C-EFM, Clinical Nurse Educator, Methodist Women's Hospital Outreach

Kayla Brickell MSN, C-EFM, RNC-OB, RNC-IAP, C-OBE, Clinical Nurse Educator, Methodist Women's Hospital Outreach

Agenda (CST)/Contact hours

8:30am-9:00am: Welcome and Overview (0.5 CH)
9:00am-9:30am: The Culture of Birth (0.5 CH)
9:30am-9:40am: Break
9:40am-10:55am: Physiological Birth (1.25 CH)
10:55am-11:15am: Importance of Birth for a Birthing Person (0.25 CH)
11:15am-12:00pm: Lunch (on your own)
12:00pm-12:45pm: Supporting the birthing person in labor – Tools you can use (0.75 CH)
12:45pm-1:15pm: Concepts of the Labor Process to consider (0.5 CH)
1:15pm-1:30pm: Break
1:30pm-2:30pm: Positions for Birthing Person to Facilitate Labor (1.0 CH)
2:30pm-3:00pm: Recapping the Power of Presence (0.5 CH)
3:00pm-3:15pm: Q&A (0.25 CH)

Handouts

To access the handouts, please use the handout link in your registration confirmation and reminder emails, or open the course from your dashboard.



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Nebraska Methodist College Learning Center
720 N. 87th Street
Omaha, NE 68114
LC@methodistcollege.edu
<https://www.methodistcollege.edu/learning-center>

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Program Disclosures

Provider Approval Statements: Nebraska Methodist College Learning Center is approved with distinction as a provider of nursing continuing professional development by the VTL Center for Professional Development, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Successful Completion Requirements: In order to obtain contact hours or continuing education credit for this educational activity, participants are required to complete stated requirements:

- Attendance at the entire activity
- Completion/submission of evaluation form within 7 days of the program
- A link to access your certificate will be automatically generated and emailed to you within 24 hours of completing all requirements. Or, you can go to our website: www.methodistcollege.edu/pd, click "Account Login" on the top right side of the page, log in to your account, and click "Certificates."

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