

## Marie Biancuzzo's 45-Hour Step Up Course

### Goal

The goal of this program is to help already-certified individuals reinforce and expand previously acquired knowledge and skills to promote, protect and support families in situations where more pathologic, complex, and technological factors threaten initiation and continuation of breastfeeding.

### Objectives

- Apply previously-acquired communication, teaching, counseling, advocacy, and problem-solving skills to more complex, team-oriented and global situations.
- Recognize, analyze, and problem-solve conditions where anatomical and physiological variations of normal, abnormal, and pathology threaten the initiation and continuation of breastfeeding.
- Develop an individualized plan of care where contemporary medical, environmental and technological advances impact breastfeeding and lactation.
- Demonstrate a fundamental understanding of the research process, terminology, methods, and end-user meaning of scientific studies.

### Materials Required to Complete Course

- *Counseling the Nursing Mother: A Lactation Consultant's Guide* (7<sup>th</sup> edition)
- Online Course Materials
- Online Post-tests
- Online Evaluation

### Credits

This learning program is approved for 45.0 L-CERPs and 45.0 contact hours.

- Breastfeeding Outlook is approved by the California Board of Registered Nursing, provider # CEP15628.
- Breastfeeding Outlook is accredited as a long-term provider by the International Board of Lactation Consultant Examiners.

### Requirements for Obtaining Credits

- Complete all required assignments in the course.
- Complete all Unit Post-tests with 100% accuracy.
- Complete the Course Evaluation.

### Expiration

You will have a maximum of 18 months from the date of purchase to complete the course and earn credits.

### Disclaimers

The author discloses that she has no significant financial interests in any product or class of products discussed directly or indirectly in this learning program (including research support). This learning program has no commercial or non-commercial support. A detailed disclosure statement is found here <https://mariebiancuzzo.com/disclosures/>.

## Communication for Lactation Consultants

### Goal

Integrate active listening and empowering words and phrases into therapeutic conversations and help clients to deal with outside criticism.

### Objectives

- Recognize examples of “judging” words/phrases and their impact on maternal confidence and effective conversations.
- Classify examples of the professional’s responses as agreeing, disagreeing or accepting and how those responses affect the next steps of the conversation.
- Given several sentences in the form of a command, re-write the statements in the form of a suggestion.
- Briefly describe the key to building the mother’s confidence.
- Recognize examples of mistakes in active listening.
- Integrate principles of adult education and give relevant information using suitable language.
- Discuss strategies the mother can use if friends and family criticize her.
- Recognize definitions and examples for at least 5 terms related to communication.

### Materials Required to Complete Course

- Pretest
- Audiocasts
- Short articles
- Short written and electronic learning exercises
- Brief journaling

### Credits

This learning program is approved for 5.0 L-CERPs and 5.0 contact hours.

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- Breastfeeding Outlook is accredited as a long-term provider by the International Board of Lactation Consultant Examiners.

### Requirements for Obtaining Credits

- Complete all required assignments in the course.
- Complete Post-test with 100% accuracy.
- Complete the course evaluation.

### Expiration

This course expires 18 months from the date of purchase. All course requirements must be completed prior to the expiration date to earn credits. Expiration dates may be extended at the discretion of MarieBiancuzzo.com.

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