



3rd National Antenatal Teachers Seminar

Saturday 6th March 2010

Guinness Storehouse, Dublin 8

Programme

10.00am Registration

10.20am Seminar Open

10.30am Hypnobirthing – Exercising positive attitude towards birthing
Aisling Killoran, Hypnotherapist and Psychotherapist

11.30am Cow&Gate Pregnancy Diet Calculator – Insights into Irish Pregnant women’s diets
Cow&Gate Nutrition Department

11.50am Coffee Break

12.10pm The importance of Vitamin D in pregnancy
Adrienne O’Reilly, Dietitian

12.40pm Approaches to treatment of incontinence during pregnancy and post partum
Maeve Whelan, Specialist Chartered Physiotherapist Women’s Health, Milltown Physiotherapy Clinic

1.30pm Wrap up and close

1.40pm Lunch

You can register for this event in 3 ways:

- Online on the News & Events Section of this site
- Call Gillian on 01 2890218 or
- Email hcp@cowandgate.ie

Places are limited so please book early. Closing date for registration Friday 26th February

Sponsored by Cow&Gate

Biographies

Adrienne O'Reilly – Dietitian

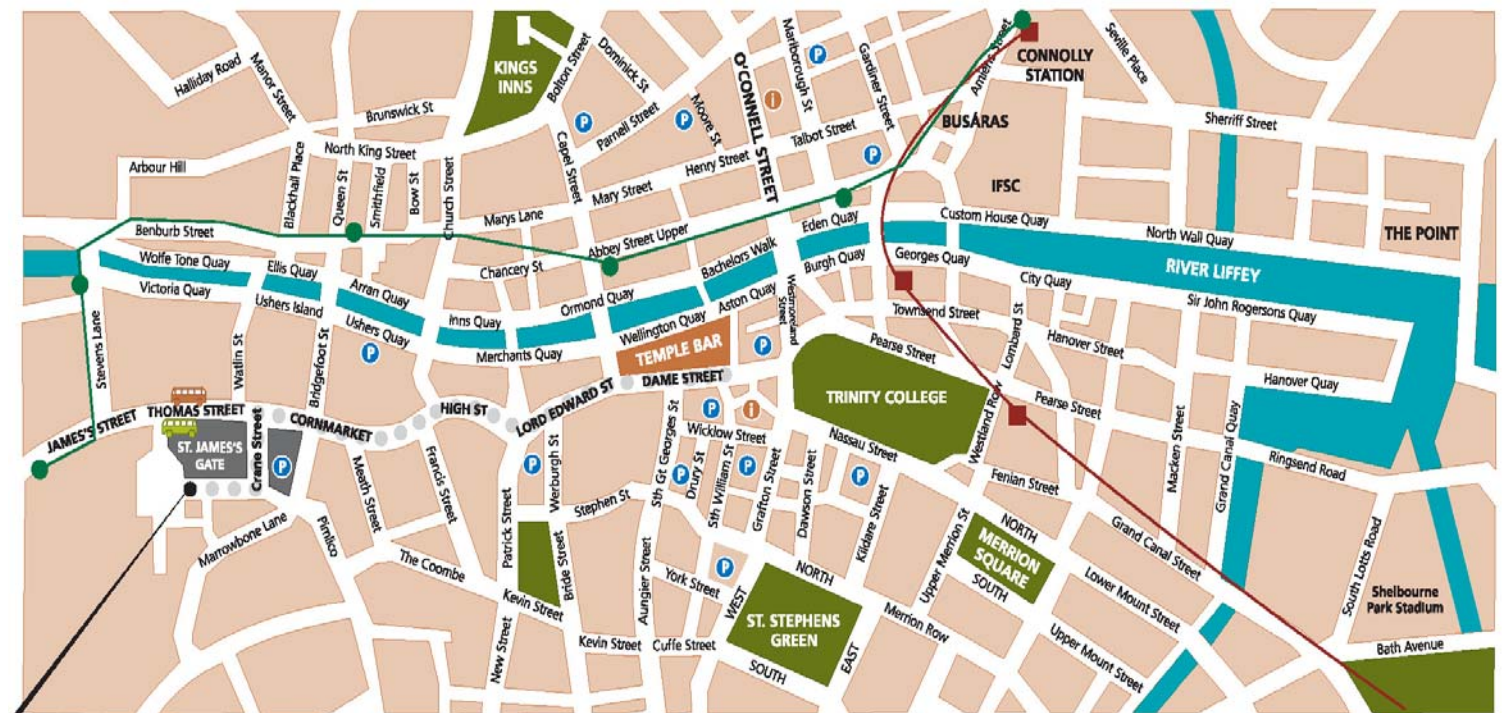
Adrienne qualified as a Dietitian over 20 years ago during which time she has worked as a dietitian in both industry and hospital settings. Adrienne started out as hospital dietitian in Northern Ireland, from there she moved into industry working with Nutricia focusing mainly in the area of infant nutrition. Just over four years ago Adrienne undertook the INDI Paediatric Course in Infant Nutrition. Since then Adrienne has worked in Mount Carmel as a senior dietitian in the area of general medicine and general health with a keen interest in Gestational Diabetes, PCOS, Osteoporosis and diet in pregnancy.

Maeve Whelan, Physiotherapist in Obstetrics and Gynaecology

Maeve Whelan is a graduate of Trinity College Dublin. She holds a postgraduate Diploma in Physiotherapy in Obstetrics & Gynaecology and has 20 years of experience in this area. She works in private practice in Milltown Physiotherapy Clinic, Dublin and her clinical caseload is women with pelvic girdle pain in pregnancy and women with chronic pelvic pain and finally bladder and bowel dysfunction. Her area of special interest is manual therapy for the pelvis and the pelvic floor. She has developed a system of exercises to facilitate the pelvic floor, these have been published and she teaches these and manual therapy techniques to physiotherapists in Ireland and the UK.

Aisling Killoran, Hypnotherapist and Psychotherapist

Aisling is a certified Hypnotherapist and Psychotherapist with over ten years experience and 10,000 clinical hours. Since 2003 she has taken over 400 couples through the HypnoBirthing Programme, designed to replace fear and panic during pregnancy with confidence and self empowerment. The programme empowers couples to have the most positive birth experience and delivery possible, and is being embraced and promoted by many maternity hospitals in Ireland. Aisling follows the unique multi-faceted hypnotherapy / Psychotherapy, HypnoBirthing™ programme, originated from the works of Dr. Grantly Dick-Read, an English obstetrician, who first forwarded the concept of natural birthing in the 1920s and has been designed to complement Antenatal classes.



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of Guinness, Dublin

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● ● ● Journey from Temple Bar to Guinness Storehouse
🚌 Bus GET OFF Point 🚌 Bus GET ON Point
The distance from Temple Bar to Guinness Storehouse is 1.5 miles approx.
Guinness Storehouse car park can be found on Crane Street, accessed via Echlin Street.

🚇 DART Line
📍 Tourist Information Office
🚗 Car Park
🟢 Tram Line - Luas