



INDIGEMAMA

ancestral healing

¡A Cerrar las Caderas! Distance Training

Enhance your professional skills, deepen your knowledge about postpartum recovery, and use your understanding of Mexican Traditional Medicine to support your sisters during the crucial after birth period.

Enrollment Includes:

- ✓ A Cerrar las Caderas (ACL) Manual (PDF)
- ✓ Instant access to Indigemama's ACLC online training videos (5 videos, 120 minutes total)
- ✓ Lifetime access to Indigemama's ACLC Practitioner Support Circle
- ✓ Access to the student website
- ✓ Student support for 6 months
- ✓ Professional mentorship support for 3 months post certification
- ✓ Course materials and self study supplements (online handouts, quizzes, forms)
- ✓ A printable certificate and graphic for your website
- ✓ A listing on the Indigemama ACLC Postpartum Professionals worldwide directory
- ✓ NINE (9) ONLINE live private training and live group Q & A sessions
- ✓ **Plus:** TWO free bonus videos and TWO Audio MP3s to use with your clients



CERTIFICATION REQUIREMENTS

1. Completion of **ONE** of the following courses:

- Matriz y Concha: Lifelong Self Womb Care (online or in person)
- Matriz Caída (online) and a private Indigemama Consultation (Skype or in person)
- A Cerrar las Caderas: Traditional Postpartum Healing (in person)

2. Attend one childbirth education series -or- be certified by an approved doula certification training.

3. Two Letters of Recommendation by respected community elders (52 and up) -or- by two professionals in your field.

4. Required Reading Assignments

Two of the following Pregnancy books:

Guide to Your Fabulous Abundant Pregnancy _____, Latham

Thomas.

Ethnography of Pregnancy as a site of Racialization _____,

Khiara M. Bridges.

Book: Herbs, Nutrition, and other Holistic Choices _____,

Aviva Romm.

Women, Pregnancy, and Childbirth _____.

Healthy, Natural Pregnanc _____y, Lauren Feder, MD.

One of the following Doula books:

Political Primer _____, Miriam Zoila Pérez

ories from Activist Birth Communities _____, Alana Apfel

enny Simkin

Two of the following Labor/Birth books:

- _____, Sakina O'Uhuru.

- _____s, Elizabeth Davis (pages 82-156)

- _____, Patrisia Gonzales.

One of the following Special Circumstance books:

or Parents of Misdiagnosed, Stressed, _____, Reggie Melrose

erstood Children

ody's Power to Overcome-Physical Pain _____,

Peter A. Levine, Maggie Phillips

s of Traumatized Children- _____, Reggie

Melrose

One of the following New Baby and Parenting books:

- _____, Shefali Tsabary

ical Advice and Holistic Wisdom for

lescence

- _____, Lauren Feder, MD

lines

- _____, Gumbs, Martens, Williams.

One of the following Breastfeeding books

- _____, Jeanine Valrie Logan

- _____, West & Pitman

he Definitive Guide to Nursing

_____, Katherine Barber

5. Self-Care, Peer Review, and Reflective Components throughout the course

- Forms and quizzes
- Reflection questions
- Online forum: ACLC Circle
- Skype one-on-one final assessment with instructor

6. Postpartum Numbers

Five (5) initial (sliding scale or donation-based) postpartum clients with written reviews, photo, Client Informed Consent form, and signed Client Review.

7. Forms

In order for candidates to be eligible for ACLC certification they must agree to and sign the following forms:

Student Release of Liability,
ACLC Code of Conduct and Social Media Policy,
Grievance Policy, Mission Statement,
ACLC Approach, Vision Statement, and
Scope of Practice.

8. Reflective Session Participation

All participants must be willing to take part in our yearly reflective sessions for peer support and to maintain the integrity of these practices. We are practicing ongoing community building throughout the year, but once a year, we request that you join us online.

Technical Requirements:

- Computer with internet connection
- Skype or Google Hangout

Course Interchange:

- \$610 investment, plus \$20 merchant fee. Payment in full can be made [here](#).
OR
- \$120 AutoPay for six (6) months. AutoPay can be set up [here](#).

No Membership Fees!

This is community building. Together, we are continuing the legacy of our foremothers and supporting one another through our journeys.

No Credentialing Application Fees

What I am "charging" instead, is that I am requesting that you practice this work honestly. Carry these traditions forward with integrity, and homage to your ancestors. Please demonstrate respect to the teachers and facilitators in this course to your future clients and students. Share the names of your teachers, know when to ask for help, and never make up answers to questions.

No Recertification Fees

There will be continuing education and updated versions of the ACLC Manual that you have the option to purchase. There is always room to grow and learn. Certification may be revoked for violating ACLC Standard of Care.

No Course Application Fees

All applicants must fill out an in-depth form. You are not expected to pay for enrollment until you are officially accepted into the ACLC program. Only nine (9) students will be accepted into the program per class. This allows more room for individualized learning, intimacy, and one-on-one contact. Please make sure you are able to fulfill the requirements before sending in your application.

Existing Student Discount

If you have already taken ACLC in person, you are entitled to a student discount of 25 percent. Merchant fee still applies.

Multiple Course Discount

If you would like to purchase more than one online course AT THE SAME TIME, or are also enrolling in an in-person intensive, your discount is anywhere between 10-20 percent off.

Bulk Order Discount

Sign up with a total of three sisters at the same time, same purchase, and receive 15 percent off. Not valid for AutoPay or payment plans.

Scholarships

Indigemama believes in making ancestral knowledge accessible in our community. As a small business with it's core values in balance and self-sustainability, we offer one (1) partial scholarship per class and one (1) work-trade. Email hi@indigemama.com with the subject line "ACLC Scholarship" for details. Only applicants who contact Indigemama with the correct subject line and email will be considered. Serious inquiries only.

