



California Advanced Lactation Institute

**Moving Forward and Setting New Standards for Competency-
Based Lactation Education**

Born in Bakersfield, the heart of
California's Central Valley

How Do *You* Want to Study Lactation?

There's the old way: learn the information in a classroom and from textbooks, then answer some questions on a quiz and see how much you "know." There's the online way: learn the information by reading course content online on your own schedule, then answer some quiz questions and test your "knowledge."

Now there's a new way: A comprehensive, competency-based lactation education and

internship program which prepares you for the IBCLC exam while building your skill set and experience to help mothers and babies. We are proud to offer in 2015 the Comprehensive Lactation Internship Program (CLIP)

All Pathways to the IBCLC Exam Begin with *90 Hours* of Lactation-Specific Education



While parts of the IBCLC Exam preparation process are similar, certain pieces will vary by individual.

Regardless of your starting point, whether or not you are already a credentialed healthcare provider, without even considering your level of college education (if any,) you should know that ALL candidates must complete 90 hours of didactic lactation-specific education in the 5 years prior to sitting for the exam.

The process branches out from there, depending on the candidate's background, requiring a varying level of college-level coursework in health sciences and hundreds of hours of clinical experience. Here is where you can look up your own ideal pathway based on your own profile. Next you can read about why you need clinical experience BEFORE you sit for the exam.

Coordinating Your Personal Pathway Requires Research and Organization

Our program, the Comprehensive Lactation Internship Program (CLIP) combines education, planning, creating opportunities for clinical experience, and guidance in choosing the right practice setting for you as an individual.

As IBCLCs who see clients in the hospital, in a community-based support group, and in private practice, we have a broader insight than many educators who may only see clients in one setting, or who may have dedicated all of their time to educating professionals. On the days we are not teaching in a classroom, we see mothers and babies at all points along the breastfeeding spectrum, from birth to weaning at any age, and we work regularly with mothers of all ages and from many cultures. You can learn more about your instructors, Adrienne and Christine, by clicking [here](#).

We built our curriculum from the ground up, bringing in content from the best lactation textbooks, the latest peer-reviewed research, and the most experienced lactation and birth professionals practicing today. Then we organized it into a meaningful framework

designed to accompany and complement our interns' clinical experience.

Why It Works

Learning the principles of human lactation is only one small part of becoming an effective and professional IBCLC. Applying the knowledge, practicing counseling skills, enhancing communication and education techniques - these are all mandatory pieces of the journey to becoming an IBCLC. While all IBCLCs are expected to continue doing those things for all the time they are practicing, it is vital to enter the profession with a solid foundation of having practiced and polished those tools. IBCLCs are expected to be practice-ready immediately - there's no learning curve, particularly for those intending to practice privately and independently. Even in a hospital or physician office setting, a new IBCLC may be the most well-trained lactation staff available to patients and is expected to be the breastfeeding expert.

There is no substitute for clinical experience, and IBCLC exam candidates need both primary and secondary experience. Our program integrates review and debriefing of the intern's primary experience through journaling and case

study presentations, and we provide secondary experience by creating in-class workshops to manage our own real-world case studies.

Time & Resources

As with other allied health professions, the amount of time it takes for an individual to prepare to apply for the board exam is a significant commitment of time. Our program will meet 10 times over a period of 6 months. Each session will cover 9 hours of content, including lecture-style learning, videos, case studies, group activities, clinical skills labs, documentation practice, skills sessions on curriculum preparation and adult learning styles, workshops on ethics and reading research, guest speakers on lactation support and allied modalities, and much more. These 10 sessions have been submitted for approval for a total of 90 CERPs (continuing education units for lactation professionals awarded by IBLCE.)

There are no prerequisites for application to the program.

In addition to class sessions, reading and homework will be assigned prior to each class meeting. Attendance at multiple types of additional events will be required, such as a

prenatal breastfeeding class, a community breastfeeding task force or coalition meeting (which can sometimes be attended via telephone conference call), and other opportunities as they arise and as time permits.

Required printed reading material will be provided, with the exception of articles available online. Internet access is required for interns as online research is part of the program and part of the everyday work of an IBCLC.

For interns who have not completed the college-level coursework in health sciences, we will provide guidance and assist with creating a plan for completing those courses. Most are available online, and some options are low-cost or free. Completion of the college-level coursework is required prior to applying for the IBCLC exam.

Due to the variable status of interns' progress toward completing the college-level coursework, the timetable for completion of the IBLCE Exam application process will vary.

Learning While Doing

The cornerstone of our program is experiential learning. We expect that some of our interns will already be employed in settings where they have

access to mothers and babies; in those situations, we will communicate with their mentors-in-place and follow their clinical hours through journaling and case studies to ensure continual, satisfactory progress.

For those interns who do not currently work in a setting which would provide them access to work with mothers and babies, and who do not anticipate having such employment during the time they are preparing for the exam, we will assist in every possible way to ensure access to mothers and babies through our work at Baby Cafe Bakersfield and in private practice. Because these interns will be volunteering at Baby Cafe and providing a service, their clinical mentoring will be included at no extra cost. For additional details about Baby Cafe, [please read here](#).

What Do You Want to Do in the Field of Lactation?

IBCLCs work everywhere there are mothers and babies, including in private practice, providing home visits to their clients. IBCLCs are the recognized expert in human lactation. No other lactation credential requires anywhere near the amount of preparation as the IBCLC, and the board exam, which is only offered once per year

globally, covers 10 main topics. IBCLCs have documented clinical experience and are able to provide a high level of evidence-based, ethical lactation care in even the most complex medical situations, including in neonatal intensive care units, pediatric intensive care units, high-risk maternity hospitals, outpatient pediatric care offices and centers, community hospitals and health clinics, and more. IBCLCs provide support and guidance for governments and legislatures around the world to create appropriate public health policy to protect the youngest citizens. IBCLCs are subject to a Code of Professional Conduct and clearly-defined Scope of Practice, and their credential status can be easily verified by parents and other professionals.

Lactation educators, who typically have completed a 40-45 hour course in basic breastfeeding management, work in many places: WIC and other community health clinics, hospitals, physician offices, public health departments, etc. Registered Nurses in many settings frequently become lactation educators to enhance their everyday interactions in the maternal child health area. Lactation educators teach prenatal breastfeeding classes, assist in mother-to-mother breastfeeding support groups, and work in many other community settings.

Lactation educators are trained through various different didactic programs, including some which bestow “letters” which are variations of educator/counselor/specialist; unfortunately, there is no standard system for verifying the training of a lactation educator.

While a passion for helping breastfeeding mothers runs through all levels of lactation care providers, there is a big difference between the level of care an IBCLC can provide versus what an educator offers. The population of breastfeeding mothers and babies is growing, and the community needs all levels of breastfeeding support. In particular, IBCLCs are in-demand as the overall health of our general population declines and lactation becomes a more complex situation.

Becoming a CALI Intern

The application process for the Comprehensive Lactation Internship Program at CALI begins with an application. The application will help organize the applicant’s goals and current accomplishments toward their IBLCE Exam Requirements. When we receive the application, we will arrange to meet and speak in person to determine if our program is the right

fit. This informal meeting will be an invaluable tool to the applicant in planning their future in lactation.

Following the meeting, and upon acceptance of the applicant as an intern, applicants will be directed to any additional registration paperwork as needed. A deposit will be required prior to the first class session, and a payment program will then be arranged. A discount will be offered for interns who wish to pay in full, and invoicing is available for those whose employers will be covering their tuition costs.

During the program, the learner will be referred to as an “intern,” rather than a student, to emphasize that s/he is “practicing” to become a lactation professional. No credential is bestowed upon completion of the CLIP program, but following completion of the first 5 class sessions, interns will have completed a content program (45 hours) qualifying them to be referred to as a “lactation educator.”

CLIP Graduates: The Future of Professional Lactation Support

In a field which will require an ever-growing number of highly-qualified IBCLCs, the Comprehensive Lactation Internship Program is poised to build experienced, trained candidates who are well-

prepared for the IBLCE Exam. The program has been designed to accommodate interns with all levels of mother/baby experience and all levels of educational background.

Tuition/Pricing

Full price tuition for the program is \$950. If you only need or want to complete the first 5 sessions or the 2nd 5 sessions, tuition is \$495.

Registration for Individual Sessions is always available at a cost of \$99. Individual session attendees will receive a certificate of attendance and appropriate continuing education units for the day of attendance. Individuals who do not wish to be awarded continuing education units may attend for \$45, which includes printed learning materials and catered lunch.

Continental breakfast and a catered lunch are provided on every day of instruction. Instruction will take place in Bakersfield at a location to be determined. Attendance for the full 9 hours is mandatory for receiving an attendance certificate and continuing education hours. There are no make-up sessions scheduled in 2015 and a refund will not be issued for cancellations on the day of instruction.

Calendar of Instruction Dates

All Instruction Occurs on Saturdays from
8a.m.-5:30p.m.

March 14, 2015 March 28, 2015

April 11, 2015 April 25, 2015

May 9, 2015 May 23, 2015

June 6, 2015 June 20, 2015

August 1, 2015 August 15, 2015

Application Process

If you would like to apply, please use the link below to apply online, or you may visit our website at www.californiaadvancedlactationinstitute.com and download a form you can print and email or mail to us.

When your application is received, it will be reviewed and you will be contacted regarding your responses. If your application is accepted and you decide to enroll, payment instructions will be emailed to you.

[https://docs.google.com/forms/d/
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c=0&w=1&usp=mail_form_link](https://docs.google.com/forms/d/1WVcCnRf6aBW0YOH4d2P6PoSyN3RG56LG_kxV-IrEvto/viewform?c=0&w=1&usp=mail_form_link)

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