



Miranda Cacek
Certified Massage Therapist
Certified Labor Doula



I believe that birth is a natural, everyday miracle that deserves respect and compassion and as with everything in life, there are variables during the birth process that cannot be predicted and medical assistance is sometimes needed. I am there to help you navigate your options and facilitate communication between you and your care provider, as well as offer physical comfort and emotional reassurance throughout your birth experience.

Why I do this work:

I love working with new and growing families and in helping them find their path on the road to parenthood. Pregnancy and birth is a time of great change that can profoundly affect the dynamics of the growing family. My training and experiences as a doula, the insight and intuition as a massage therapist, and the personal experience of becoming a mother enable me to provide information and support to families as they navigate those dynamic changes.

Labor Doula Support

I tailor fit my doula services to meet your needs and provide a focus on helping you have an intimate and enjoyable birth experience. I have experience assisting families with a variety of beliefs and needs and have helped families with c-section births, scheduled inductions, VBAC's, high-risk complications, single moms, and moms who have labored with and without medication. I work with all members of the birth team to help create a mother-centered, positive birth experience.

Massage Therapy Services \$85-\$120 a session

My massage services have an emphasis on supporting the physical and emotional changes that occur during pregnancy and through the postpartum period. Although I am certified in prenatal, labor and postpartum massage, I have a passion for helping all family members find better balance in their lives through the physical and mental healing that massage can offer. Doula families are able to take additional discounts off massage services to compliment my doula services.

Massage During Labor \$200-\$500

Massage Packages are available for those who wish to have support during labor, but feel they do not need a doula. Services are designed to provide physical support to the laboring mom during labor without the extended support/expense of doula services.



Experience in Birth:

Unbeknownst to me, I was a doula before I even knew the word "doula" existed. I began as a labor coach for my sister and during that experience I realized that this work was what I was supposed to do with my life.

I have also experienced, personally, a medicated birth, two un-medicated births, including one waterbirth. I believe my varied experiences enable me to approach labor with an open mind and to trust the birth process and as such, I encourage my clients to trust their intuition on how to birth their baby.

Certifications:

- Certified in Prenatal, Labor and Postpartum Massage- Jan 2007
- CAPPa Certified Labor Doula, CLD - June 2006
- Nationally Certified Massage Therapist, NCTMB, Nov 2005
- AOS in Therapeutic Massage and Bodywork, CMT, Heritage College, Nov 2004

Education and Training

- ❖ Midwifery Student, Midwife To Be
- ❖ Igniting Mother-Friendly Care in your Community, RMCHB, September 2008
- ❖ CAPPa Lactation Educator Training, Mother's Journey, January 2008
- ❖ Nurturing Under-served Women, Cocoon Enterprises, June 2007
- ❖ Aromatherapy for the Childbirth Professional, Laurel Wilson, May 2007
- ❖ Creative Support For Laboring Women, Boulder College of Massage Therapy, Sept 2006
- ❖ Optimal Fetal Positioning, JoAnn King, March 2006
- ❖ CAPPa Accredited Labor Doula Training, July 2004

Professional Memberships

- ❖ Colorado Doula Association (CDA), member and Secretary
- ❖ Colorado Midwives Association (CMA)
- ❖ Rocky Mountain Coalition for Humanizing Birth, Director (RMCHB)
- ❖ American Massage Therapy Association (AMTA)
- ❖ Childbirth and Postpartum Professionals Association (CAPPa)

~References Available Upon Request~

