

PENNY BUSSELL STANSFIELD

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CAREER PROFILE

Through my work as a **doula**, a **massage therapist**, an **educator** and a **trainer**, I provide clients with a greater sense of personal awareness and well-being through professional services and education.

- Certified Birth Doula Trainer
- Certified Lactation Counselor
- Certified Advanced Birth Doula
- Certified Microbirth Approved Provider
- Lamaze Certified Childbirth Educator
- Licensed Massage Therapist & Instructor
- Certified Birth Behind Bars Educator
- Author

As an **author**, my book educates and prepares people to welcome their babies with confidence and power.

PROFESSIONAL EXPERIENCE

Penny Bussell, LLC

Microbirth Approved Provider **2021-Present**

- Teaching maternity care workers and pregnant people about optimizing baby's gut microbiome during pregnancy, birth and postpartum.

Licensed Massage Therapist **2000-Present**

- Specializing in prenatal massage and deep tissue therapy, trigger point therapy, and Swedish massage.

Doula Trainer / Birth Doula **1996-Present**

- Developed DONA International-approved workshops to teach potential Doulas keys to providing emotional and physical support to people in labor. Have taught more than 200 workshops.
- Provided Doula services to people for more than 100 births.

Mama Mio Skincare US

2006-2016

National Lead Instructor (Prenatal Massage)

- Major contributor to the development of Mama Mio maternity spa treatments nationally.
- Lead instructor of Mama Mio maternity treatments to certified massage therapists in spas nationally.

Hillsborough Massage Therapy LLC, Hillsborough, New Jersey

2004-2012

Licensed Massage Therapist and Massage Instructor

- Co-owner of a successful massage therapy business with four therapists providing a broad range of therapeutic modalities, on premises that include four therapy rooms and classroom facilities.

Cortiva Institute, Cortiva Inc.

2003-2009

National Curriculum Development

- Major contributor to the development of a six-module national curriculum for Maternity and Infant Massage (MIM). The 200-hour course was delivered to graduates nationally.

Instructor and Teaching Assistant

- Lead instructor of the Cortiva MIM program, delivered nationally.
- Lead instructor of prenatal massage at the Somerset School of Massage Therapy in New Jersey.

Hands-On Healing, Tucson, Arizona

2000-2003

Licensed Massage Therapist

- Managed successful in-home business, providing diverse massage therapies to broad base of clientele.

Desert Institute of the Healing Arts and Providence Institute, Tucson, Arizona

2000-2002

Teaching Assistant and Instructor

- Led prenatal massage classes, delivering lectures and providing practical guidance.
- Lectured students on changes in pregnant women's bodies and coping skills during labor and guided hands-on practice with pregnant women.

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VOLUNTEER EXPERIENCE

SUPPORT BIRTH FUND , 501(c)3 nonprofit Vice Chair	2023 – Present
<ul style="list-style-type: none">• Provide leadership in creating a doula program to support low-income families.	
W.O.M.B. – Watching Over Mothers and Babies , nonprofit Board Member	2015-Present
<ul style="list-style-type: none">• Provide leadership in decision making to improve birth outcomes through research.	
DONA International	2013-Present
<ul style="list-style-type: none">• Review and certify student doulas, as a member of the Certification Review Committee.• State Ambassador for New Jersey, then Arizona• Member of the Continuing Education Review Committee	
University of Arizona Medical Center , Tucson, Arizona	2013-2015
<ul style="list-style-type: none">• Provide volunteer doula services to birthing women on the labor and delivery unit.	
Great Expectations , Somerset, New Jersey	2007-2012
<ul style="list-style-type: none">• Provided massage therapy and information to pregnant teenagers with substance abuse issues.	
Casa de la Luz Hospice , Tucson, Arizona	2001-2003
<ul style="list-style-type: none">• Provided volunteer companionship and massage therapy to patients and their families.	

EARLY EXPERIENCE

Self-Employed , Grenoble and Strasbourg, France	1981-1995
<ul style="list-style-type: none">• Consultant, English Language Instruction	
National Childbirth Trust , Edinburgh, Scotland, and Strasbourg, France	1984-1995
<ul style="list-style-type: none">• Childbirth Educator	
United Nations High Commission for Refugees , Geneva, Switzerland	1979-1980
<ul style="list-style-type: none">• Bilingual Administrative Assistant	
Perrier , London, England	1978-1979
<ul style="list-style-type: none">• Assistant to Marketing Director	

EDUCATION AND CERTIFICATION

Certified Microbirth Approved Provider	2021
Certified Birth Behind Bars Educator	2020
Lamaze Certified Childbirth Educator, Lamaze International	2015
Certified Lactation Counselor , Academy of Lactation Policy and Practice	2014
Graduate , Desert Institute of the Healing Arts, Tucson, Arizona	2000
Certified Doula Trainer , DONA International	1998
Advanced Certified Birth Doula , DONA International	1997
Certified Childbirth Educator , National Childbirth Trust, United Kingdom	1988
Certificate for Teaching English as a Foreign Language , Royal Society of Arts, London, England	1982
B.A. (Hons) , French, University of Southampton, England. Graduated with Honors	1977

PUBLICATIONS

Book “Labors of Love: A Doula’s Birth Stories”, Penny Bussell Stansfield, Farfallina Press, 2010.
Forward to “Pregnancy and Childbirth”, Suzanna Yates, Churchill Livingstone Elsevier, 2010.

PROFESSIONAL AFFILIATIONS

American Massage Therapy Association (AMTA)
DONA International, Lamaze International