

Alia Macrina Heise
231 West Ave. #2
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info@d-mer.org www.d-mer.org

Certification

International Board Certified Lactation Consultant
October 2011-Present

Certified Lactation Counselor
August, 2006 – Present, The Center for Breastfeeding

Certified Postpartum Doula
September, 2006 – 2009, DONA

Education

DONA Trained Birth Doula
March, 2006 - BirthMatters!

WIC Peer Breastfeeding Counselor Training
November, 2005 - Finger Lakes WIC

NMAC Breastfeeding Counselor Training
November, 2004 - Nursing Mother's Advisory Counsel

Employment and Volunteer Positions

2012 - 2012	Private Home Health Care Provider
2011-Present:	IBCLC in private practice, Owner: First Nourishment
2005 - 2012:	CLC, Peer Breastfeeding Counselor, Finger Lakes WIC
2006 - 2008:	Lactation Counselor and Doula in private practice, Owner: Nurturing the Mother Doula Care
2004 - 2005:	Nursing Mothers Counselor, Nursing Mothers Advisory Council

Professional Memberships and Affiliations

New York Statewide Breastfeeding Coalition 2010-Present
Le Leche League 2008 - Present
DONA 2006 - 2009
Nursing Mothers Advisory Counsel 2004-2005

Speaking Engagements

2013

GOLD International Lactation Conference
Understanding D-MER

2012

International Symposium on Breastfeeding La Leche League of Euskadi, Spain
D-MER: A Sufferers Tale

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2011

12th National Conference of LLLItaly
Understanding Dysphoric Milk Ejection Reflex

2008

Rochester Doula Co-Op, Rochester NY
Understanding Dysphoric Milk Ejection Reflex

2006

Finger Lakes WIC, Canandaigua NY
Keeping Breastfeeding on Track

2005

Abington Nursing Mothers, Abington PA
Starting Solids

Publications

2011

International Breastfeeding Journal, 2011 6:6
Dysphoric milk ejection reflex: A case report

2010

Breastfeeding Today Magazine
Interview: D-MER, What Is It?

2008

Breastfeeding.com
Opening the Door to Breastfeeding's Best Kept Secret

DONA International Magazine
Opening the Closet Door on D-MER

DONA Newsletter: Feature Story
When Breastfeeding Feels Dark