



'The Silent Birthkeeper'

A One Year Immersion into True Midwifery

with

Ruth Ehrhardt

truemidwifery.com

The Silent Birthkeeper:

A One-Year Immersion into True Midwifery

An Online Programme with Monthly Zoom Workshops

5 Feb 2026 - 11 Feb 2027

Welcome to The Silent Birthkeeper!

"May we remember the wisdom in our bones,

the strength in our stories,

and the silence that speaks between women

when we sit together at the altar of birth."

– Anonymous

*This year-long journey is an invitation to explore the depth of True Midwifery, honouring
birth, womanhood, and community.*

*Together, we will walk this path, learning from each other, sharing wisdom, and holding
space for transformation.*

How It Works:

- *The programme begins on **5 February 2026** when our Teachable learning space opens.*
- *We meet **once a month via Zoom** from **February 2026 to February 2027** (except in August—because we all need a break!).*
- *Please ensure that you have Zoom downloaded and that you have access to reliable wifi on the days that we meet.*
- *Calls take place on **Thursdays from 11 AM - 2 PM SAST** (South African Standard Time). Check your time zone [\[here\]](#).*
- *Each session includes reflections, discussions, and space for your questions.*
- *Calls will be recorded and made available on our communal Teachable learning platform within 48 hours.*
- *New materials are released a week before each session.*
- *We stay connected through our [private Telegram group](#) for discussions and support.*

Our Monthly Gatherings

2026

12 February – *Opening Call & Orientation*

12 March – *Walking the Path of True Midwifery*

9 April – *Caring for Ourselves & Each Other*

14 May – *Creating Our Learning Container*

11 June – *The Basic Needs of a Woman in Labour*

9 July – *Birth Stories*

 **No session in August** – *Time to Rest & Integrate*

10 September – *Pregnancy Care*

8 October – *Attending Births*

12 November – *The Baby & Postpartum (MotherBaby)*

10 December – *Disability & Death (Sensitive Content)*

2027

21 January – *Sexual Abuse Triggers in Pregnancy, Labour & Birth (Sensitive Content)*

11 February – *Project Presentations & Closing Ceremony*

 **Sensitive Content:**

Sessions on **'Disability & Death'** and **'Sexual Abuse Triggers'** may be emotionally challenging.

We encourage you to set aside quiet time for processing, journaling, or resting.

Flexibility & Support

- *If you miss a session, **recordings will be available** on our communal Teachable learning platform.*
 - *If birth or teaching commitments require Ruth to reschedule, the session will move to the next available Thursday at the same time.*
 - *The [Telegram group](#) is your space for sharing insights, asking questions, and connecting with fellow participants.*
 - *For private inquiries, reach out to truemidwife@gmail.com*
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Accessing The Silent Birthkeeper course on the Teachable Platform

- *To access the Silent Birthkeeper course, please visit our school at:
<https://true-midwifery1.teachable.com//products>*
 - *If you haven't created an account yet, you will need to set one up with a password. While the course materials are not immediately available, you can view the curriculum once you are logged in.*
 - *For any questions regarding account access, please reach out to the Teachable support team for assistance. You can find their contact information here:
Teachable Support Resources*
 - *Once logged in, we recommend you click on your profile icon in the top right corner and select "Edit Profile" from the dropdown menu. Under "Notifications," you can opt-in to receive school emails, ensuring you stay informed about new sections and responses to your comments or discussions. For more information about email preferences, please refer to this page on the Teachable support site: **Email Opt-in/Opt-out Options***
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A Shared Journey

*This is more than a course—it's a **gathering of women from around the world**, reclaiming the ancient wisdom of birth and motherhood. We hold structure but also honour the organic unfolding of our time together. Your voice, reflections, and contributions are valued.*

This is YOUR space.

Important Disclaimer

*This programme does not qualify you as a midwife. It is an **exploratory journey** for those drawn to birthkeeping or those deepening their practice.*

 **We look forward to walking this path with you!** 

Recommended Reading List for the course

(subject to addition and change):

Books

The Basic Needs of a Woman in Labour by Ruth Ehrhardt

Do We Need Midwives by Michel Odent

The Scientification of Love by Michel Odent

Primal Heath by Michel Odent

Spiritual Midwifery by Ina May Gaskin and the Farm midwives

The Babycatcher by Peggy Vincent

A Book for Midwives by Susan Klein

Heart and Hands by Elizabeth Davis

Holistic Midwifery Volume 1 and 2 - Anne Frye

Practical Skills Guide for Midwifery by Pam Weaver and Sharon Evans

Reclaiming Childbirth as a Rite of Passage: Weaving Ancient Wisdom with Modern Knowledge by Dr Rachel Reed

When Survivors Give Birth by Penny Simpkin and Phyllis Klaus

Invisible Earthquake by Malika Ndlovu

Pathways to Midwifery - Midwifery Today

Time to Think - Nancy Kline

The Red Tent - Anita Diamant

Vagina - Naomi Wolf

Our Bodies Ourselves - Boston Women's Health Collective

Websites

True Midwifery/Ruth Ehrhardt - TrueMidwifery.com

The Primal Health Research Database – <http://www.primalhealthresearch.com/>

Sara Wickham – <https://www.sarawickham.com/>

Dr Rachel Reed/Midwife Thinking – <https://midwifethinking.com/>

Evidence Based Birth – <https://evidencebasedbirth.com/>

Midwifery Today - <https://www.midwiferytoday.com/>