

Curriculum Vitae

Alia Macrina Heise, IBCLC
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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!

CLC Training
August 2006 - The Center for Breastfeeding

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

2011-Present: IBCLC in private practice, Owner: First Nourishment
2008-Present: Owner and operator of the D-MER.org web domain
2005 - 2012: CLC, Peer Breastfeeding Counselor, Finger Lakes WIC
2006 - 2008: CLC 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

2017

Born to Breastfeed Podcast Interview with Marie Biancuzzo, RN, MS, IBCLC
Topic: Dysphoric Milk Ejection Reflex

27th Annual Art of Breastfeeding Conference
Dysphoric Milk Ejection Reflex and the Breastfeeding Mother

Breastfeeding Outside the Box Podcast Interview with Alyssa Schnell, IBCLC
Topic: Dysphoric Milk Ejection Reflex

2013

GOLD International Lactation Conference
Understanding D-MER

2012

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

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

Media Interviews

2017

Interviewed by Julie Revelant of Fox News for "D-MER: The Scary Breastfeeding Condition You've Never Heard Of"

Interviewed by Kate Rope for her book on postpartum mental health to be published by St. Martin

Interviewed by Susan Rinkunas of New York Magazine for "The Scary Breastfeeding Disorder People Aren't Talking About"

Interviewed by Serina Sandhu of iNews for "D-MER: What The Dementor-like Breastfeeding Condition Feels Like"

Publications

2017

Peer Reviewer of Dysphoric Milk Ejection Reflex: A Case Series for Breastfeeding Medicine

Before the Letdown: Dysphoric Milk Ejection Reflex
A book about D-MER for mothers, support people and healthcare providers

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