

About Our Advanced Practice Series

Our advanced practice series is geared towards International Board Certified Lactation Consultants (IBCLCs) and other professionals who have substantial experience working with breastfeeding mothers and their infants. Since the profession requires recertification through attendance at conferences or exams, many IBCLCs do have familiarity with the evidence available from many of the expert speakers and researchers in breastfeeding. Staying within the comfortable familiarity of known speakers may, however, lead to a phenomenon known as confirmation bias.

Confirmation bias is when we seek out and accept evidence that validates our own views, while neglecting to consider or rejecting evidence that contradicts our views. As we gain clinical experience we often develop a set of firmly held beliefs based on our own observations. Yet, our practices may stagnate if we don't push ourselves to consider alternative explanations for what we observe.

One way to challenge our own assumptions is to seek out perspectives from other professionals whose evidence base sometimes overlaps and sometimes diverges from our own. Dialogue between professionals of varied backgrounds often fosters new insights and mutual enrichment. So, our theme for the upcoming Advanced Practice Series is to:

Challenge Our Confirmation Bias

by

Pondering the Perspectives of Other Professionals

With this theme in mind, we plan on assembling professionals from many varied backgrounds to discuss a variety of topics and their relevance for breastfeeding and beyond.