

Catherine O'Brien

PRIVATE PRACTICE LACTATION CONSULTANT

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SUMMARY

IBCLC-certified Private Practice Lactation Consultant with 10 years of experience operating an independent lactation consulting business. Specializes in in-home consultations, telehealth breastfeeding support, and managing complex cases including post-surgical mothers, multiple infants, and medically complex newborns. Built a solo practice serving 300+ clients annually with a 98% client retention rate.

EXPERIENCE

IBCLC Private Practice Lactation Consultant Jan 2015 - Present
Nurture Lactation Services (Self-Employed) Austin, TX

Own and operate a full-service private lactation consulting practice offering in-home, clinic, and telehealth services.

- Consult with 300+ families annually via in-home visits, telehealth, and clinic sessions with 98% client satisfaction
- Maintain a physician referral network of 25 OB-GYN and pediatric practices generating 40% of new client volume
- Developed a remote monitoring program for high-risk clients reducing unnecessary office visits by 35%
- Achieved 88% breastfeeding continuation rate at 6 months among active caseload clients

Staff Lactation Consultant Mar 2013 - Dec 2014
Seton Medical Center Austin, TX

Provided inpatient lactation consulting before transitioning to private practice.

- Managed daily caseload of 20 inpatient families across postpartum and NICU units
- Developed clinical skills in complex lactation management that informed private practice specialization

SKILLS

Private Practice Management Telehealth Lactation Consulting In-Home Lactation Assessment
Insurance Billing & HIPAA Compliance Complex Case Management
Client Relationship Management

EDUCATION

Bachelor of Science in Nursing May 2013
University of Texas at Austin Austin, TX
Nursing GPA: 3.8

LANGUAGES

English Native
Spanish Intermediate

CERTIFICATES

International Board Certified Lactation Consultant (IBCLC) 2015
International Board of Lactation Consultant Examiners
Certified by IBLCE; recertified 2020

Registered Nurse (RN) 2013
Texas Board of Nursing
Texas nursing license