



Celebration of Birth DOULA ACADEMY

SACRED BIRTH DOULA TRAINING CURRICULUM

MODULE I – HOME STUDY

- **BUILD A COMPREHENSIVE RESOURCE LIST** (Pre-course Assignment)
Research the resources available and create a list of pregnancy, birth and post-natal practitioners in your local area. This will include birth professionals, prenatal yoga/exercise classes, naturopaths, hospital services... and will become a valuable resource for you to share with your clients in the future. (Template provided)
- **RECOMMENDED READING LIST**
The comprehensive reading list covers many aspects of pregnancy, birth and early days of motherhood. The following two books are required reading prior to attending the training –

Active Birth: The New Approach to Giving Birth Naturally by Janet Balaskas

Gentle Birth, Gentle Mothering by Dr Sarah Buckley

MODULE II – FACE-TO-FACE TRAINING

EDUCATIONAL & EXPERIENTIAL LEARNING IN A GROUP ENVIRONMENT

Attendance at the in-person training is an essential requirement of developing your skills as a doula. Joining a group of women, who are all passionate about offering holistic mother-centred support to families on the transformational journey of pregnancy and birth, will give you the opportunity to expand your knowledge of supporting a broad range of birth experiences.

As a doula you will be walking alongside women during one of the most meaningful times of their lives, sharing this most intimate space requires a high level of personal awareness that simply cannot be learned from books or on-line.

During the face-to-face training immersion, you will learn a range of inspirational tools to give you the foundation and knowledge to become a doula for pregnancy and birth, including educational, experiential, creative and healing processes. Practices you will be able to share with your clients immediately. A comprehensive manual is provided, filled with resources for you to keep and share with your clients. On completion of this module you will receive a **Certificate of Attendance**.

Topics covered during the training include –

- **ROLE OF A DOULA** – ‘herstory’, guidelines, doula/client contract, scope of practice. Self-care, healthy boundaries and professional development. Importance of doula de-briefing.
- **WOMEN’S CIRCLE WISDOM** – sitting in circle with women offers a rich source of experiential wisdom.
- **CONSCIOUS CONCEPTION** – enhancing the ‘*in-utero*’ bond, connecting with the spiritual realms of pregnancy and birth.
- **BIRTH AS TRANSFORMATION** – pregnancy and birth as an opportunity for deep inner exploration, growth and transformation. Learn valuable essential tools for birth preparation.
- **HOLISTIC SUPPORT** – importance of the *mind/body/spirit* connection, developing greater trust in women’s wisdom & being ‘*present*’ to support an empowering experience for mother, father and baby.
- **NATURAL BIRTH** – understanding the physiological process of birth, the stages of labour, waterbirth and welcoming the baby.
- **THE ESSENTIAL ROLE OF BIRTH HORMONES** – creating the optimum environment for blissful birth. Encouraging more confidence in the birthing process and the beneficial hormones of labour.
- **BIRTH PLAN** – benefits of making a Birth Plan as a guide to birth choices, supporting the parents’ decision making process, creating a birth vision.
- **PRACTICAL TOOLS FOR BIRTH** – *Active Birth* and its benefits, optimal birth positions, partner support, massage, ‘hip squeeze’, rebozo.
- **DOULA BAG** – what to pack in your ‘doula bag’, most helpful items from a doula’s perspective.
- **MEDICAL INTERVENTION** – understanding when medical intervention is appropriate and how to manage the ‘*cascade of intervention*’. Supporting your clients to understand *Informed Consent* and how to make educated and empowered choices for birth. Comprehensive list of medical terminology and their meanings.
- **GENTLE CEASAREAN** – supporting cesarean birth, delayed cord clamping, facilitating mother-baby bonding – skin-to-skin, seeding for healthy bacteria. Recovery period.
- **RELAXATION & VISUALISATION** – simple relaxation exercises to enhance the mother-baby-father bond and develop confidence for birth.
- **COMMUNICATION SKILLS** – conducting client interviews, active and reflective listening skills, working within personal boundaries.
- **RITUALS FOR BIRTH** – how to facilitate meaningful rituals for your clients, including how to facilitate a Blessing Way/Mother Blessing.
- **THE GOLDEN HOUR** – supporting the new family in the first hour and early days following birth. Placenta options and benefits.

- **POST-NATAL CARE** – role of the Birth Doula in the early post-partum period, birth debriefing and completing with your clients. Referrals and when to recommend.
- **SETTING UP YOUR DOULA BUSINESS** – designing and packaging your unique offerings to attract the clients most suited to you. New business basics, introduction to marketing.
- **SELF-AWARENESS & PERSONAL GROWTH** – self-exploration of your own beliefs around birth, understanding family patterns and how they may affect birth and your role as a doula. Pregnancy/birth as transformation for personal growth and healing.

MODULE III – DOULA BIRTH SUPPORT WITH PERSONAL MENTORING

PRACTICAL EXPERIENCE AS A TRAINEE DOULA

Following the face-to-face training you will feel confident to take the first steps in your *'Doula Career'* and towards completing the practical birth support requirements for your **Certificate of Completion**.

During this essential next stage of gaining experience you will receive PERSONAL MENTORING from a highly experienced Doula Mentor online or by phone at a time to suit you. Your Mentor will be available for support and guidance as you prepare to attend births, for questions or feedback and to de-brief your doula experience following births. (NOTE - This module is not included in the Birth Professional Development option).

- **TRAINEE DOULA BIRTH SUPPORT** – building client relationships and attendance at 3 births as a doula, these may be in a hospital, birth centre or homebirth setting. Submitting Case Study Reports for the births including self-reflective practice (template provided).
- **BIRTH PREPARATION CLASS REPORT** – attendance at a series or intensive programme of Birth Preparation classes, provide a report and feedback on the presentation of information during the class (template provided).

CERTIFICATE OF COMPLETION

The Certificate is issued on completion of all the required modules, including Birth Reports, Birth Preparation Class Report and Course Feedback Form.

For further information or to schedule a call to discuss Doula Training contact – Anna Watts, Founder, Celebration of Birth Doula Academy – celebrationofbirth@gmail.com

COMBINED TRAINING OPTIONS – SPECIAL PACKAGES

OPTION 1 – commencing 2019 – the **Sacred Birth Doula Training** will be offered as a combined option with the **Sacred Beginnings Post-natal Doula Training** details of the *SPECIAL PACKAGE* here – <https://www.celebrationofbirth.com/product/combined-birth-post-natal-doula-training/>

OPTION 2 – commencing 2019 – combine the **Sacred Birth Doula Training** with the **Bliss Baby Yoga Pre-natal Teacher Training** details of the *SPECIAL PACKAGE* coming soon.