

## *Doula School*

### **The Doula Training Seminar, or “Doula School”**

This is part of a 3 week seminar designed to fulfill the workshop requirements of the Doula Certification and the Professional Childbirth Educator, but we will only offer the Doula School at this time and location. If there is enough interest, we can plan the Childbirth Educator program for another time.

A Doula is a labor companion who provides non-medical, emotional and physical support to laboring women. Certification is not required or regulated by the government but can be a “door opener” in situations (with clients, medical system). Certification can be achieved through a path of documented experiences and directed studies. Information will be provided in the workshop.

This is an excellent program for people who are interested in assisting women to have normal, natural, unmedicated birth experiences. Especially suited for those who are compassionate, patient, kind, wise, empathetic and calm easily. We find that many mothers, “empty nest-ers”, teenagers, retirees, healthcare workers, and manual/massage therapists enjoy and often bring much peace with them into the birth experiences. The skills can be used as a ministry to family members, as a volunteer, in a mission's setting, or as a paid companion in various birthing environments. The Doula's presence can help reduce the need for interventions (Cesarean Section, instrumental, induction) that could negatively affect the mother and baby during labor, childbirth and after the birth.

### **Here are the Details**

**Participants:** OPEN to females, agile to provide physical and emotional support to laboring women

**Dates:** 26<sup>th</sup> - 30<sup>th</sup> Oct and 2<sup>nd</sup> November 2015

**Time:** Each day from 9:00 am to 4:50 pm.

**Post Training opportunity:** Tuesday 3<sup>rd</sup> Nov at 9:30 am, Doula Ministry

A meeting for anyone prepared as a Doula who would like to use there skills as ministry.

**Location:** All Saints Anglican Church, 292 McCabe Rd, Newport, NC 28570

**Contact:** Consuelo York, mobile # 252.342.6322, email [LifeReach.CY@gmail.com](mailto:LifeReach.CY@gmail.com)

**Tuition:** \$125. (usually \$500.) A further tuition reduction for those 21 yrs old and under.

**Register and reserve your place by sending your *contact information and deposit of \$25.* made payable to All Saints Anglican Church, marking it for “The Doula School”.**

The remainder of the tuition will be collected on the first day of the Doula School. Please make payable to “YWAM”. Any contribution above the tuition will be used in Christian missions and is greatly appreciated.

## Overview of Topics

### **Labor & Birth Basics** (1<sup>st</sup> Component - 8+ hrs)

Global Need and Mercy Ministry

Overview of Labor

Pain in Labor

Approaching Labor (Signs)

First Stage of Labor

Comfort Techniques

Labor Support and Role Play

Second Stage of Labor

Third Stage of Labor

Immediate Postpartum

Variations in Labor

Cesarean Birth

Making Informed Decisions - Interventions

### **Doula Workshop** (2<sup>nd</sup> Component - 16+ hrs)

Introduction to Labor Support

Role of the Doula

Prenatal Contact

Universal Precautions

Emotional and Physical Support in Labor

Doula Care in Difficult Labors

Doula's Role in Cesarean Section and VBAC

Initiating Breastfeeding

Postpartum Follow-up

**One Required Book** - please get a copy and begin reading it!

The Birth Partner by Penny Simkin

(Other books will be required to gain certification.)

**\*The next offering of this Doula School will be held in small communities in Nicaragua with a Community Health Evangelism/Education team that is working with the local government Maternity Waiting Homes program. You may make tax deductible contributions for that trip if you so desire. And please pray for the trip! Thank you.**