

DOULA TRAINING BROCHURE



Doula Training Guidebook

The Doula Collective

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THE DOULA COLLECTIVE

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The Doula Collective - Doula Training

Many years ago while answering the question what Doulas do, I had jokingly said that I am professionally trained to be personal. Little did I know that this was indeed the truth – birth rests on the foundation of trust, connection, safety, emotions and all these are personal. The art is to stride this deeply personal work with utmost professional integrity, best effort, knowledge and intention.

Doulas serve women, babies and families. I have used the word ‘serve’ with great deliberation and the doula-training course I bring to you offers to you the ability to understand the technical and make it simple and personal for the families you serve.

The training is divided into three distinct seminars. This is a broad outline; each stage subhead is further divided into specific modules

Seminar 1 – 24 Webinars

1. Understanding of anatomy and physiology of birth
2. Doula Skills and Tools
3. Communication
4. Reflective Practice and Self Care
5. Prenatal and Postnatal interactions
6. Understanding interventions

Through and after this stage, as you feel confident, you can offer your services to expectant families and begin to put your knowledge to use. We then bring back these experiences to deepen the understanding in the next seminar

Seminar 2 – 14 Webinars

1. The art of communicating with the subconscious – filters of art, stories, experiences, and culture

2. Passing through the pelvis – exit strategy
3. Working with Vbac families
4. Understanding Ultrasounds
5. Understanding the Client through the lens of parental growth

Finally we talk about trauma and trauma informed care. The relationship between the doula and the family built on the foundation of trust and connection. The very presence of the doula can have a therapeutic effect. Exploring how intention, attention and power of presence supports the mother and baby postpartum to recover.

Seminar 3 – 10 Webinars

1. The sentient being – introduction to the world of babies’ pre-birth and newborn period
2. The doula effect – importance of presence (touch and words)
3. Trauma and Trauma Informed Care
4. Supporting repair and restore for the mother baby dyad

The Doula Collective Advantage

1. You can pursue this course at your own pace and from your own home.
2. You can begin working after the first seminar and build on it as you go along
3. You have continuous interaction with mentors, peers, professionals and other doulas. Modeling support, other qualities that are inherent for doula work helps learning at a fundamental level.
4. You learn skills to prepare for birth, which are beyond the neo cortex – art, hypnosis etc.
5. You co create a platform for acceptance of doulas and their role in supporting the birthing mother and family – outreach to caregivers and facilities
6. No recertification fees
7. Continuous Education through The Doula Collective Community
8. Opportunity to attend the annual Doula Retreat
9. Listing on the Doula Collective website (<https://thedoulacollective.in/directory>)

Look up some of our student testimonials on the Instagram page:

<https://www.instagram.com/thedoulacollective.in>

Learning Pathways

- a. Study guides
- b. Resources online
- c. Online Modules
- d. Online interactions
- e. Peer to peer support
- f. Mentoring

Fee Structure

Breakup of the complete course:

Seminar 1	Rs.37000
Seminar 2	Rs.15000
Seminar 3	Rs.15000

Note:

Payment can be made one seminar at a time

Payment can be made in installments of 2 parts for each seminar

We offer financial aid to select candidates from the following groups

- *Already certified or working as a doula and looking to enhance knowledge and skills*
- *Marginalized communities*
- *Special needs*

If you are seeking financial support, please write to us and we will do the best we can.

To enroll in individual seminars:

Seminar 2	Rs.18500
Seminar 3	Rs.18500

COURSE CURRICULUM

SEMINAR 1

Anatomy & Physiology

- External and Internal Genitalia
- Pelvis
- Pelvic Floor
- Uterus and Other Structures
- Breasts
- Temporary structures supporting the baby
- Hormones of labour
- Reproductive Continuum
- Breastfeeding

Doula Skills

- Defining the work
- Challenges in labour
- Doula Toolbox
- Effective Prenatal Interaction Skills

Communication Skills

- Self-Assessment
- Setting Goals
- Elements of Communication

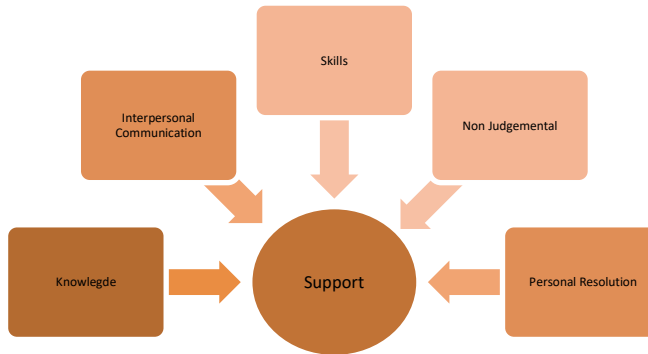
Self-Care

- Autonomic Nervous System
- Social conditioning and expectations
- Personal experiences
- Processing Births and Debriefing
- Art of saying NO

SCOPE OF WORK AFTER SEMINAR 1

- Offer physical and emotional support in labour and birth
- Offer explanation and assist in birth plans

- Offer resources and strategies for communication with caregiver



SEMINAR 2

We explore and promote connections with our self, the client, for the client with the baby and for the client with themselves

Creative Module

- Understanding how art is the bridge to the subconscious mind
- Storytelling and Metaphors
- Experiential exercise
- Using Birth Art as a doorway to prenatal conversation about the baby
- Labyrinth for Birth preparation

Subconscious Exploration

- Understanding the subconscious mind
- Laws of the mind
- Language of the subconscious mind
- Visualization

Opportunities of learning and change

- Fetal Competencies & Parental evolution
- Facilitating Connections

Dynamics of Birth

- Looking at the baby moving through the pelvis
- Hard and Soft tissues
- Challenging labours
- Understanding Ultrasounds
- Working with Vbac families

SEMINAR 3

Defining Trauma

- Embodied Trauma
- Polyvagal Theory
- Trauma through the lens of Polyvagal theory
- Birth Trauma - Mother Baby

Trauma Informed Care

- What, Why & How
- Principles of trauma informed care
- Concept of trauma informed care in prenatal and perinatal period
- Significance of the prenatal period

Enhancing Doula Skills

- Putting the knowledge to use - practical aspects
- Principles of Therapeutic Presence
- Tracking disruptions - sequence and cues
- Supporting Repair and Restore

Self-Care

- Burnout and Support
- Self-Regulation

THE DOULA COLLECTIVE COMMUNITY

The Doula Collective is coming together as a coalition of Doulas, in India, who wish to support and grow together.

Who can be a member?

All doulas, who wish to participate in education, growth and support of other doulas are welcome to the Community. It is a community that prefers to embody all the principles of being a doula. *SERVE AND SUPPORT*

The criteria to be a member – annual contribution (time, effort and love)

- **Contribute** two birth stories with permission of the parents. This narrative can be in first person, by the mother or the father or the doula. In addition, list the challenges in this labour and birth and strategies that they used.
- **Submit** two articles between 1500 to 3000 words on a topic on maternity care, hospital procedures, and evidence based care or a topic of their choosing with a cover letter of why they think this topic is important.
- **Contribute/ present** and interact with the doula collective members online or in person at least 4 times a year.
- **Attend** the annual Doula Retreat
- **Participate or facilitate** the postpartum listening circle

What more can be done?

- Join us in building bridges with care providers
- Teach us new skills that you have learnt or practiced

The Doula Collective hosts a webinar every month. All members are invited to present, share and host this webinar. We also would like to invite and learn from experts around the world so that we can continuously add to our own skill and understanding.