

# The Birth Doula Workshop

The Women's Health and Birth Center Doula Workshop is a unique and exciting training offering guidance and birth experience. The workshop does not include clinical skills which are outside the scope of practice of the doula. The course is designed to help participants become expert labor support providers and gain experience as a doula. It utilizes texts and supplementary literature, videos, and role play to build theoretical knowledge and practical skills. This training meets the workshop hours required for DONA International certification. For those taking the training at the Birth Center, you have the opportunity to get birth experience by being on call for births. If you would like additional information on the certification process you are encouraged to visit the DONA website. You may read the requirements at: [www.dona.org](http://www.dona.org)

Please dress comfortably. Snacks will be provided during the workshop.

## What is a Doula?

The doula recognizes birth as a key life experience. She understands the physiology of birth and the emotional needs of a the woman in labor.

The doula assists the woman in preparing for birth and carrying out her plans for her birth.

The doula stays by the side of the laboring woman throughout her labor.

The doula provides emotional support, practical comfort measures, and an objective view point and information to aid in decision making.

The doula acts as a liaison between the laboring woman, her partner, and clinical care providers.

The doula does not replace the woman's partner or clinical providers.

## Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

### **Registration Fee**

Intro to Childbirth - September 18th  
8 am to 6 pm \$125

Doula Training - September 19th and 20th  
8 am to 6 pm \$375

Total Enclosed \_\_\_\_\_

Mastercard / Visa Number \_\_\_\_\_

Exp Date \_\_\_\_\_

Signature \_\_\_\_\_

Please make checks payable to:

### **Women's Health and Birth Center**

Early registration is encouraged as class size is limited. A \$100 deposit will hold your place in the class with the balance due the first day of the workshop. Cancellations must be received in writing by 9/01/2009 to receive a refund. A \$25 processing fee will be retained.

# Desired Background for Participants

Participants of the Birth Doula Workshop should have the following knowledge:

- Anatomy of the reproductive system
- Physiology of pregnancy, birth, postpartum, and breastfeeding
- Definitions of medical terms
- Common procedures and testing used during normal birth
- Pain medications, their administrations and effects
- The Cesarean procedure
- Normal newborn appearance
- Basic relaxation techniques, breathing patterns, and other comfort measures for labor
- Benefits of breastfeeding

If you do not have this knowledge of child-birth it is strongly recommended that you take the Intro to Childbirth Education class. This class fulfills the childbirth education requirements for DONA certification. It brings you one more step closer to certification!

Required Reading: Pregnancy, Childbirth and the Newborn, by Penny Simkin chapter 10

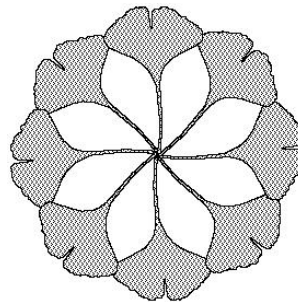
If you have questions please call Honey at the Birth Center at (707) 538-6846 .

# Workshop Topics

- Comfort measures in labor
  - Difficult births
  - Cesarean births and V-BAC support
  - The newborn and breastfeeding
  - Postpartum contact between doula and client
  - Role modeling, role play, and brainstorming labor situations
  - Emotional and psychological well being and communication skills
  - The role of the doula during prenatal visits, labor, birth and immediate post-partum
  - DONA certification process
- Required Reading: The Doula Book by Kennel and Klaus  
(counts toward certification)

Instructor:

Connie Sultana, BA, ICCE,  
CD(DONA), LCCE  
[www.conniesultana.com](http://www.conniesultana.com)



[www.womenshealthandbirthcenter.com](http://www.womenshealthandbirthcenter.com)

Approved by DONA International

# Doula Training Workshop September 19th and 20th, 2009



Workshop for those who  
wish to assist couples  
through labor and birth

Presented by:

The Women's Health and Birth Center  
583 Summerfield Rd. Santa Rosa, CA

[www.womenshealthandbirthcenter.com](http://www.womenshealthandbirthcenter.com)