



THE BIRTH
YURT

DOULA TRAINING COURSE 2012/13

Rachel Vines | www.thebirthyurt.com

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Program Outline - Birth Yurt Doula Training



Program Goals

To provide students with comprehensive training in Doula pregnancy and birth support. This training program offers students information and practical demonstrations and experience in the art of working as a Doula. The program covers the practical tools of Doula work, skills required to become a successful and competent Doula, and importantly, the development of personal tools/resources that individual Doula's bring with them to the Doula practice.

Knowledge and Skills to be developed:

On successful completion of the training program, it is expected that students will be able to have an understanding of and/or demonstrate the following knowledge, skills and attributes (including, but not limited to):

- Successfully and confidently demonstrate the key Doula skills to support women/couples in pregnancy, labour and birth.
- Understand the physiology and management of pregnancy, labour and birth.
- Demonstrate an ability to apply current information on the management of birth to their practice as a Doula.
- Demonstrate an understanding of the role and responsibilities of the Doula practice, including the limitations of this practice.
- Develop a Doula 'tool kit'
- Demonstrate a personal commitment to on-going learning and self reflection on their Doula practice, including adhering to good business practice and ethics.

The Doula training course provides for the foundations of a solid Doula practice. It is well understood however that the Doula will grow into their own practice through experience over time, and in conjunction with already developed resources and skills that they bring to their particular practice. The student will be supported to bring already useful tools and knowledge with them, as they build their Doula practice.

Prerequisites/other requirements:

Students will be required to complete a First Aid Course for insurance purposes. Students will also be required to sit in on at least one Childbirth Preparation class, prior to the completion of the course.

Optional/Recommended

Students will be encouraged to participate in on-going learning of their choosing to support their practice. This may include participation in baby/infant massage classes, the Australian Breastfeeding Association classes or other relevant classes.

Timing

Total Student contact hours: 66 hours plus a 3 day live-in retreat and follow-up day. Maximum time for completion is 18 months.

Summary of Training

Pre-Reading

- To be advised on registration

Module One

Module One provides for the foundations of the Doula Practice including:

- The Role, Responsibilities and Practice of the Doula
- Conscious Conception and Pregnancy; Conscious Birth
- The Physiology of Pregnancy; Labour and Birth
- The Management of Birth
- Postnatal Support, Baby Time and Debriefing
- The Doula Business

Module Two (Retreat)

Birth Unmasked

- Birth through the ages - 'the *herstory* of being born'
- Woman and her body
- Birth Trauma and the body
- Your 'Self' as Doula
- The Gift of Presence and the Art of Surrender
- Re-birthing/Breathwork

Module 3

Practical – Attendance at least three births as a student Doula (including pregnancy and postnatal care).

Mentoring – Undertake personal mentoring program with Trainer which includes participating as observer in Doula appointments, labour preparation, labour support and postnatal de-briefs.

Summary of Assessment Criteria

- Attendance and participation in Module One and Module Two, including in-class discussions, role play, and in-class written exercises (see also Module One Outline below for information).
- Completion of one written paper (or agreed alternative) on models of care for women.
- Completion of personal Doula 'Support Guide'.
- Practical – Demonstrated ability to provide Doula support to three women/couples using the key Doula tools and learnings. This is the provision of Doula support for 3 mums/couples (labour through to birth) including the following for each couple:
 - Doula Pregnancy Support – Journal all visits and observations
 - Completion of Pregnancy Attendance Record and self observations
 - Labour Support plan developed and discussed with Instructor prior to Birth
 - Labour Support (practical)

- Completed review by couple on Doula support, including recommendation and/or feedback on the Doula's demonstrated ability to apply either basic to advanced Doula skills.
- De-briefing practical experience within class, including self reflection, learnings and opportunity for support and feedback.

- Completion of required reading and demonstrated ability during in-class discussions and/or assessment exercises to apply knowledge in practice.
- Oral presentation: 'Holding the space – My 'self' as Doula'. Final presentation will demonstrate the learning, skills, self reflection and personal values of the student's 'self' as Doula.

The above requirements **must be successfully met** in order for students to be granted a Certificate of Doula Training under the Birth Yurt.

Trainers, Mentors and Facilitators

Doula Trainer and Training Facilitator

Rachel Vines

Cert IV Training and Assessment; Doula, Registered Breathwork Practitioner, Calmbirth Educator
BA (Hons) Anthropology



Rachel Vines (The Birth Yurt) trained as a Doula in 2001 with Denise Love. Since this time, Rachel has developed her own practice of Doula work, including conscious birth preparation and conscious parenting. The addition of Breathwork training in particular has supported Rachel in moving toward a more 'present' Doula practice, which she is passionate about sharing within the Doula Training Program. This aspect of 'presence', to mum/bub/dad and to birth as it unfolds, is the best gift a Doula can bring to the amazing process of 'life'. This program has been designed by Rachel Vines as a result of on-going Doula practice, and in conjunction with corresponding skills and resources through her Calmbirth and Breathwork practice. The program has been designed in consultation and collaboration with health professionals and alternative health therapists.

Co- Trainers/Contributors

Dr Alex Perry

Chinese Medicine Doctor; Bachelor of Applied Science (Chinese Medicine and Human Biology)

Alex is a Doctor of Chinese medicine and the clinical director of the Blue Sky Chinese Medicine Clinic. This Clinic takes a take an integrative approach to health care. Alex's clinical interest is in gynecology, fertility and pregnancy. Alex brings an extensive knowledge of women's' health care to the Doula training course, specifically focusing on conception and early pregnancy, pregnancy wellbeing, and preparation for labour. You can read more about Alex and his work at: www.blueskyclinic.com.au

Ann Burgess

Registered Midwife and Nurse

Ann has been a Registered Midwife and a Registered Nurse for over 30 years and she continues to work as a Health Professional. Ann also owns and operates *QBest - Queanbeyan Birth Education Services and Training for Childbirth Education*. Ann brings a wealth of knowledge and experience to the Doula training, specifically focusing on the current management of labour, midwifery and obstetric care, common problems and interventions, and a selection of midwife tips and suggestions! You can learn more about Ann at: www.qbest.com.au

Rachel Ford

Doula, Breastfeeding Counsellor and Birth and Parenting Mentor

Rachel will be sharing her knowledge of the important skill of Breastfeeding with our student Doulas. You can find more information about Rachel at www.birthinharmony.com.au

Training Modules and Content

Introductory Session (3 hour)

- Class expectations, roles and responsibilities
- Assessment criteria; Time Table; Class Agreements

MODULE 1 (SESSION OUTLINES)

1. THE ROLE OF THE DOULA

LEARNING OUTCOMES

- Development of the Scope of the Doula practice
- Understanding Rescuing vs. Assistance
- Introductory knowledge on the concept of 'presence'
- Understanding and exploring personal reasons for becoming a Doula
- Starting your Doula journey

ASSESSMENT

Completion of pre-reading and completion of full day training

2. FROM THE BEGINNING- CONCEPTION & PREGNANCY

LEARNING OUTCOMES

- Understand the concept of 'Conscious Conception and Pregnancy'
- Understand the stages of pregnancy
- Understanding of the pregnant body/mind
- Understanding of general pregnancy health and wellbeing, including nutritional needs to support mum and baby
- Basic knowledge of the growth of the baby in utero
- Knowledge of common challenges, issues and questions for a pregnant mum/couple regarding health care, family and labour
- Knowledge of the 'modern' family - types of conception and families in society today

ASSESSMENT

Completion of full day training (including pre-reading)

Develop Doula Journal and Doula Support Guide (on-going throughout the life of the course). Identify and document local pregnancy healthcare and support, including holistic support for women and families.

Short Paper: Aim - to identify common signs of the healthy and unhealthy progression of pregnancy; identify unusual complications and possible management (symptoms, signs and management).

3. UNDERSTANDING LABOUR – THE PHYSIOLOGY OF BIRTH

In this topic, we will explore the different stages of labour in detail, including the physiology of labour and birth, as well as what is happening holistically for a woman, partner and baby.

Labour is a journey for some, a ritual and a transition – a rite of passage. What does ‘rite of passage’ mean exactly? What are the cultural assumptions with this term and the understanding of labour? How many different understandings of labour are there? How do we navigate this?

We will start to tease out the concept of ‘labour’ – its meanings, assumptions and institutions.

LEARNING OUTCOMES

- In-depth understanding of the stages of labour
- Able to identify the key signs, symptoms and physiology of labour and its progression
- Understanding of the hormones of labour and labour ‘pain’
- Able to describe the stages of labour to clients
- Understanding of ‘pre-labour’
- Understanding optimal foetal positioning
- Types of labouring and birthing
- Ability to understanding labour as a process of the ‘bodymind’ – working with the body, mind, breath and spirit.

ASSESSMENT

Completion of full day training

Students demonstrate ability to identify stages of labour through in-class assessment activities including role playing demonstrations and through class participation.

Mini quiz on stages of labour and art activity to demonstrate stages of labour

Required pre-reading essential

4. THE MANAGEMENT OF BIRTH PART 1

LEARNING OUTCOMES

- Knowledge of the range of health care available to women and families (local)
- Basic understanding of obstetric care and interventions
- Understanding of local hospital policies regarding pregnancy, labour and postnatal care
- Identify the differences between obstetric care, midwifery led care and Doula support
- Knowledge of alternative health care for women/bubs and Canberra (or local) resources
- Identify key Canberra (or local) resources to support women and babies during pregnancy, labour and birth
- The politics of pain and pain management

ASSESSMENT

Completion of full day training

Students will research and develop their own list of Canberra resources and referrals and share/discuss with other students.

Short Paper: Write a short paper summarising the models of care for women, identifying the role of the Obstetrician, Midwife and the possible implications for a Doula and where she/he fits into the health care models.

5. MANAGEMENT OF BIRTH PART 2 (THE DOULA)

Note that this a two day class held over one weekend

The Doula stands in a whirlpool of knowledge, relationships, emotions, policies, culture, and beliefs. A Doula 'holds the space' for birth to 'unfold'; so what does this mean? Students will explore the role of the Doula in working within this world of birth, and practice Doula support skills, including birth planning, massage, relaxation, visualisation, art and communication.

LEARNING OUTCOMES

- In-depth understanding of Doula support during pregnancy
- In-depth understanding of Doula support during labour and birth
- Comprehensive understanding of the role and responsibilities of a Doula
- Good knowledge of the tools of a Doula (the Doula 'tool box')
- Good understanding of supporting the 'bodymind'
- Ability to use Doula tools including breathing, relaxation, open communication, massage and meditation.

ASSESSMENT

Completion of two (2) day training

Demonstrated knowledge of Doula support through role play demonstrations

6. SUPPORTING THE FAMILY - *The Doula and Post Natal Support*

LEARNING OUTCOMES

- Knowledge of birth interventions, challenges and trauma
- Applying Doula tools in unforeseen and unexpected challenges/outcomes
- Understand and apply de-briefing skills – finishing the 'story' and assisting completion with couples of their birth story
- Understand the range of specific postnatal needs with consideration to labour/birth outcomes.
- Knowledge of basic Doula postnatal care
- Learning to complete the Doula service cycle

ASSESSMENT

Completion of one day training

Demonstrated ability to understand the concept and skill of de-briefing through role play; Self reflection art piece and oral debriefing (in group) of student's experience, demonstrating personal de-briefing skills (as client and listener)

Record method and outcome of de-briefing session with volunteer clients (as student) and self reflection (as part of Module 3)

7. BABY TIME AND CONSCIOUS PARENTING

LEARNING OUTCOMES

- Basic understanding of the needs of the baby at birth and beyond
- Basic understanding of conscious parenting
- Basic knowledge understanding of successful Breastfeeding – Mum and Baby
- Skills and tips for Doulas to assist with Breastfeeding challenges/concerns

Additional Guest Speaker: Keys to effective Breastfeeding

Oral Presentations 'Your Self as Doula'

8. THE DOULA BUSINESS

LEARNING OUTCOMES

- Setting up your Doula Business
- Certification requirements and on-going learning
- Best practice and Ethics
- Understanding the value of networking and developing your network base
- The business of 'Relationships' – Communicating and the 'relating ship'
- Learning self care and on-going mentoring and support

Oral Presentations 'Your Self as Doula'

ASSESSMENT

Completion of one day training

MODULE 2 – BIRTH UNMASKED

9. THE *HERSTORY* OF BEING BORN - Birth, Woman and the Body

Birth through the ages; Woman and her body; Dealing with birth trauma, body trauma and emotional states.

10. YOUR ‘SELF’ AS DOULA - Being, Giving and Letting Go

Your Birth – You as Doula; Rebirthing;

11. THE GIFT OF PRESENCE AND THE ART OF SURRENDER

LEARNING OUTCOMES

- Understand the *herstory* of birth and the implications for ‘being born’ today
- Understand the *herstory* of women and their bodies
- Understand the most common experiences, challenges (physical and emotional) that women bring to birth today
- Understanding birth as a rite of passage for Mother, Baby and Father/Partner
- Demonstrated ability to use Doula tools – art, meditation, relaxation, breathing, massage

ASSESSMENT

Completion of Retreat/Training

Oral presentation on ‘Holding the space – myself as Doula’, demonstrating learning, skills, self reflection and values as a Doula (Preparation for Oral is started on retreat, and presented post retreat).

MODULE 3 – PRACTICAL

12. Practical Assessment – Pregnancy, Labour and Birth Support x 3

LEARNING OUTCOMES/ASSESSMENT

This assessment is designed in a way that students are given the opportunity to demonstrate their ability to support 3 women through pregnancy, labour and birth during the course, using the key Doula tools (at Student level). Given this, any previous births that the student may have attended are not accepted for this assessment. The Student will be expected to demonstrate tools learned during the course and also seek immediate feedback through the Mentoring program (see below). Students will complete the following:

- Doula Pregnancy Support – Journal all visits and self observations
- Completion of Pregnancy Attendance Record and self observations
- Labour Support plan developed and discussed with Instructor prior to birth
- Labour Support (practical)
- Completed review by mum/couple providing comment on their Doula support, including recommendation and/or feedback on the Doula’s demonstrated ability to apply either basic to advanced Doula skills. Students are also expected to

demonstrate their ability to self reflect on own practice and skills, through journal and self reflection paper.

- Students will have an opportunity to de-brief their practical experience within class, including self reflection, learnings and seek opportunity for support and feedback.

Mentoring

The Birth Yurt is pleased to uniquely provide a Mentoring program for students throughout the program. Students will have the opportunity to accompany the Trainer through working life as a Doula, including pre and postnatal appointments as well as labour support (where possible and practical). These opportunities will be assessed during the program for effectiveness and in line with individual student training needs. The Trainer will also assist with and accompany the student Doula through parts of their Practical Assessment, to offer advice and assistance, and practical feedback support. The Mentoring program will be discussed in detail on commencement of the course.

Training Support for Students

Buddy System and Mentors

On the first day, pairs of students will buddy as personal support mentors for the duration of the training. Additionally, the Trainer may bring in additional mentors throughout the course, including other Doulas, practitioners and health professionals.

De-briefing

For the duration of the training, students will be given regular opportunity to discuss concerns, challenges and seek feedback within the group setting. The Trainer is also available for one-to-one discussion on any personal challenges or concerns with regard to the course, course content or practical experience.

Practical Assessment - Support

The Trainer will provide support to you through your practical assessment. This will include assistance with finding your three couples if required, review and peer support in preparation for your Doula pregnancy appointments, phone support (and if necessary, drop-in support) during labour to discuss any concerns, and de-briefing of your experience.

On-going support

After the training is complete, The Birth Yurt will organise regular 'de-brief and support' evenings for certified and student Doulas. This is an opportunity for on-going debriefing support, mentoring and development. Support will also be provided for marketing, business referral of clients and networking.

Need more support?

Rachel is available for private consultations in her practice at an additional fee, if you require support beyond that which is available in the duration of the course.

Roles and Responsibilities of the Student

The Student is responsible for maintaining open communication with The Birth Yurt for the duration of the course, naming any concerns or challenges, so that support can be provided in a timely and mutually agreeable manner.

The Student is responsible for ensuring attendance in all classes, managing time, completing tasks and workloads, and meeting all financial requirements.

The Student is responsible for managing Module 3, the practical component of the course. However, The Birth Yurt will assist, where required, in finding couples for Student Doulas.

Course Schedule

Note: Class schedule is open to some flexibility

Month	Date	Time	Module
April	13 (Friday)	9-5	1
May	11 (Friday)	9-5	2
June	8 (Friday)	9-5	3
June	16/17 (Saturday/Sunday)	9-4	5
August	10 (Friday)	9-5	4
September	7 (Friday)	9-5	6
October	19/20/21 (Friday/Saturday/Sunday)	Live-in @ Michelago	9/10/11 Retreat
November	9 (Friday)	9-5	7
December	7 (Friday)	9-5	8
January/Feb	TBC	TBC	Oral Presentations

Unless otherwise advised, all classes will be held at The Birth Yurt 2 Lansell Circuit Wanniasa

Schedule of Fees

The Birth Yurt Doula Training Program			
Total Inclusions	Doula Training Program Modules Student Contact Hours (66)		\$1900 All Included
	Module 3 Mentoring and Supervision (Including limited On-Call; and 1-1 feedback and learning consultations prior to appointments)		
	Training Materials, Resources and Support		
	Student access to The Birth Yurt library, including student only online sharing of articles and resources		
	Doula 3 Day Retreat (inclusive) - Basic Accommodation (2 nights) - All meals (vegetarian) - Full program		\$500
	2 x personal Breathwork Therapy (Rebirthing) sessions <i>(note: Special student ½ price)</i>		\$150
			TOTAL FEE: \$2550
Fortnightly (approx)	Month (approx)	3 Month (approx)	Upfront
\$113*	\$225*	\$750*	\$2400*

* Excluding Deposit

The following costs will be met by the student

- Senior First Aid Certificate
- Childbirth Class attendance
- Membership under the IICT
- Business Practice Insurance

Fee Policy

A \$300 class deposit is to be paid at the time of registration. The Birth Yurt has flexible payment options. Payments may be made in full or on a fortnightly, monthly, or quarterly basis.

Please discuss individual payment needs with Rachel Vines prior to registration. Payments may be made by direct deposit or cash. Details will be provided on registration.

Refund Policy

All fees are refundable in the event that you cancel your registration in the class within 3 weeks prior to the course start date, less deposit. Any further refunds after the commencement of the Doula program are at the discretion of The Birth Yurt.



Certification of Doula Training and Accreditation

On successful completion of the Doula Training course, students will receive a Certificate of Doula Training. Students will be eligible for accreditation with the International Institute for Complementary Therapies (IICT), which also provides access for students to apply for Doula business insurance.

Registration Process

I look forward to sharing this Doula journey with you! Please don't hesitate to contact me if you have any questions, or would like to discuss any aspect of the training program.

Please note that early registration is advisable. Class sizes are strictly limited due to the nature of the course program.

To register your interest in the course, please fill out in full and return your registration papers with your deposit to:

Rachel Vines
Building C 2 Lansell Circuit
Wanniassa ACT