

## ***Birth Doula Training Course***

**T**his course is for anyone interested in assisting women and families to have a satisfying birth experience. It is designed to help participants become expert labor support providers. It uses hands on, video and supplementary literature to build theoretical knowledge and practical skills. Attendance constitutes one step towards the process to become a CAPPAs certified birth doula. Upon completion of the 16 hour workshop, participants will be able to:

- Identify the significance of birth to a family.
- Define doula, labor support person, monitrice and midwife and the scope of their practices.
- Demonstrate benefits of a doula on obstetrical outcomes from 15 studies.
- Describe emotional and physical needs of laboring women and partners.
- Demonstrate helpful labor positions, recognize the onset of labor and identify progress during labor.
- Demonstrate non-pharmaceutical pain reduction methods.
- Discuss cesarean births and the role of the doula.
- Describe the doulas role in the postpartum period.
- Understand the history and certification process with CAPPAs.

## ***Required Reading***

**T**he following books and material must be read before attending the birth doula training:

- *Pregnancy, Childbirth, and the Newborn* by Simkin, Whalley and Keppler
- *The Birth Partner* by Simkin
- *The Doula Book* by Klaus, Kennell, and Klaus

*The following papers can be found on  
www.cappa.net:*

- CAPPAs philosophies and positions
- CAPPAs mission statements
- CAPPAs scope of practice

## ***Prerequisites for the Birth Doula Training are:***

- Childbirth educators, nurses with labor and delivery experience, midwives, or midwifery students have the appropriate experience.
- If a participant lacks the above experience, she must attend a childbirth class as an observer.
- Read required text before training.

## **REGISTRATION FORM FEE: \$275**

Name .....

Org. ....

Address .....

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City .....

State .....

Zip .....

Phone .....

E-mail .....

Profession .....

*send check and registration form to:*  
**FOR THE LOVE OF BIRTH, INC.  
POST OFFICE BOX 328  
TARPON SPRINGS, FL 34688**

*make checks payable to:*  
**FOR THE LOVE OF BIRTH, INC.**

*for further information:*  
**JANICE BANTHER  
727-934-1267  
janice@birthingwithlove.com**