



THE DOULA COLLECTIVE



DOULA TRAINING GUIDEBOOK

- Introduction
- Doula Collective Training
- Curriculum
- Fee Structure
- Doula Collective Community

www.thedoulacollective.in



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WANT TO BE A DOULA?

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



SEMINAR 1

24 Modules

- Understanding of anatomy and physiology of birth
- Doula Skills and Tools
- Communication
- Reflective Practice and Self-care

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 Modules

- Working with the subconscious – using the filters of art, stories, experiences and culture
- Passing through the pelvis – Exit Strategy and biomechanics of birth
- Hearing contradictions – mothers' words and labour patterns
- Working with families

Birth is complex yet simple. Its nuances lie in-between the layers of the mind and body. This seminar is all about “going deeper” into the workings of the mind and body, how they effect birth and learning ways to work with all these layers.



SEMINAR 3

10 Modules

- The sentiment being – introduction to the world of babies' pre-birth and newborn period
- The doula effect – importance of presence (touch and words)
- Trauma and Trauma Informed Care
- Supporting repair and restore for the mother baby dynamics

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.

THE LEARNING PATHWAYS

- 1 Pre-recorded videos
- 2 Study guides
- 3 Activities and assignments
- 4 Live interaction with mentors
- 5 Peer to peer learning and support
- 6 Resources to help deepen knowledge
- 7 Mentorship

THE DOULA COLLECTIVE ADVANTAGE



- ✓ Pursue this course at a comfortable pace, online from your own home. Spreading the modules over several months and live weekly topic wise interaction ensures that you will have the support to learn, understand, research and deeply internalise each topic.
- ✓ Learn skills to prepare for birth, which are beyond the neo cortex – using symbolism, art, hypnosis etc.
- ✓ Continuous Education through The Doula Collective Community.
- ✓ Continuous interaction with mentors, peers, professionals and other doulas. Modelling support, other qualities that are inherent for doula work helps learning at a fundamental level.
- ✓ Opportunity to attend the annual Sangam - Doula Retreat.
- ✓ Get to work with your community to co create a local ecosystem of birthing professionals, acceptance of doulas and outreach to caregivers and facilities.
- ✓ On completion of Seminar 1, you will be awarded the foundation course certification. You can start offering your services as a doula in training and build on it as you go along.
- ✓ The final doula certification is awarded on completion of the full course (all 3 seminars) with required participation and assignment completion.
- ✓ No recertification fees
- ✓ Listing on the Doula Collective Website

[Look up our explainer reels and student testimonials on the Instagram page](#)

FEE STRUCTURE



Breakup of the course fees:

Seminar 1	Rs. 37,000/-
Seminar 2	Rs. 15,000/-
Seminar 3	Rs. 15,000/-

Note:

1. Payment can be made one seminar at a time
2. Payment can be made in installments of 2 parts for each seminar

To enroll in individual seminars:

Seminar 2	Rs. 18,500/-
Seminar 3	Rs. 18,500/-

COURSE CURRICULUM



SEMINAR 1

Anatomy & Physiology

- External and Internal Genitalia
- Pelvis
- Pelvic Floor
- Uterus and Other Structures
- Breasts
- 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

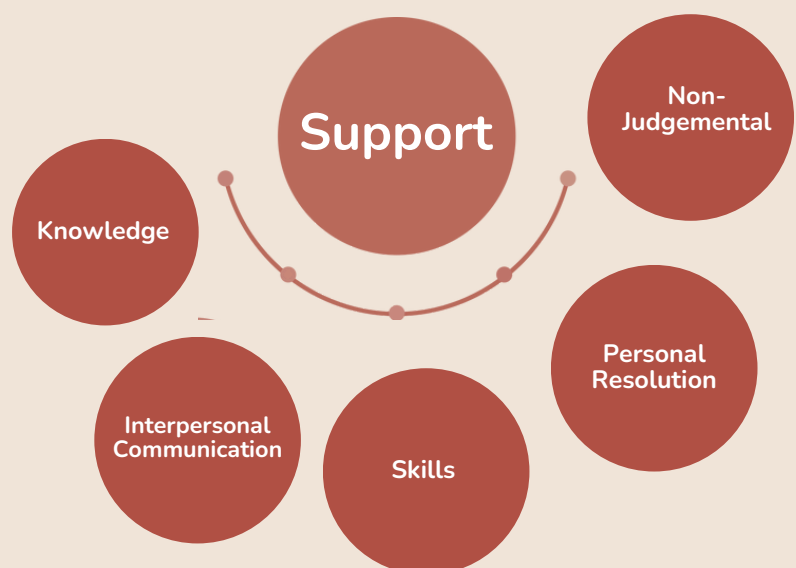
- Self-Assessment
- Setting Goals
- Elements of Communication

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 on with care giver



COURSE CURRICULUM



SEMINAR 2

We explore and promote connections with:

- *Our self*
- *The client*
- *For the client with the baby*
- *For the client with themselves*

Art Module:

- Understanding how art is the bridge to the subconscious mind
- Experiential exercise
- Using Birth Art as a door way 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
- Facilitating Connections

Dynamics of Birth

- Looking at the baby moving through the pelvis
- Hard and Soft tissues
- Challenging labours
- VBAC

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.

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.

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.



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To know more visit:
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