



# DOULA TRAINING

GUIDEBOOK



THE DOULA COLLECTIVE



# WANT TO BE A DOULA?

## About Our Course

*A layered, experiential learning journey for birth workers who want skill, confidence, and integrity in practice*

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### Why This Program?

Birth is both physiological and deeply human. Our training honours physiology & emotion, skill & presence, science & intuition, so we can support families with clarity, compassion, & ethical strength.

### Program Design

The course is spread over 3 SEMINARS and learning format is a combination of self paced online learning and live interactive webinars led by course mentors. The seminar wise course details follow.

# SEMINAR 1

## THE FOUNDATION



This foundation seminar gives you the essential knowledge and core skills you need to begin practicing as a doula with confidence. You'll build a strong understanding of birth fundamentals, communication, scope of work and more—so you're not just informed, but prepared.

Additionally, real-world experience becomes part of your learning. Reflecting on client interactions and challenges deepens insight and personal growth. This lived experience forms the foundation for later seminars, where advanced concepts build naturally on what you've already seen, felt, and practiced.

### Course Design

#### Self paced lessons:

24 pre-recorded study lessons divided into 4 sections

#### Assessments:

Quiz at end of each lesson to be completed with minimum score to move to next topic

#### Live Webinars:

Four Mentor-led webinars of 3hrs, scheduled once a month

### Peer Guide

You will be paired with a certified doula from our community as your peer guide during Seminar 1. They will gently handhold you through the journey, helping you navigate the course, clarifying doubts, offering encouragement, and holding supportive space as you grow into your role as a doula.

### What you'll learn

#### Knowledge Block

LESSONS: 8

- Anatomical literacy
- Physiological understanding of birth & lactation

#### Doula Skills

LESSONS: 8

- Communication
- Labour support skills
- Professionalism in practice

#### Medical Interventions

LESSONS: 3

- Understanding interventions
- Informed consent
- literacy
- Supporting complex needs

#### Professional Skills & Client Interaction

LESSONS: 5

- Ethical practice
- Client communication
- Doula scope of work
- Boundaries

### Completion

- ✓ **Foundation Completion Certificate**
- ✓ **Eligibility as "Doula in Training"**

# SEMINAR 2

## DEEPENING SKILLS



Birth isn't just a physical process - it unfolds through layers of biomechanics, personal beliefs, family stories, cultural narratives, and lived experience.

This seminar invites you to look beneath the surface of labor and understand how these layers shape a birthing person's choices, fears, coping patterns and expectations.

You will explore how mindset and movement interact, how culture influences communication and consent, and how unspoken stories can show up in the birth space. By learning to notice these deeper currents, you'll respond with greater sensitivity, nuance, and insight - supporting not just the physiology of birth, but the whole person moving through it.

### Course Design

#### Self paced lessons:

14 pre-recorded study lessons divided into 3 sections

#### Assessments:

Quiz at end of each lesson to be completed with minimum score to move to next topic

#### Live Webinars:

3 mentor-led LIVE interactive webinars of 3hrs over 3 months

### Completion

✓ Eligibility to enroll in Seminar 3

### What you'll learn

#### Subconscious mind

LESSONS: 6

- Working with the subconscious
- Using the filters of art, stories, experiences and culture

#### Baby's exit strategy

LESSONS: 4

- Biomechanics of birth
- Looking at the baby moving through the pelvis
- Challenging labors

#### Working with families

LESSONS: 4

- Parental evolution
- Facilitating Connections
- Prenatal testing
- Working with VBAC

# SEMINAR 3

## TRAUMA INFORMED CARE



This seminar explores how trauma - whether personal, medical, systemic, or intergenerational - can profoundly shape pregnancy, birth, and postpartum experiences.

Introduction of key principles of trauma-informed care, including safety, choice, collaboration, trustworthiness, and empowerment. Doulas will learn to support in ways that reduce re-traumatization and promote agency.

A core focus of the seminar is the power of a doula's grounded, regulated presence.

Participants will explore how tone of voice, pacing, consent-based touch, language choices, and co-regulation can create a stabilizing environment. The seminar also addresses postpartum repair - how thoughtful debriefing, validation, and continued presence after birth can help rebuild trust, integrate difficult experiences, and strengthen parent - baby bonding.

By the end of the session, doulas will feel more confident supporting clients with trauma histories while maintaining their own nervous system awareness.

### Course Design

#### Live Webinars:

3 mentor-led LIVE interactive webinars of 3hrs over 3 months.

#### Assessments:

Assignments to be submitted after the live webinars

### Completion

- ✓ Final Course Completion Certificate
- ✓ Listing as Certified Doula

### What you'll learn

#### Trauma Informed Care

- Understanding trauma & trauma-informed care
- The sentient baby: pre-birth & newborn awareness
- The doula effect: touch, words, and presence
- Supporting mother-baby repair and restoration

# THE DOULA COLLECTIVE ADVANTAGE

- ★ Listing on The Doula Collective Website **Doula Directory**.
- ★ Continuous education with **FREE** access to **Mentorship Program**
- ★ Unlimited course access with **NO recertification fees**
- ★ Recertification criteria after **three years**.
- ★ Priority access and discounted pricing for **Sangam Doula Retreats**
- ★ Continuous interaction with mentors and peers via exclusive **Doula Collective Community** Whatsapp group.
- ★ Collaboration with **local doulas** to co-create local birth ecosystems and grow acceptance of doulas in your region

## COURSE FEES

Seminar 1	INR 39,999
Seminar 2	INR 14,999
Seminar 3	INR 14,999

Note:

- Payment to be made one seminar at a time
- Payment can be made in two instalments over two months for each seminar
- Additional taxes as applicable

To enrol in individual seminars:

Seminar 2	INR 17,999
Seminar 3	INR 17,999



THE DOULA COLLECTIVE

*Ready to begin your journey into skilled, ethical, and compassionate birth support?*

Email

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