



Doula Services &  
Professional Education

## **Would you like to become a Birth Doula and support women during childbirth?**

Choose to take your professional DONA International birth doula workshop with **Birthing Gently**. We have trained over 5000 birth doulas throughout the world. Instructor Tara Campbell, CD(DONA), BDT(DONA), LCCE had the privilege to train under Penny Simkin (one of the original co-founders of DONA International). Tara offers an engaging and unique teaching style, allowing all students the opportunity to learn in a supportive classroom environment.

The cost for the three-day workshop is \$500.00. This workshop will include the “Introduction to Childbirth for New Doulas” as well as the 16-hr DONA International approved birth doula workshop. Also included are a printed version of the DONA manual and a printed copy of our PowerPoint Presentation.

### **DAY ONE: Introduction to Childbirth for New Doulas - 7hrs**

This fills the requirement for DONA International's Observation of a Childbirth Preparation series. Topics to be covered: Basic anatomy & physiology of pregnancy, stages and phases of labor, medications options, discomforts of pregnancy, and all general topics covered within a childbirth education class.

### **DAY TWO: Doula Workshop - 8hrs**

Presents the dynamics of labor and birth, how to be a skilled companion during childbirth, and how to soothe and comfort a laboring woman. Topics to be covered: Introduction to labor support, prenatal contact between doula and client, emotional support, comfort measures, business aspects of a doula practice.

### **DAY THREE: Doula Workshop - 8hrs**

Covers in-depth labor support strategies, the role of the doula within the medical framework, guidelines for pre and postnatal contact with clients, how to deal with problem labors and unexpected outcomes, how to contribute to breastfeeding success, and specific tips for setting up practice as a doula. Topics to be covered: cesarean birth, VBAC, postpartum contact between doula and client, difficult labors, and the newborn and breastfeeding.

**Register online at [www.birthinggently.com](http://www.birthinggently.com)**

**Payment can be made by check to Birthing Gently or by credit card through PayPal at [doula@birthinggently.com](mailto:doula@birthinggently.com)**

**Contact us with any questions at [doula@birthinggently.com](mailto:doula@birthinggently.com) or 978.314.5533**

