



Doula Training Course
2012

About Doula's

A Doula is a woman who provides physical, emotional and information support to women and their families before during and after childbirth.

A Doula recognises birth as a key experience that the mother will remember all her life, she understands the physiology of birth and the emotional needs of a woman in labour. She loves mothers and babies, and is able to provide continuity of care.

A Doula assists women and their partners to prepare for and carry out their plans for the birth of their baby. She can stay by the side of the labouring woman throughout the entire labour and facilitate communication between the labouring woman her partner and clinical caregivers.

The presence of a Doula can:

- Decrease the chance of caesarian section by 50%
- Shorten labour by 25%
- Decrease the need for pain medication
- Help fathers participate with confidence
- Increase success with breastfeeding

Doula Training Overview

Being a Doula is a calling rather than a job, as a Doula you are in a unique position to dwell in the mystery and miracle of birth and support other people in that miracle. Life, love, courage, fear, trust and self-discovery and transformation are all inherent in the birth process.

We believe working with and understanding your life and birth experiences will enable you to work more effectively with women in the momentous occasion of giving birth. With this in mind Dial a Doula training incorporates knowledge of the physical and emotional aspects of birth, understanding of how to provide support to women and their families as well as your own personal development as a woman.

The Doula training is a personal journey, the curriculum comprises work with Dial a Doula and the International College of Spiritual Midwifery and includes participation in group trainings, homework, study, practice, personal development and healing work.

Dial a Doula Curriculum:

- Doula Foundation Training – 20 half days Fridays 10am – 2pm
- Spiritual Midwifery – 4 days
- Bellies and Babies Sessions – 4 sessions
- Childbirth Preparation classes
- Rebirthing sessions – 5 sessions
- Body transformation sessions – 7 sessions
- Women's Mysteries retreat – 5 days
- Attendance at 3 births – includes two pre and two post natal visits, a write up of each visit and the birth itself.
- Required reading list and associated homework

The Dial-a-Doula training is a deep personal journey, it is designed to be flexible and encourages women to take the modules at their own pace. It can be completed over the course of a year or longer.



Doula Foundation Training

This is the foundation of your training, providing you with the solid basis on which to build your development as a Doula. The training day's focus on learning the hands on skills of supporting families before during and after childbirth as well as preparing for your own business as a working doula. The training incorporates 20 half days.



Topics

1. **Introduction to Training** – overview of the modules, exploring What is a Doula, Why are you here? Your birth stories
2. **Birth Stories** - Sharing your stories and experiences of Birth,
3. **Birth Choices** – what are the options for women in Melbourne, hospital, birth centers, private and public, home birth – statistics, options and experiences of different hospitals. As well as prenatal testing
4. **Last few weeks of pregnancy** – exploring the state of mind of women, relationship to due dates, support strategies. Last month of pregnancy is pre labour. Preparing for labour.
5. **Early labour**, labour strategies and positions.
6. **Stages of labour**. Support required at different stages.
7. **Birth**, water birth, home birth.
8. **More Birth** - hospital, birth and DVD's.
9. **Interventions** – exploring what is intervention? induction, pain relief,
10. **Interventions** – epidurals, dvd' monitoring, etc.
11. **Caesarean birth** and unexpected outcomes.
12. **3rd stage** – exploring the placenta, cutting and not cutting the cord, lotus birth.
13. **Immediately After Birth** - brand new babies. first breath, first gaze, first hour.
14. **Breastfeeding** - benefits, common challenges and how a doula can support breastfeeding.
15. **Life with new baby**, sleep, relationships, post natal depression.
16. **Other useful tools**, - Rebozo shawl, massage, hypnosis, aromatherapy, acupressure.
17. **Complimentary medicine** - Chinese medicine, homoeopathy.
18. **Doula's and partners** – how to support the partner, how to work together.
19. **Working as a doula** – your doula vision, being on call etc.
20. **The business of being a doula**, marketing and self promotion – goal setting.



Reading and homework

There will be reading and homework assigned from time to time including:

- Essay – the role of the Doula and the value of Doula support at least 2000 words
- Recommended reading: Defiant Birth by Tankard Reist or Birthing from Within Pam England, Rob Horowitz
- Research – talk to women you know about what tests they have had, how they felt about them, did they feel they had a choice? Write a short essay on your findings
- Recommended reading: Sarah Buckley – Gentle Birth Gentle Mothering
- Essay – ecstatic birth, how hormones work during childbirth
- Report – all interventions and drugs and their pro's and con's
- Sleeping Like a Baby by Pinky McKay or Holding Time by Dr Martha Welsh
- Essay – gentle parenting approaches
- Write your own blurb and create your own flyer, add it to the Dial-a-Doula website.
- Organise a visit to a local GP or wellness centre, introduce your self and give them your flyers or business cards.

"The Doula training has been a beautiful time of learning and connecting with other women. I have developed a deeper trust in the process of birth. This course took me beyond the books and taught me how to be in the unknown, to be with a birthing woman. I now feel confident to support women during pregnancy, birth and afterbirth. This time has been a personal journey that has reconnected me back to my heart. I feel a deep value for myself as a woman and for my role as a mother for my three children. Great thanks to you all Rachana, Sunderai and Anna".
Cathy Jackson mother of three, Yoga teacher and Doula.



Spiritual Midwifery

4 days over 4 months

The birth process is mysterious and it is something we all experience when we are born. A deeper understanding of the birth time enables one to live with much more aliveness and connection. Spirit moves into form and the midwife is there - a witness to the miracle. Yet again a human opens her/his eyes and sees. This course lifts the veils of illusion that hamper the realization of the dream.

The course gives Doula's a deep understanding of their calling to work with birth in a deeply intuitive way. The course includes:

The Calling. Looking at the participant's connection to the birth process - articulating, re-discovering and expanding this vital inner sense.

The Body Systems. The known and the "unknown" - the physical and spiritual bodies. Examining experiences that demonstrate these systems. Looking at the inter-relationship between them and how this understanding aids the resolution of difficulties that can manifest during pregnancy and birth. A model based on the four elements will be presented and explored - EARTH, FIRE, WATER and AIR.

Altered States of Consciousness. Defining these and learning about the healing available in these states. De-mystifying them and learning how to access them, a VITAL tool for the birth attendant/doula. Seeing how they are important part of a woman's well-being during pregnancy, birth and post-partum.

Left Brain, Right Brain. How entering right brain spaces facilitates the birth process. How engaging the left brain inappropriately inhibits labour. The place of birth and the practices/rituals that aid or hinder the process.

Birth as Part of the Continuum. Seeing the interconnections of a woman's psycho/sexual life and its influence on birth outcomes. These rhythms of life affect all of us and our ability to respond appropriately. The honouring of these rhythms provides the impetus needed for the natural process to occur.

With Woman. We examine the forces present for the woman and her carers that aid or inhibit the birth process and the interpersonal relationships that occur in different situations. The allegiances, conscious and unconscious, that exist. Who has the power?

Led by Shivam Rachana, Principal of ICSM. Rachana has 30 years teaching experience and has worked in the area of women's health, particularly childbirth since the 70's. 3 full day sessions Running over 6 weeks.



Childbirth Preparation Classes

Attending Childbirth preparation classes with families strengthens your knowledge and understanding of the birth process and gain confidence and insight into how to be with people from diverse backgrounds and how to communicate with them. It also gives you an opportunity to present yourself as a Doula to expectant couples. You can attend any classes you like, independent, hospital, calm birth etc.

Bellies and Babies sessions

These weekly sessions are for expecting mothers and mothers with babies to come together and share, discuss issues and support each other. Sessions are held Fridays, 10am – 12 noon, 766 Riversdale Road, Camberwell. Different topics will be covered each week including:

- Sleeping - sleeping habits and options
- Breastfeeding – challenges and tips
- Family pressures – adjusting to the new
- Baby massage – simple how to
- Support structures/options – what is in your community
- New mum struggles – normal feelings of isolation and self doubt
- Coping with common baby illnesses i.e fevers and vomiting

Breathwork Sessions

Breathwork or Rebirthing is a healing process using a simple relaxing, gentle breathing rhythm. The process aids in dissolving physical tensions and emotional traumas and restores the power of the breath to revitalize and energise the mind, body and spirit.

Rebirthing is based on the understanding that how we think affects how we experience life. Combining breathing with quality thoughts can produce positive and lasting changes in our lives. Nurturing our positive thoughts supports us and expands our joy and aliveness. Holding onto the suppressing fearful thoughts and feelings can create tension, unhappiness and disease.

During your Doula training you will experience at least 5 sessions with a qualified practitioner.

Bodywork

Bodywork is deep conscious communication between bodies. Its purpose is to connect a body to its instinct to heal. People bring their pain, their tension, their numbness, fear, confusion, holdings and dysfunctional behaviors. They want to know how to translate this unavailable stored material in their bodies into available wisdom.

We know that the body is holding stuff that it hasn't been able to metabolise yet because:

- we feel physical tension, pain, tightness, dis-ease etc
- we have emotional over reaction or become caught in an emotional loop of anger, shutdown, anxiety, trying to please, unhappiness etc.
- we notice certain repetitive sorts of thought patterns, e.g. negative thoughts about ourselves, habitual self criticism, cynicism etc.
- it seems that the outside world keeps throwing similar experiences at us, like we never fit in, people are hostile towards us, we keep losing jobs, we crash cars, we are always behind with money etc.
- relationships don't work harmoniously etc etc etc etc.

During your Doula training you will experience at least 7 sessions with a qualified practitioner.



Women's Mysteries – 5 day retreat

Women's Mysteries takes women into the mysteries of their own woman-ness. It enables women to heal and complete their journey through girl/woman, lover/woman, mother/woman to wise/woman.

As a woman comes to understand her own journey she is able to complete the unfinished transitions of the past that have been barriers, limits, fears and interferences to her natural unfolding.

Initiation, rite of passage and ritual are the doorways as we take our place as midwives to the new consciousness on our planet.

This journey explores the realms of the super conscious in which all long to dwell. Travel with your sisters into the places of your being where you'll rediscover your full potential and the love that accompanies it.

There is laughter, there are tears. There is the excitement of full human relating awaiting those who respond to their inner calling with "yes".

Women's Mysteries offers a soft space where powerfulness, earthiness and sensuality are simply present in...

- Relationship
- Menstruation
- Birth
- Parenting
- The celebration of life
- Honoring your uniqueness
- The magnificence of the goddess within
- Fertility
- Conception
- Childhood
- Menopause
- Freedom of expression
- Acknowledging the wisdom of others

This is a 5 day residential retreat Led by Shivam Rachana, Principal of ICSM.



To support you in your training, you will:

1. Choose a buddy. You and your buddy will be there to:

- Support each other to complete your assignments
- Talk to about your training
- Debrief with after visiting with your doula clients and after attending any births

2. Attend Doula Gatherings. The first Monday of every month starting in March there will be doula gatherings held at 766 Riversdale Rd in Camberwell. 1 – 3 pm, Cost \$10. These sessions are designed to support you between training events – there will be a different topic each gathering. We encourage you to attend these days.

3. Share Resources. Your training information binder with is just the beginning of your personal collection of information, books, inspirations and other resources. It is meant to become very personal to you. Bring your favourite books, quotes, stories, websites, practitioners and anything else you have – so that we all can share the wealth. You will gain other resources through other courses – eg booklet from childbirth classes and the Ankhara Rose Birth and Beyond homoeopathic kit from Spiritual Midwifery level 1.

4. Find yourself – The beauty of being a doula is that you only have to be yourself. Each doula is unique – being authentically you is being a great doula – you will be encouraged to be yourself not to “get it right”.

5. Keep Learning – your learning will not end here, you will keep learning and growing from every birth and from every woman. You may find a particular passion e.g. touch; which you can learn from someone like Fiona Hallinan – or HypnoChildbirth with Denise Love. You may want to incorporate Reiki, aromatherapy, ritual – whatever you love. Never stop learning.

6. Market yourself – We will support you by putting your profile onto the ICSM (and soon to be launched Dial a Doula) websites by the end of your Doula Training Days you will have a profile to put on the website – you can also have Dial a Doula business cards.

7. Putting it out there – you will have a role in the broader community to promote Doula’s – when you see an opportunity to place flyers and posters – we encourage you to take those opportunities – we all support each other, the more we spread the word the better for everybody.



About Us

The Dial a Doula Vision

Dial a Doula recognises that the essential qualities of a doula are compassion, patience, an ability to be totally present and to have an understanding of the birth process.

- That doulas be acknowledged as part of the maternity care team providing physical, emotional and informational support
- a doula for every women/couple who want one
- doulas available Australia wide
- doulas working in all birth settings with all types of maternity care providers
- doulas being valued and accepted within the community

Dial a Doula's Mission

- * educate the public about the role of the doula
- * educate health care providers as to the benefits of doula support, providing a continuum of support during pregnancy, the birth process and post-natally
- * ensure that doula support be affordable for all women
- * increase the team of doulas and provide ongoing training programs
- * ensure that the physical, emotional and informational needs of women giving birth are met

Sunderai Felich

Sunderai is the Director of Dial a Doula as well as a Director of ICSM. She has 25 years experience in women's and children's health. As an independent Childbirth Educator she provides a relaxed environment for couples to share their experiences, hopes and fears as they move through pregnancy and birth.

Her qualifications also include Pre-school Mothercraft, Breathwork, Bodywork, Massage, Reiki, Doula Training & Hypnobirthing.



Anna Urbanski

Anna decided to become a Doula after the natural birth of her twins in 2001. She trained with Denise Love in Sydney and found becoming a Doula and Birth Educator enabled her to integrate her professional skills and her spiritual life. Anna moved to the Yarra Valley in 2006 and became a part of Dial a Doula.

Anna is a mother of three and works as a Doula, Childbirth Educator, Doula Training Facilitator. Anna also teaches of Birth Hypnosis and is a Bodywork and Breathwork practitioner.



Shivam Rachana.



Rachana is the principal of the International College of Spiritual Midwifery and has been teaching for more than thirty years. Within each person she recognises the ability to self-heal and through the power of this recognition, enables others to take the necessary steps toward their healing. She draws upon her experience as a woman, lover, mother, teacher of Spiritual Midwifery, therapist and pioneer of birthing practices including Waterbirth and Lotus Birth. She teaches nationally and internationally. For more information on ICSM go to www.womenofspirit.asn.au.



How to Get Started

The training is suitable for anyone interested in birth, midwives, health practitioners and women on their own life journey. Each section of the Doula training can be completed in a time frame that suits you. You can start where you like, take as much time as you like and follow your own path to becoming a Doula.

To talk about whether this is the right path for you and, please contact Sunderai Felich:
Email: sunderai@womenofspirit.asn.au, Phone: 0401 626 883

For upcoming dates of each course visit the calendar at www.dialadoula.com.au/calendar.html

Costs

Dial a Doula Program	Contact Hours	Cost
Doula Foundation Training 20 half Days	80	\$1600
Spiritual Midwifery – 4 days	28	\$ 850
Women's Mysteries 5 Day Retreat	85	\$1295
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Total Course	203	\$3745
Bodywork and Breathwork Sessions \$120 each x 12 = approx *		\$1440
total price *		\$5185

- * Individual session rates vary depending on each practitioners experience and rates, some offer discounts for booking a series of sessions. Recommended practitioners are provided.

Payment Plans

There are payment plan options available for some of the modules including the doula foundation training, spiritual midwifery and the 5 day retreat. Please ask for more information about this option, contact Contact: Sunderai Felich – 0401 626 883, sunderai@womenofspirit.asn.au

Refund Policy:

If you have paid your tuition fees and are unable to commence study, you should request a refund of course fees. Dial-a-Doula will refund your fee on the following basis:- If you cancel your place at least 28 days before your course starts, all tuition fees paid are refundable less an administrative fee of 20%. If you cancel your place less than 28 days before your course starts or withdraw before start date, 50% of tuition fees paid are refundable. If you withdraw after commencement date *no* refund is payable. Any refund will be paid within 4 weeks after receipt of your completed request for refund. For some programs the student can transfer the registration to another date, but the program must be taken within 12 months of the registration date.

How To Register

You can register for the whole program or for each module separately, see below for registration form.





Dial a Doula

MOTHERING THE MOTHER

Doula Training Registration - 2012

Select the elements you are registering for:

- | | | |
|---|--|-------------------|
| <input type="checkbox"/> Complete Training | \$3745.00 | |
| <input type="checkbox"/> Early Bird discount | \$3495 – if paid in full 2 weeks before starting date | |
| <input type="checkbox"/> Doula Training Days 20 half days | \$1600 | Dates ___/___/___ |
| <input type="checkbox"/> Spiritual Midwifery | \$850 | Dates ___/___/___ |
| <input type="checkbox"/> Women's Mysteries 5 Day Retreat | \$1295 | Dates ___/___/___ |
|
Total |
\$ _____ | |

Note: Individual Sessions required as part of your training are arranged directly with your practitioner of choice.

Name _____

Address _____

Email _____

Phone (home) _____ (mobile) _____

Or: Direct Deposit: Dial a Doula, A/C# 481958841 BSB# 013 662

Or: send cheques / money orders to: Dial a Doula, 44 - 48 Cherry's Lane Toolangi, VIC 3777

Email completed form to sunderai@womenofspirit.asn.au or post to: 44 - 48 Cherry's Lane Toolangi, 3777

Please contact Sunderai if you want to create a payment plan, 0401 626 883,
sunderai@womenofspirit.asn.au