

What is a Doula?

As defined by the Doulas of North America (DONA), a doula...

- ◆ recognizes childbirth as a key life experience that the mother will remember all her life
- ◆ understands the physiology of birth and the emotional needs of a woman in labor
- ◆ assists the woman and her partner in preparing for and carrying out their plans for the birth
- ◆ provides emotional support, physical comfort measures and an objective viewpoint
- ◆ stays by the side of the laboring woman throughout the labor
- ◆ helps the woman get the information she needs to make thoughtful choices, both before and during the labor
- ◆ facilitates communication between the laboring woman and the clinical care providers
- ◆ works to nurture and protect the woman's memory of her birth experience.

The Workshop

This three day training will be in the form of a participative workshop with a lot of hands-on practice. The following topics will be covered:

- ◆ the significance of labor on a woman's life
- ◆ the role and impact of a doula
- ◆ physical comfort measures to assist a woman during the different stages of labor
- ◆ emotions of labor and doula support
- ◆ the role of the doula in medicated labors, VBAC, and cesarean births
- ◆ rehearsing difficult labor situations
- ◆ prenatal and postpartum contact with the client
- ◆ the doula and the partner
- ◆ the newborn and breastfeeding
- ◆ running a doula business
- ◆ the DONA certification process

Objectives

At the end of the workshop, participants will be able to:

- ◆ describe the long term psychological impact of birth on women
- ◆ describe the varying roles of the labor support person
- ◆ describe the emotional needs of the laboring woman in both normal and difficult labors
- ◆ demonstrate different comfort measures for labor
- ◆ list ideas for managing practical matters when running a doula business

Supporting the Woman in Labor

Birth Doula Workshop

October 20 – 22, 2006
Hillsborough, NJ

Taught by:
Penny Stansfield, CCE, CD DONA, LMT



**Approved by Doulas of North America
(DONA)**

*Attending a Birth Doula Workshop
is one of the requirements towards
becoming a DONA certified doula*

Faculty

Penny Stansfield, CCE, CD (DONA)

Penny worked as a doula and doula-trainer in Tucson, AZ for seven years. She worked as a childbirth educator, and a language teacher for fifteen years in the UK and in France. She is also a licensed massage therapist and a prenatal massage instructor. She currently teaches at the Somerset School of Massage Therapy in Piscataway, NJ and is co-owner of Hillsborough Massage Therapy LLC in Hillsborough, NJ.

Prerequisites

The Doula Training Workshop is designed for women interested in helping others have a positive birth experience. It is essential to have a basic knowledge of pregnancy, childbirth and the newborn. If you are not trained as a childbirth educator, midwife, or labor/delivery nurse, you must attend a full series of childbirth education classes, minimum of 12 hours. For details, phone Penny Stansfield on (908) 281 0339.

Recommended reading before the workshop:

- ◆ *Pregnancy, Childbirth and the Newborn: The Complete Guide:*
by Simkin, Whalley and Kepler
- ◆ *The Birth Partner: Everything You Need to Know to Help a Woman Through Childbirth:*
by Simkin
- ◆ *The Doula Book:*
by Klaus, Kennell and Klaus.

Location: Hillsborough Massage Therapy LLC

601A Omni Drive, Hillsborough, NJ 08844

For directions: www.hillsboroughmassage.com

Program

DAY 1

- 6.00p Introductions and information
- 6.30p Significance of labor on a woman's life
- 8.00p Role and impact of a doula
- 8.30p Prenatal contact
- 9.30p Conclusion

DAY 2

- 8.00a Emotional support in labor
- 9.45a Break and refreshments
- 10.00a Physical support in labor
- 12.00p Comfort measures and relaxation in labor

12.30p LUNCH

- 1.30p Rehearsing difficult labor situations
- 2.30p DONA certification, getting started as a doula
- 3.30p Break and refreshments
- 3.45p The ideal birth experience
- 4.15p Epidurals and doula support in medicated labors
- 5.15p The doula and the partner
- 5.45p Conclusion

DAY 3

- 9.30p Cesarean birth and VBAC – the doula's role
- 10.30p Working with hospital staff
- 11.30p Break and refreshments
- 12.00p Postpartum contact and unexpected outcomes
- 1.00p The newborn and breastfeeding
- 2.00p Wrap- up and evaluations
- 2.30p Finish

Registration Form

Early registration is recommended as numbers are limited . Registrations are accepted on a first come, first serve, basis – and must be received by October 13th, 2006.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

E mail: _____

Occupation: _____

**EARLY BIRD REGISTRATION BEFORE
SEPTEMBER 30TH, 2006 \$280**

After September 30th, 2006 \$295

Registration fee includes the three-day workshop, handouts, a folder and refreshments throughout.

Refund policy: there will be no refunds after October 13th, 2006. Students may, however, credit their registration fees to the next workshop which will be held in Spring 2007.

Please make checks payable to:

Penny Bussell Stansfield

Mailing address:

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Belle Mead, NJ 08502
Tel: (908) 281 0339
Email: doula@usa.net