



Birthwise Midwifery School
DONA International Birth Doula Workshop
March 15 & 16, 2014
9:00am - 5:00pm

Have you always wanted to become a trained DONA International Birth Doula or learn more about who and what doula's do? Here is the perfect opportunity. Join us for our DONA International Birth Doula Workshop, presented by Tara Poulin.

Tara Poulin is a DONA (Doulas of North America) certified Doula, and has trained with DONA co-founder, Penny Simkin, to become a Doula trainer. She is currently offering the following two-day workshops to train professional labor doulas.

Course Description:

This 16 hour DONA International birth doula...

DAY ONE: Introduction to Labor Support - Level I- 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 TWO: Basic Doula Training - Level 2- 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 Section, VBAC, postpartum contact between doula and client, difficult labors, the newborn and breastfeeding. After the workshop you will be considered a DONA trained doula and can start attending births towards certification. For the complete list on the other requirements to complete your certification please visit www.dona.org

Recommended Reading:

- *The Birth Partner* by Penny Simkin
- *Easy Labor* by Dr. William Camann

We hope you will have a general understanding of the stages and phases of birth before attending the workshop, as well as a basic understanding of the current medications offered for labor and birth. This information can be found in the books listed above.



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Cost:

- Early Bird Special:
 - Register by February 15, 2014 (for March): \$350
- Regular Price:
 - After February 16, 2014 (for March): \$375

Price Includes:

DONA Manual and all other necessary items for the workshop. Please note snacks and meals are on your own. Please bring a bag lunch. There are some near by places to purchase lunch as well.

Refund Policy:

Students must have paid in full prior to workshop.

- Refunds are given as a result of a workshop being canceled
- 1 week advanced notice—Full refund after that **no refund**

Our Cancellation Policy:

A full refund will be provided to you upon cancellation of a scheduled workshop.

Confirmation Letter:

Once payment has been received in full, you will receive a confirmation letter by email (Please be sure to provide a valid email address during registration process). This will include:

- Welcome Letter from Tara Poulin
- DONA International Birth Doula Manual
- Workshop Slides



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Register Early and Save! Space is limited

Workshop Dates	Early Bird Special \$350.00	Regular Registration Price
March 15 & 16, 2014	Register by February 15, 2014	After February 16, 2014: \$375

I would like to register for one of the following workshop dates:

March 15 & 16, 2014

Name: _____

Address: _____

Email Address: _____

Phone Number: _____

**Come a day early and participate with our Open House
See Open House & DONA International Doula Workshop Brochure**

If you have questions please contact: Yvette McDonnell, Program Coordinator:
Yvette@birthwisemidwifery.edu or 207.647.5968.

Please make checks payable to: Birthwise Midwifery School

We now accept



Mail registration with payment to:

Birthwise Midwifery School
24 South High Street
Bridgton, ME 04009