

# DONA Birth Doula Workshop

August 8-10, 2010

Join other prospective birth doulas and allied health professionals in an intensive doula workshop, featuring DONA International Birth Doula Mentors Penny Simkin, PT, CD(DONA) and Kathie Lindstrom, CD(DONA), LCCE, FACCE. Note that there are discounts on course fees for early registration and for DONA International members.

## The Workshop

The workshop is for anyone interested in assisting women and their families to have a satisfying birth experience. It uses texts and supplementary literature, videos, slides, small group activities, hands-on practice and role-play to develop theoretical knowledge and practical skills as a doula. Attendance constitutes one step in the process to become a DONA International certified birth doula.

On completion of the workshop, participants will be able to:

- Describe the significance of birth to women and their families
- Define the role of the birth doula
- Explain the DONA International Scope of Practice and Code of Ethics for the birth doula
- List benefits of continuous support by a birth doula on obstetrical and psychological outcomes based on the research
- Describe the emotional and physical needs of laboring women and their partners
- Compare specific characteristics of laboring women who are and are not coping well
- Demonstrate comfort measures and optimal birth positions for laboring women
- Analyze the birth doula's role when her client has an epidural
- Describe the birth doula's role in the prenatal and postpartum visit
- Describe the birth doula's role during a cesarean birth
- Describe the birth doula's role with the family during the immediate postpartum period
- Discuss the process for DONA International birth doula certification

## Prerequisites for Participants

Childbirth educators, nurses with labor and delivery experience, midwives or midwifery students and those who have attended another birth doula workshop have the appropriate experience. If a participant lacks the above experience, she should prepare by attending a complete series of childbirth education classes as an observer, viewing as many birth videos as possible, touring a hospital labor and delivery unit and reading required texts before the workshop. If possible, the participant should attend some births. It is assumed the participants are knowledgeable about the following:

- Anatomy of the human reproductive system, including the breasts
- Physiology of pregnancy, birth, postpartum and breastfeeding

- Definitions of common medical terms relating to labor
- Common procedures and tests used during normal birth, including their risks and benefits
- Pain medication and anesthesia administration and effects
- Cesarean birth indications and procedure
- Normal newborn appearance and procedures
- Basic relaxation techniques, breathing patterns and other comfort measures for labor
- Benefits of breastfeeding

## Required Texts

The following texts should be read prior to attendance and can be purchased on the DONA International web site at [www.DONA.org](http://www.DONA.org) through the DONA Boutique:

- Pregnancy, Childbirth and the Newborn (2001 edition) by Simkin, Whalley and Keppler
- The Birth Partner (2008 edition) by Simkin
- The Doula Book (2002 edition) by Klaus, Kennell and Klaus

## Location and Schedule

The workshop will take place at the Hotel Albuquerque immediately following the DONA International conference. Conference room rates are available for workshop attendees. Make your room reservations directly with the hotel.

## Workshop Times

Sunday, August 8: 3:00 p.m. – 5:00 p.m.; 6:30 – 9:00 p.m.

Monday, August 9: 8:00 a.m. – 6:00 p.m.

Tuesday, August 10: 8:00 a.m. – 12:30 p.m.

## Trainers



Penny Simkin, PT, CD(DONA) is a registered physical therapist and childbirth educator. She is a DONA certified birth doula, approved doula trainer and DONA International Birth Doula Mentor. A Founder of DONA International, Penny is an internationally known speaker and well-known author living in Seattle, Washington.



Kathie Lindstrom, CD(DONA), LCCE, FACCE is a DONA certified birth doula, approved doula trainer and DONA International Birth Doula Mentor. She is a Lamaze Certified Childbirth Educator and a Fellow of the American College of Childbirth Educators, a member of the Lamaze International Board of Directors and past President of DONA International.

**Fees, Registration and Cancellation\*** (Fees listed here are for the US, see the Registration Form for information on adjustments based on the International Fee Group Index.)

**DONA INTERNATIONAL MEMBERS:**

Postmarked by June 22 at 5 p.m. (EST)      **\$300**  
Postmarked after June 22 at 5 p.m. (EST)      **\$350**

**NON-MEMBERS:**

Postmarked by June 22 at 5 p.m. (EST)      **\$350**  
Postmarked after June 22 at 5 p.m. (EST)      **\$400**

Included in the fee are beverages and snacks on Sunday through Tuesday and continental breakfast on Monday and Tuesday. Also included is the workshop manual. Space is limited and the workshop is expected to fill early. Register for the Birth Doula Workshop on the conference registration form. You will receive written confirmation of your registration.

**The registration deadline is July 6, 2010 at 5 p.m. (EST).** \*To cancel your registration and receive a partial refund, a written request to the DONA International Home Office must be postmarked by July 20, 2010. No refunds will be given for requests postmarked after July 20, 2010. A non-refundable processing fee of \$75 will be retained in all cases for each workshop fee refund request.

## **Birth Doula Trainer Workshop**

### **August 8-11, 2010**

This workshop will prepare *qualified* participants to design their own birth doula workshop curriculum and to apply for DONA International approval.

#### **Workshop Times & Fees**

Participants must observe the Birth Doula Workshop on August 8-10 **plus** attend the Birth Doula Trainer Workshop on August 10 (3:00 p.m. – 9:00 p.m.) and August 11 (8:00 a.m. – 12:00 p.m.). *There will be a brief meeting with the Mentor on August 9 at 2:30 p.m.* Completion of this workshop constitutes one required step for DONA International approval as a birth doula trainer. Workshop fees postmarked by June 22, 2010 at 5 p.m. (EST) are \$425 and after June 22, 2010 at 5 p.m. (EST) are \$475; this fee includes the birth doula workshop as well as a continental breakfast on Wednesday. The cancellation policy is the same as for the Birth Doula Workshop. *Fees listed here are for the US. For information on adjustments based on the International Fee Group Index, check [www.DONA.org](http://www.DONA.org), e-mail [info@DONA.org](mailto:info@DONA.org) or call the Home Office at (888) 788-DONA (3662).*

#### **Qualifications**

You must qualify and be accepted to attend the Birth Doula Trainer Workshop. A complete list of qualifications and requirements and the application to attend the Birth Doula Trainer Workshop can be found on the DONA International web site at [www.DONA.org](http://www.DONA.org) (click on Professional Development) or by contacting DONA International at (888) 788-DONA (3662). The completed application and all required documentation should be sent to Ann Grauer, DONA International Director of Education, 100 East Washington Street, Springfield, IL 62701, to be received **no later than June 22, 2010.**

**You will be notified within three weeks whether you are accepted and can register to attend. Do not register for the conference before you have been notified if your conference attendance depends on your acceptance in the Birth Doula Trainer Workshop.**