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**FORM H**  
**VERIFICATION OF ALTERNATIVE CONTINUING EDUCATION**  
**FOR RECERTIFICATION**

Points: 1 alternative point per book or “article packet” (5 research-based articles of your choice per “article packet”)

Maximum 5 alternative points

Alternative continuing education may be obtained through independent self-study of a book or “article packet” (5 research-based articles from medical and/or nursing journals). Books and articles must be in a birth and/or parenting related field.

This form may be duplicated. Retain copy of form for your files. Supply original to DONA International.

Complete the following information:

Title of book(s), including author, publisher and date of publication, and number of pages

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**OR**

Title of 5 articles per each “article packet,” including name of journal, author, date of publication and number of pages

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Please attach a 300-500 (typewritten) word synopsis of each book or “article packet” you have studied. Describe how the information obtained by reading this book or article packet will impact your practice as a doula.

Name of Doula: \_\_\_\_\_

Total Number of Alternative Points this form: \_\_\_\_\_  
(5 maximum)