**How to determine whether a seminar or workshop offers continuing education credit that can be used for recertification?**

First, if you are considering registering for an event, find out *before* you do so, whether you will be able to use it toward recertification with DONA International. That way you can make an informed decision about spending your limited funds on continuing education. The informational brochure or registration information should indicate any approval for contact hours that the organizer has applied for or been awarded. Look for that info. If it offers that information, then check the document *Continuing Education Information* (page 3ff in the *Recertification Guide*) if that approving program or organization is listed there.

If yes, and the content of the event is not too clinical or medical, but is applicable in some way to your practice as a doula, then you would be able to use it for recertification.

If not, or there is no such information offered at all, then consider checking with them about applying for DONA contact hours (send them to the [Approved Continuing Ed](https://www.dona.org/continuing-education/approved-continuing-ed/?fwp_workshop_types=continuing-education-workshop) for application details). Please note, that such an application will require several weeks, usually, so the process needs to be started well ahead of the scheduled date.

Please note that some organizers offer two options: 1) to register as professional and receive formal contact hours and 2) to register as an individual without receiving contact hours. In such a case option 2 is usually less costly. However, if you plan to use this event for recertification you will need to register as a professional, otherwise you will not receive a certificate of attendance with the contact hour info, which means you will not be able to claim it for recertification.

At the end of an event, seminar, conference or workshop you should receive a Certificate of Attendance, which clearly shows information about the event, e.g. the seminar topic, the date(s) and location of the event, the name of the presenter or organizer, along with a signature, the number of contact hours earned, as well as all the approval details: contact hour details, name of approving organization, approval code, approval period.

If an in-person workshop or seminar does not offer contact hours accepted by DONA, you might still be able to claim some credit for attending. Check the detailed description for B-1 of the *Alternatives to Continuing Education for Recertification*, in the Guide to Recertification, to see if it might apply, and take note of the required supporting documentation for it.

While there is no limit to the number of approved contact hours you may claim for recertification, please note that you may not claim more than a maximum of five (5) contact hours using option B-1 within one certification period.

This means, that in general you will be better off spending your funds on seminars, workshops and conferences that do offer approved contact hours, approved by one of the programs and organizations listed on the document *Continuing Education Information*.

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