

Become a Certified BirthWorks Birth Doula

Our unique, innovative, and experiential program provides high quality, comprehensive premium training, and instills confidence that the knowledge about how to give birth is born within every woman.



Birth is Instinctive.

What is BirthWorks?

BirthWorks is a nonprofit organization with certification programs for Childbirth Educators and Doulas. The programs have an innovative and experiential design embodying a philosophy that develops a woman's self-confidence, trust, and faith in her innate ability to give birth and nurture her child through the practice of human values.

The History of BirthWorks

The first BirthWorks classes were designed and taught in 1981 by Cathy Daub, a physical therapist and author of *Birthing in the Spirit*. She chaired the committee at ICAN that developed BirthWorks into Certification Program. A pilot program was established and completed in 1988. BirthWorks became incorporated in 1994 and is now an internationally recognized Childbirth Education and Doula Certification Program.

The BirthWorks Birth Doula Program

Our Birth Doula Certification Program is a natural extension of our Childbirth Education Program. It was co-founded in 2000 by Liz O'Shea, CPM and Cathy Daub, PT, President and founder of BirthWorks International. The Doula Journal Workbook and certification materials were developed and the national three-day Doula Workshops were held. The BirthWorks Doula Workshops are taught in the USA and overseas.

No other organization offered the spiritual/philosophical training methodology with its unique human values approach comparable to what I found in BirthWorks, so this was the pivotal reason for my decision to become a BirthWorks Doula. MD

I loved the pelvic bodywork; being able to experience the room and space of the pelvic outlet. This wasn't a picture or pelvic model; it was my body. WA

Birth Works opened up new paths of communication between my husband and myself. We owe a great deal to BirthWorks. OH

Personally, I walked away with peace and confidence in my ability to help women through their birth journey. Thank you BirthWorks! TX

BirthWorks Is Different

- It is based on the belief that the knowledge about how to give birth is born within every woman. Birth is instinctive and what is instinctive doesn't need to be taught. Rather, we help women to have more *trust and faith* in their bodies which already know how to give birth.
- BirthWorks is a process, not a method. We believe that each woman will labor and birth in her own special way. We offer a unique and innovative approach to the integration of mind, body, and spirit through the practice of human values.
- BirthWorks encourages women to listen to their bodies by following their instincts, moving and eating/drinking as needed, and breathing slowly and deeply throughout labor to promote relaxation and facilitate labor.
- Birthing parents are encouraged to take BirthWorks classes early in pregnancy or even prior to pregnancy as this is an optimal time for identifying and exploring beliefs about birth, interviewing caregivers, and choosing a birth

Truth

Right Action

Peace

Love

Nonviolence

Philosophy

- The knowledge about how to give birth already exists inside every woman. Women's bodies are designed to give birth.
- The nutrition of a pregnant woman has a great impact on the health of her baby from his life as a fetus through adulthood. Breast milk provides optimum nutrition for the newborn baby.
- A woman will labor the best wherever she feels the safest and most secure. For some that may be a hospital; for others it may be at home or in an alternative birthing center.
- Birthing a baby requires integration of the mind, body, and spirit..
- Birth is one of the greatest challenges life has to offer. It provides an opportunity for personal growth.
- While cesarean sections may be necessary at times, the current rate is too high.
- In most cases, VBAC (Vaginal Birth After Cesarean) is a safer alternative to routine repeat cesareans.
- BirthWorks is a process, not a method. BirthWorks seeks to facilitate a woman's or a couple's personal process in childbearing, not to impart a preconceived method of labor and birth. Each woman finds her own unique way to give birth.
- A woman in labor deserves an environment in which her privacy, autonomy, and emotional security are protected, and her mobility is encouraged.
- Birthing parents should have access to information they need about obstetrical procedures. They should participate in decisions regarding the judicious use of obstetrical medications and procedures.
- A woman's beliefs influence her birth. Exploring beliefs heightens self-awareness, serving as a catalyst for positive change.
- The emotions of a birthing woman have profound effects on the birth outcome. Women must be allowed to express all their birth-related feelings.

Ideals of a BirthWorks Doula

A BirthWorks Doula:

- Believes that birth is a deeply spiritual and joyful experience that impacts a woman's entire life.
- Recognizes that integration of the mind, body, and spirit generates a more positive birth experience.
- Sees herself as a companion to the birthing woman, providing information to help her develop a birth plan prior to birth and staying with her throughout her entire labor so she can feel safe to let go and give birth.
- Understands that emotions and nutrition of the pregnant woman have a great impact on the health of her baby from its life as a fetus through adulthood.
- Believes that breast milk provides optimum nutrition for the newborn baby, and therefore encourages breastfeeding whenever possible.
- Respects the privacy of a laboring woman and her family.
- Is trained to recognize the progress of labor by observing body physiology, facial expressions and speech.
- Knows that her role is to support the social structure of the birthing environment, i.e., caregivers, family and friends, and to meet the emotional needs of the parents, providing suggestions and information as necessary. Her role is not to provide medical support or to make decisions for the expectant parents.
- Keeps talk to a minimum, knowing her actions speak for her. She can remain humble, calm, loving, peaceful, and harmonious, so the baby can be welcomed into a quiet and loving atmosphere.
- Sees herself as an important member of the birth team, all on a journey together with birthing parents, caregivers and other doulas, sharing their love of birth and having mutual respect and cooperation with each other.
- Trusts her own conscience when responding to events surround the birth process and releases any fears and expectations of the birth outcome.
- Fills her heart with compassion and is prepared to help anyone of any age, race, religion or community, acknowledging that babies are beings of love and should be met with only one language, the language of the heart.
- Realizes that it is important to limit her number of clients so as to create a balance between her own responsibilities to her family and to those she serves in birth.
- Strives to see good, think good thoughts, speak kind words and listen to what is good, knowing these feelings can only come out of love.
- Believes that the ability to love is essential for the health of the body, peace of the mind, and joy of the spirit.

Birth is Instinctive...



Profile of a BirthWorks International Birth Doula

BirthWorks International is proud of the quality of its Doulas. This profile was developed to give us an idea of the character of a person training with BirthWorks. A response to this profile is part of the enrollment process to enter the program. If you choose Birth Works for your Certification, please send your profile with payment to the main office.

Birth is an emotional, exciting, and changing time in the lives of parents. They are certain to be influenced by their Doula's beliefs, attitudes, lifestyle, and how she has given birth. A BirthWorks doula needs to exemplify the importance of respecting one's body, taking care of herself, family and home. This encompasses a lifestyle that strongly discourages cigarette smoking and the recreational use of drugs.

A BirthWorks Doula

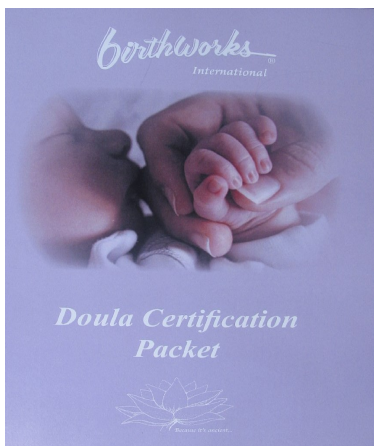
- Strives to be a good listener.
- Is non-judgmental and open minded.
- Seeks personal growth through her experiences in life.
- Supports the safety of VBAC over scheduled repeat cesarean section in most cases.
- Promotes the nutritional and emotional benefits of breastfeeding.
- Respects the instinctive knowledge of birth within mothers and babies.

The BirthWorks Doula Certification Program

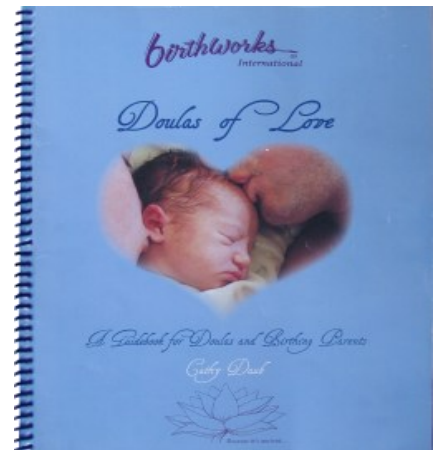
A Four Step Process

1. Submit your Profile of a BirthWorks Doula and enrollment form with fees.
2. Receive your Doula Certification Packet and BirthWorks Doula Journal Workbook. Complete all written requirements in Journal Workbook.
3. Attend a three-day BirthWorks Doula Workshop and receive and complete your *Doulas of Love* book.
4. Attend two births and obtain evaluations from the mother and a professional member of the birth team for each birth.

Birth is Instinctive...



Doula Certification Packet



Doulas of Love

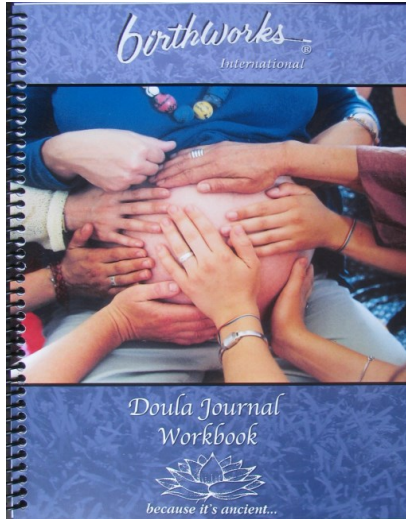
And then you will be a knowledgeable, confident, Certified BirthWorks Doula !

Frequently Asked Questions

What do I Receive?

- Your *Doula Certification Packet* with a description of all required prerequisites.
- Your *Doulas of Love* book for use during the workshop.
- Your *Doula Journal Workbook*

A treasure and keepsake filled with exercises to become a doula and also connect with your birthing community. Includes topics of interviewing, nutrition, music, birth terminology, birth and postpartum conflict resolution scenarios, influences of the media, birthing language, relationships with mothers, human values, finding a safe place to give birth, spirituality, grieving and healing, adult-infant CPR certification and more....



Doula Journal Workbook

- Personal Feedback, guidance, and support from your assigned BirthWorks Reviewer.
- Name listed on the BirthWorks website for referrals.
- National recognition as a Certified BirthWorks Birth Doula from a highly respected organization.

The knowledge about how to give birth is born within every woman. Birth is instinctive and what is instinctive doesn't need to be taught. Rather we help women to have more trust and faith in their own body's ability to give birth. This approach is empowering and transformational in nature.

How long does it take & when can I start?

The BirthWorks Doula program is an 18 month program. Provisional Certification is granted at the conclusion of the three-day workshop at which time you may begin offering your services as a BirthWorks Doula.

What are the requirements?

Requirements include successful completion of your Doula Journal Workbook, reading books and providing reports, completion of the Doula Education Workshop (DEW), and attending two births with completed evaluation forms are some of the requirements for obtaining certification.

How will I be supported?

You will stay connected with your BirthWorks Reviewer through an online classroom where you will be able to track your progress for completion of certification.

No exam is required for certification as the writing of the journal provides comprehensive training.

The experiences I had while attending the BirthWorks Doula Workshop far exceeded my expectations. It wasn't big flip charts and diagrams and lots of note-taking. What we experienced that weekend went so much deeper. It not only fed our minds, it went beyond to touch our spirits. WI



The BirthWorks Doula Workshop

In our dynamic and experiential three-day workshop you will learn:

- Effective interviewing techniques
- Writing a birth plan and choosing a birth team
- Comfort measures for birth
- Pelvic bodywork & effective positions in labor
- Physiology of birth
- Minimizing neocortical stimulation
- Integration of the mind, body, and spirit when giving birth and into parenting
- Practicing human values to build confidence in birth
- Risks and benefits of medical procedures
- The importance of positive thinking and reframing
- Conflict resolution with role plays
- Mother / infant massage and breastfeeding
- Primal Health and the importance of mother/baby skin-to-skin contact
- Grieving and healing
- Relationships with mothers
- The energy of compassion and love
- How to build and market your services
- Singing and experiential exercises
- Managing difficult births



Our workshop serves as a highly effective model for building your own Doula business and opens opportunity for personal growth. We invite you to experience how speaking from the heart can bring more love and caring to your Doula clients and help women realize that the knowledge about how to give birth is born within every woman.

Workshop Information

Our workshop runs from 9:00am to 5:30pm the first two days and 9:00am to 3:30pm the third day. Lunch is on your own. Entry into the Doula Certification Program is not a prerequisite to attending the workshop but entry is required to receive your *Doula Journal Workbook* and provisional certification to become a Certified Doula for BirthWorks International.

Accelerated Workshop

Save time and money in our accelerated workshop which combines the BirthWorks Childbirth Educator and Doula Workshops into one four-day workshop from 9am-8pm. This workshop is for those serious about becoming BirthWorks Certified Childbirth Educators and Doulas and thus the fee includes both Certification Programs and Workshop Fees.

Host Your Own Workshop

Host a Doula Workshop and receive a discount on the BirthWorks Doula Workshop. The discount increases as the number of registrations to your workshop increases! Download the BirthWorks Hosting Guidelines from our website awww.birthworks.org. Go to Workshops and scroll to "Host Your Own Workshop."

The BirthWorks Human Values approach to Doula training and services are unique, empowering, and transforming. Make a decision now to join and have an experience that will impact your birth work and your life.

Birthing Parents and Certified Educators and Doulas say they have

Developed

- Confidence in the birth process and in decision-making skills.
- An awareness of birthing options.
- Greater trust in birth as an instinctive process.
- Effective and creative communication skills.

Explored

- The physical, emotional, and spiritual aspects of giving birth.
- The influence of individual beliefs and attitudes on the birth process.
- The influence of mother-daughter relationships on birth.
- Ways to practice human values in labor and in life.

Learned

- The importance of positive thinking.
- Comfort measures for labor and birth.
- The effects of pelvic positioning on progress of labor.
- How to decrease neocortical stimulation during labor.

Birth Is Instinctive

Become a BirthWorks Doula Trainer!

Our BirthWorks Doula Trainers

- Are highly trained, knowing how the practice of human values leads to less fear and more confidence in birth.
- Are compassionate, knowledgeable, and well-trained in knowing how to help a woman in labor feel safe so her labor can progress.
- Are competent in pelvic bodywork, helping a woman in labor to assume optimal positions for giving birth.



Requirements include:

- Be a current member of BirthWorks in good standing.
- Be a currently certified BirthWorks Doula having attended a minimum of 15 births.
- Write an essay and read two books that are childbirth related.
- Provide references.
- Attend a BirthWorks Doula Trainer's Workshop.
- Co-facilitate a BirthWorks Doula Workshop with a BWI Trainer.

Workshop Policies

- Due to the experiential nature of the workshop, participants receive maximum benefit when there is minimal distraction. Infants may be in the workshop only while breastfeeding.
- Airline tickets should not be purchased until you receive confirmation of the workshop from the BirthWorks office.
- If BirthWorks cancels a workshop a full refund will be granted for paid registrations but if the workshop is moved to a date within three to four months fees will be held for that workshop.
- If you cancel prior to four weeks before the date of the workshop, a refund minus a \$75 retaining fee will be granted.
- If you cancel within four weeks of the date of the workshop, no refund will be granted for paid registrations.