

Dial a Doula

MOTHERING THE MOTHER

Doula Foundation Training Course Overview 2015

About Doulas

A Doula is a woman who provides physical, emotional and information support to women and their families before during and after childbirth.

A Doula recognises birth as a key experience that the mother will remember all her life, she understands the physiology of birth and the emotional needs of a woman in labour. She loves mothers and babies, and is able to provide continuity of care.

A Doula assists women and their partners to prepare for and carry out their plans for the birth of their baby. She can stay by the side of the labouring woman throughout the entire labour and facilitate communication between the labouring woman her partner and clinical caregivers.

The presence of a Doula can:

- . Decrease the chance of caesarian section by 50%
- . Shorten labour by 25%
- . Decrease the need for pain medication
- . Help fathers participate with confidence
- . Increase success with breastfeeding

Doula Foundation Training Overview

Being a Doula is a calling rather than a job, as a Doula you are in a unique position to dwell in the mystery and miracle of birth and support other people in that miracle. Life, love, courage, fear, trust and self-discovery and transformation are all inherent in the birth process.

We believe working with and understanding your life and birth experiences will enable you to work more effectively with women in the momentous occasion of giving birth. With this in mind Dial a Doula training incorporates knowledge of the physical and emotional aspects of birth, understanding of how to provide support to women and their families as well as your own personal development as a woman.

The Doula training is a personal journey, the curriculum comprises work with Dial a Doula and the International College of Spiritual Midwifery and includes participation in group trainings, homework, study, practice, personal development and healing work.

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Dial a Doula Curriculum:

Doula Foundation Training – 20 half days Fridays 10am – 2pm
Rebirthing / Bodywork sessions – 5 sessions
Attendance at 3 births – includes two pre and two post natal visits, a write up of each visit and the birth itself.
Spiritual Midwifery
Required reading list and homework

Doula Foundation Training Week by Week

This training provides you with the solid basis on which to build your development as a Doula. The training day's focus on learning the hands on skills of supporting families before during and after childbirth as well as preparing for your own business as a working doula.

The training incorporates 20 half days.

Topics

- 1 Introduction to Training – overview of the modules, exploring What is a Doula, Why are you here? Your birth stories
- 2 Birth Stories - Sharing your stories and experiences of Birth,
- 3 Birth Choices – what are the options for women in Melbourne, hospital, birth centers, private and public, home birth – statistics, options and experiences of different hospitals. As well as prenatal testing
- 4 Last few weeks of pregnancy – exploring the state of mind of women, relationship to due dates, support strategies. Last month of pregnancy is pre labour. Preparing for labour.
- 5 Early labour, labour strategies and positions.
- 6 Stages of labour. Support required at different stages.
- 7 Birth, water birth, home birth.
- 8 More Birth - hospital, birth and DVD's.
- 9 Interventions – exploring what is intervention? induction, pain relief,
- 10 Interventions – epidurals, dvd' monitoring, etc.
- 11 Caesarean birth and unexpected outcomes.
- 12 3rd stage – exploring the placenta, cutting and not cutting the cord, lotus birth.
- 13 Immediately After Birth - brand new babies. first breath, first gaze, first hour.
- 14 Breastfeeding - benefits, common challenges and how a doula can support breastfeeding.
- 15 Life with new baby, sleep, relationships, post natal depression.
- 16 Other useful tools, - Rebozo shawl, massage, hypnosis, aromatherapy, acupressure.
- 17 Complimentary medicine - Chinese medicine, homoeopathy.
- 18 Doula's and partners – how to support the partner, how to work together.
- 19 Working as a doula – your doula vision, being on call etc.
- 20 The business of being a doula, marketing and self promotion – goal setting.

"From completing the doula training with Dial a Doula I have experienced profound healing around my own birth, and have been able to identify life-long behaviour/belief patterns which were imprinted in me during birth. Gaining this awareness has been a big step in opening to receive more love in my life. The birth of my son several years ago was very traumatic, I have been able to heal a HUGE amount of that trauma through the doula training, which in turn allowed me to be fully open and trusting of the birth process during the first birth I attended as a doula, the birth was completely natural and absolutely blissful! I believe this type of training is essential for all women (and men)."

Jane Simson.



Reading and homework

There will be reading and homework assigned from time to time for example:

Essay – the role of the Doula

Research – talk to women you know about what tests they have had, how they felt about them, did they feel they had a choice?
Write a short essay on your findings

Essay – ecstatic birth, how hormones work during childbirth

Report – all interventions and drugs and their pro's and con's

Essay – gentle parenting approaches

Interviews with women about their decisions and experiences

Write your own blurb and create your own flyer, add it to the Dial-a-Doula website.

Organise a visit to a local GP or wellness centre, introduce your self and give them your flyers or business cards.

Recommended reading:

Sarah Buckley – Gentle Birth Gentle Mothering ,

Defiant Birth by Tankard Reist

Birthing from Within Pam England, Rob Horowitz,

Sleeping Like a Baby by Pinky McKay

Holding Time by Dr Martha Welsh

Individual Sessions

Birth is a deeply transformational process, when a woman is preparing for birth and in labour, not only is her body opening, but her mind, her deep subconscious, her soul opens. Traumas and beliefs that are stored in the body become accessible and can impact a women's birth or can be accessible for profound healing that is more possible and available than at any other time in life.

During the doula training, as we share our personal experiences in our deep exploration of birth, our own stored trauma, grief, old beliefs can also become more obvious and available for healing.

Individual sessions are recommended and available to you to support you in your healing. It is much easier to integrate the information and healing when you are supported. During your Doula training we recommend at least 5 sessions with a qualified practitioner.

Bodywork

Bodywork is deep conscious communication between bodies. Its purpose is to connect a body to its instinct to heal. People bring their pain, their tension, their numbness, fear, confusion, holdings and dysfunctional behaviors. They want to know how to translate this unavailable stored material in their bodies into available wisdom.

We know that the body is holding stuff that it hasn't been able to metabolize yet because:

- we feel physical tension, pain, tightness, dis-ease etc
- we have emotional over reaction or become caught in an emotional loop of anger, shutdown, anxiety, trying to please, unhappiness etc.
- we notice certain repetitive sorts of thought patterns, e.g. negative thoughts about ourselves, habitual self criticism, cynicism etc.
- it seems that the outside world keeps throwing similar experiences at us, like we never fit in, people are hostile towards us, we keep losing jobs, we crash cars, we are always behind with money etc. relationships don't work harmoniously etc etc etc etc.

"The Doula training has been a beautiful time of learning and connecting with other women. I have developed a deeper trust in the process of birth. This course took me beyond the books and taught me how to be in the unknown, to be with a birthing woman. I now feel confident to support women during pregnancy, birth and afterbirth. This time has been a personal journey that has reconnected me back to my heart. I feel a deep value for myself as a woman and for my role as a mother for my three children. Great thanks to you all Rachana, Sunderai and Anna".

Cathy Jackson

Mother of three, Yoga teacher and Doula.



Breathwork Sessions

Breathwork or Rebirthing is a healing process using a simple relaxing, gentle breathing rhythm. The process aids in dissolving physical tensions and emotional traumas and restores the power of the breath to revitalize and energise the mind, body and spirit.

Rebirthing is based on the understanding that how we think affects how we experience life. Combining breathing with quality thoughts can produce positive and lasting changes in our lives. Nurturing our positive thoughts supports us and expands our joy and aliveness. Holding onto the suppressing fearful thoughts and feelings can create tension, unhappiness and disease.

To support you in your training, you will:

- 1 Choose a buddy. You and your buddy will be there to:
Support each other to complete your assignments
Talk to about your training
Debrief with after visiting with your doula clients and after attending any births
- 2 Share Resources. Your training information binder is just the beginning of your personal collection of information, books, inspirations and other resources. It is meant to become very personal to you. Bring your favourite books, quotes, stories, websites, practitioners and anything else you have – so that we all can share the wealth.
- 3 Find yourself – The beauty of being a doula is that you only have to be yourself. Each doula is unique – being authentically you is being a great doula – you will be encouraged to be yourself not to “get it right”.
- 4 Keep Learning – your learning will not end here, you will keep learning and growing from every birth and from every woman. You may find a particular passion e.g. bodywork with Gyanamala, Creating more Space for Baby – workshops with midwives Fiona Hallinan and Jenny Blythe – or Birth Hypnosis with Anna Urbanski. You may want to incorporate Reiki, aromatherapy, ritual – whatever you love. Never stop learning.
- 5 Attend Birth Preparation Classes – Attending Childbirth preparation classes with families strengthens your knowledge and understanding of the birth process and gain confidence and insight into how to be with people from diverse backgrounds and how to communicate with them. It also gives you an opportunity to present yourself as a Doula to expectant couples. You can attend any classes you like, independent, hospital, calm birth etc.
- 6 Market yourself – We will support you by putting your profile onto the Dial a Doula website and incorporate elements of marketing, promotion and business skills in the training. More extensive business skills are developed in Level 2 Doula Training.
- 7 Putting it out there – you will have a role in the broader community to promote Doulas. We encourage you to take the opportunity to share Facebook evenings, place flyers and posters in your community where appropriate. We all support each other; the more we spread the word the better for everybody.

“Doula training created the perfect opportunity for me to be doula-ed myself. Anna and Sunderai support each woman's journey as it unfolds so it is possible to be with women and birth more authentically. I found inner resources that I never realised I had in the most loving of environments. I also felt challenged to explore my beliefs about the current birthing culture by these wise women.” Kiersten Quinn



About Us

Dial a Doula, established in 1997, is one of the oldest established Doula Training organisations in Australia. With facilitators sharing over 55 years of combined birth expertise.

The Dial a Doula training has a strong focus on the healing and transformation aspects of birth for both mother and doula. Our focus is on learning through deep sharing, each woman brings such depth of wisdom and experience. The foundation on being a doula is being present to both yourself and others.

Sunderai Felich

Sunderai is the Director of Dial a Doula and a Director of the International College of Spiritual Midwifery. She has over 30 years experience in working with women, children & families. Her life's purpose became evident when at the age of 21 she attended her first birth leading Sunderai into further study in Mothercraft, Childbirth Education, Breathwork, Bodywork, Massage, Reiki, Hypnobirthing and Cert 111 Fitness Training. From all of these she has gained a depth of knowledge and experience.

Over the years she has spoken at and organised Birth related Conferences and Events.

Sunderai is a teacher and a mentor and brings warmth & compassion to her work. *"Sunderai brings her calm, loving presence, her skilful and warm hearted teaching, and her deep feminine knowing to her roles as doula and trainer. Mothers, babies, fathers, and families and those who care for them are fortunate to work with her."*

Dr Sarah J Buckley GP/family physician Author of Gentle Birth, Gentle Mothering

- www.sarahjbuckley.com



Anna Urbanski

With over 12 years of experience as a Doula and educator and 20 years experience in the corporate world Anna has a unique blend of both healing and business skills. Her focus is on mentoring both birth professionals and women to achieve their goals and potential in birth and in life.

Anna decided to become a Doula after the natural birth of her twins in 2001. She trained in Sydney and found becoming a Doula and Birth Educator enabled her to integrate her professional skills and her spiritual life. Anna moved to the Yarra Valley in 2006 and became a part of Dial a Doula.

Anna is a mother of three and works as a Mentor, Doula, Body Centred Therapist, Placenta Specialist and Doula Training Facilitator.



Angela Healy – Facilitator Castlemaine

Angela Healy has been a passionate birthworker for over 8 years. She has completed numerous trainings with Dial a Doula, Denise Love, Childbirth Education through the Royal Women's Hospital. Angela attends Red Tents and holding her own women's circles for many years. Angela's philosophy about birth is that women should be supported in every decision they make and to find out what that is for themselves without judgement. Angela has a unique blend of profound passion, deep insight, amazing hands on skills and experience. She is a natural teacher. Angela Facilitates our Castlemaine Doula Training program.



The foundation on being a doula is being present to both yourself and others.

How to Get Started

The training is suitable for anyone interested in birth, midwives, health practitioners and women on their own life journey. Each section of the Doula training can be completed in a time frame that suits you. You can start where you like, take as much time as you like and follow your own path to becoming a Doula.

"This course teaches to care, listen, nurture, to feel strong and empowered in one self as a woman, and to empower other women in the most significant moment of transformation for mother and child. Every women can benefit from this course, whether they end up working with birthing women or not!"
Nashira Car.

To talk about whether this is the right path for you and, please contact Sunderai Felich:
Email: sunderai@womenofspirit.asn.au, Phone: 0401 626 883

2014 Dates - January 31 to April 4 break for school holidays back April 25 to June 27.

Costs

The cost of the training is \$2150 if paid in full 2 weeks before commencement.

Payment plan \$2350
\$400 deposit

\$162 per month - over 12 months
\$217 per month - over 9 months
\$325 per month - over 6 months
\$360 per month - over 3 months

Payment Plans

Payment plans are with Paysmart, you simply elect the account you want your fortnightly or monthly payments to be made from. There is a small set up fee of \$5.50 and a small admin fee per payment. You can create the plan for up to a year depending on your start date for the plan. 12 Month plans are required to commence at least 3 months before the training start date.

Please ask for more information about this option, contact Contact:
Sunderai Felich – 0401 626 883, sunderaifelich@dialadoula.com.au.

Refund Policy:

If you have paid your tuition fees and are unable to commence study, you should request a refund of course fees. Dial-a-Doula will refund your fee on the following basis:- If you cancel your place at least 28 days before your course starts, all tuition fees paid are refundable less an administrative fee of 20%. If you cancel your place less than 28 days before your course starts or withdraw before start date, 50% of tuition fees paid are refundable. If you withdraw after commencement date no refund is payable. Any refund will be paid within 4 weeks after receipt of your completed request for refund. For some programs the student can transfer the registration to another date, but the program must be taken within 12 months of the registration date.

How To Register

You can register for the whole program or for each module separately.

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Doula Foundation Training Registration 2015

Melbourne Doula Foundation Training 2015
July 17 to Sept 18 break for holidays back Oct 9 to Dec 18

Castlemaine Doula Training 2015
Start April 16 to June 25 break for holidays back July 16 to Sept 17

Cost \$2150 if paid in full before the start date
Payment plan \$2350

Name _____

Address _____

Email _____

Phone (home) _____ (mobile) _____

I enclose \$400 deposit (non-refundable) or full payment \$ _____

Or: Direct Deposit: Dial a Doula, A/C# 481958841 BSB# 013 662

Or: send cheques / money orders to: Sunderai Felich - Dial a Doula, 44 - 48 Cherry's Lane Toolangi, VIC 3777

Email completed form to sunderaifelich@dialadoula.com.au or post to: 44 - 48 Cherry's Lane Toolangi, 3777

Payment plans are available. Please contact Sunderai if you want to create a payment plan.

Sunderai Felich – 0401 626 883, sunderaifelich@dialadoula.com.au

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Expanding your Training

The Doula Foundation Training is the powerful starting point of your Doula Training. Our other modules are designed to deepen your exploration, skills and healing. They include;

Post Natal Doula Training

This is the heart of Sunderai Felich's vision – mothering the mother. Mothers are critical to our whole society's wellbeing. This program gives you the skills to deeply and powerfully care for mothers in the fundamental way of the Doula. That is with deep respect, trust in mothers innate instincts, good information and excellent resource. This specialized training gives you what you need to be a wonderful Post Natal Doula.

Spiritual Midwifery

The birth process is mysterious and it is something we all experience when we are born. A deeper understanding of the birth time enables one to live with much more aliveness and connection. Spirit moves into form and the midwife is there - a witness to the miracle. Yet again a human opens her/his eyes and sees. This course lifts the veils of illusion that hamper the realization of the dream. Run by Shivam Rachana

Mentoring

It is one thing to have the passion to be a doula, it is quite a different challenge to run your own business. I want you to squeeze every bit of transformational potential out of the process of making your vision manifest. I know that every step you take towards creating the life you want can present challenges such as self doubt, undervaluing yourself, unsustainable ideas and old negative beliefs rearing their ugly head! With support and encouragement you can meet those challenges and create new pathways in your brain, body, business and life.

My mentoring program is a unique blend of practical business support, profound personal validation and encouragement and deep healing. It is designed to enable you to audaciously engage in all that your life is offering you and to be happy in the details of the every day process.

Anna Urbanski offers mentoring in one on one and in group programs.

"I loved the dial a doula training. The way Anna and Sunderai hold the training as a women's circle-type setting was such a great experience to be part of. Anna and Sunderai's in-depth knowledge around birth and women's issues complement each other. The doula course opens up the birth world and inspires you to want to be amongst it. Shared experiences of birth with all the blood sweat and tears is a big part of the course and is invaluable in becoming a doula. "

Louise Adams



"Although already a practicing and somewhat experienced Doula when I first connected with Anna and Sunderai, I had not done any formal training as there was nothing around years ago, and the more recent online courses that one can basically purchase a certificate by answering multiple choice questions didn't appeal to me in the slightest. So I attended every conference or Midwifery workshop around the country I could make it to and chalked up new stuff here and there adding my own modules to my own journey. I really wanted hands on, face to face work-shopping and this is where Anna came into my life. I was so grateful for being able to join this wonderful group of women to do an experiential style workshop that upheld many of my philosophies and beliefs - it certainly propelled me into a new understanding of my worth, gave me much needed confidence and belief in myself that what I had to offer was valuable and after 10 years on and off of volunteering I took the plunge and started charging and became busier than ever, the demand for my services and the amazing respect I gained from the value of this wonderful professional support service for birthing women was incredible. Thanks Anna and Dial a Doula and all the beautiful women who shared the space with me." Love Helen x

Post Natal Doula Training – Mothering the Mother

3 Modules divided into 3 x 2 days, consecutive Sundays. Each module has its own focus and you can choose the full program or focus on one module. This amazing program is facilitated by Sunderai Felich with special guests bringing an abundance of expertise in new parenthood.

This is the heart of Sunderai Felich's vision – mothering the mother.

Mothers are critical to our whole society's wellbeing. This program gives you the skills to deeply and powerfully care for mothers in the fundamental way of the Doula. That is with deep respect, trust in mothers innate instincts, good information and excellent resources.

This specialized training gives you what you need to be a wonderful Post Natal Doula.

Module 1 – Mothering the Mother – the fundamentals

Day 1 - Mothering the Mother.

Your story as a baby and as a mother.

Exploring what is post natal support. If you could have it, what post natal support would be ideal for you.

The role of the Post Natal Doula, what services do you provide.

Basic Mothercraft skills - bathing, nappies, environment set up, appropriate clothing etc.

Support for the whole family, how would you as a doula provide it?

Being with older children.

Homework - What resources are in your local area for mothers and babies. ie. mother baby groups, babs etc.

Day 2 – Skills needed to provide a relaxed supportive environment.

Tools - Baby massage, relaxation techniques, foot massage etc.

Early childhood development from birth to 6 months

Homework - Give a baby massage. Give a new mum a foot massage.

Module 2 – Breastfeeding, Settling & Sleeping

Day 3 - Breastfeeding

Your own experience as a baby, were you breastfed?

Your own experience as a new mother.

Common problems and solutions.

Bottle feeding, supplementary feeding, expressing.

Homework - join ABA. Go to a local ABA meeting

Day 4 - Settling and Sleeping

Common problems and approaches.

What techniques are new mothers being exposed to.

Mother Baby units - ongoing, support for the whole family.

Controlled crying/attachment parenting.

Co-sleeping. SIDS

Homework - Talk to 3 different families who have experienced 'sleep problems' record what they did to resolve the problems and the outcomes.

Module 3 – Special Needs and Marketing Yourself

Day 5 – Special Needs

Unexpected outcomes/disability/death of a newborn/baby.

Special care nursery. How can a doula support this situation

Birth debriefing

What is Post Natal Depression?

Immunisation

Homework - research what PANDA provides & support groups in your area. Visit a special care nursery and write up your experience. Etc

Day 6 - Marketing - Your business as a post natal doula

Your vision

Networking, building your business

Creating your unique blurb for website

Homework – Take some action towards building your business. E.g. Write your blurb/create a flyer/create business cards/go to a networking event.

Spiritual Midwifery

4 days over 4 months

The birth process is mysterious and it is something we all experience when we are born. A deeper understanding of the birth time enables one to live with much more aliveness and connection. Spirit moves into form and the midwife is there - a witness to the miracle. Yet again a human opens her/his eyes and sees. This course lifts the veils of illusion that hamper the realization of the dream.

The course gives Doula's a deep understanding of their calling to work with birth in a deeply intuitive way.

The course includes:

The Calling. Looking at the participant's connection to the birth process - articulating, re-discovering and expanding this vital inner sense.

The Body Systems. The known and the "unknown" - the physical and spiritual bodies. Examining experiences that demonstrate these systems. Looking at the inter-relationship between them and how this understanding aids the resolution of difficulties that can manifest during pregnancy and birth. A model based on the four elements will be presented and explored - EARTH, FIRE, WATER and AIR.

Altered States of Consciousness. Defining these and learning about the healing available in these states. De-mystifying them and learning how to access them, a VITAL tool for the birth attendant/doula. Seeing how they are important part of a woman's well-being during pregnancy, birth and post-partum.

Left Brain, Right Brain. How entering right brain spaces facilitates the birth process. How engaging the left brain inappropriately inhibits labour. The place of birth and the practices/rituals that aid or hinder the process.

Birth as Part of the Continuum. Seeing the interconnections of a woman's psycho/sexual life and its influence on birth outcomes. These rhythms of life affect all of us and our ability to respond appropriately. The honoring of these rhythms provides the impetus needed for the natural process to occur.

With Woman. We examine the forces present for the woman and her careers that aid or inhibit the birth process and the interpersonal relationships that occur in different situations. The allegiances, conscious and unconscious, that exist. Who has the power?

Led by Shivam Rachana, Principal of The International College of Spiritual Midwifery. **Rachana has 30 years teaching experience and has worked in the area of women's health, particularly childbirth since the 70's.**

"I want all the multiple choice certificate purchasing doulas to experience this fabulous hands-on experiential work-shopping extravaganza! You gave me back my belief in myself and what gifts I have to share, I think even other experienced doulas could greatly benefit."
Helen Kildare

"As well as a wealth of practical, insightful information and powerful group work, Spiritual Midwifery gave me the opportunity to journey deep into my own wisdom and learn to trust my own wellspring within. As one of my birthing mothers said 'being a doula is a calling' and Spiritual Midwifery helped me to discover and trust why I have been drawn to this path. Thankyou Rachana and Sunderai for your wisdom, guidance and loving support"
Mei Lai Swan - Doula