

Full Spectrum Doula and Childbirth Educator Certification
The National Center for Equity and Agency

Cost \$499 for Full Spectrum Doula
\$399 for Birth Doula Only

Objectives:

- To certify birth support professionals who keep Diversity, Equity, and Belonging as the central tenets of their work.
- To provide communities with members who can offer education, referrals, and emotional support through many reproductive experiences including pregnancy, birth, abortion, miscarriage, and stillbirth.
- To assure that all doulas leave with the skills to educate on reproductive experiences and create empowered students who feel agency in their choices.

Course Outline

Each section includes a lecture, worksheet, and further reading resources.

Three 1:1 coaching calls are scheduled throughout

Doula 101:

What is a doula?

The term and its history

How the role of a doula works

What it does and does not include

Reproductive Justice:

What is RJ?

What are the benefits of hiring a doula?

Research on birth outcomes

How structural inequality impacts birth outcomes

Cultural Humility:

The difference between cultural competency and cultural humility

Working with communities you do and do not belong to

Addressing internalized bias

Queer Inclusion:

What does it mean to be queer inclusive?

The LGBTQ community and identities 101

The importance of understand cis-normativity and compulsory heterosexuality

Working with queer and trans/non-binary clients

Supporting Survivors:

How does trauma impact clients?

The impact of trauma on the brain

Trauma-informed practices in reproductive support

Birth trauma and obstetric violence

Accessibility & Ableism:

Understand disability inclusion

Spoon theory

Supporting clients with physical and/or mental disabilities

Ableism in healthcare

Birth Support:

Pregnancy

Labor & Delivery

Feeding Baby

Postpartum Care

Abortion Support:

Types of abortion

What to expect

Doulas and abortion care

Teaching Childbirth and Reproductive Care:

Pedagogical approaches

Creating an engaging learning environment

Curriculum design

Guest Lectures

Teddy the Doula- Male Doulas & Birthing Partner Support

Kathleen, Indigo River Doula Services- The Power of Representation

Shyana Broughton, Our Mommie Village- The Power of Community

Jasenka Hrustanovic- The Power of Lived Experience