



# What is Covered in the Holistic Doula Training Course?

## Pregnancy:

What is an Empowered pregnancy – making decisions  
Anatomy and Physiology – Menstruation, Conception  
Wise Women Way of Healing – Susan Weed  
Care givers – choices  
Standard Testing vs Holistic Self Directed Care  
Holistic Health “Protocols” for Common Pregnancy Concerns-  
GBS, GTT, Blood Pressure, Eclampsia, Bleeding, Nausea/ Gestational Diabetes & Anemia etc.  
Nurturing – the wheel of nurturing and nurturing the way your clients like to be nurtured

## Birth Anatomy & Physiology:

Ecstatic Birth: Hormonal Blueprint of Labour & Transcending Pain  
The Physiological Birth Allies: Sphincters, Engorgement, Oxytocin & the Fetal Ejection Reflex  
Optimal Fetal Positioning and Prevention of Posterior Presentation  
Birthing in an Upright Position and the Work of Dr. Michel Odent

## Birth Philosophy:

The Undisturbed Birthing Paradigm- How Ancient Birthing Wisdom is Evolving Modern Birth/The Sacredness of birth/CalmBirth/Birthing From Within/Lamaze/Hypnobirthing  
The Sacredness of Birth --Returning Birth to the Family

## The Birth Experience:

The Dance of Labor-Holistic Stages of Labor  
Re-Sexualizing Childbirth  
Instinctive Birth at Home and in the Hospital  
Evaluating Labour Progress through External Signs  
Birth “complications” – Understanding the physiology and figuring out how to respond  
Navigating the Hospital environment  
Hospital and Home Birth Protocols  
Home birth, Water birth, Lotus birth

## Facilitating and Serving in Birth:

How to assist in creating an environment that supports birth physiology

Intuition and Ways of Knowing

Protecting/guardianship of the birth space

Doula as witness

Altered states – how to manage your energy within this environment

Birth Doula Theatre – Birth scenarios as Doula

Massage for Pregnancy and Birth

Homeopathy, Herbs and Acupressure for Labor and Birth Difficulties

## Pre & Perinatal Psychology:

Psychological and Unconscious Aspects Impacting the Journey of Motherhood

Prenatal-Connecting in With Baby, Has the Mother been Honoured and Nurtured?

The Birth -Sister, Mother, Grandmother's Experience of Birth, Your Own Experience of Being Born

Post-natal Relationships to our own Mothers and Fathers. Expectations about Motherhood & the Quality of Spousal & Prenatal Support at the Time of Birth

Validation or Invalidation by the Tribe-*The message of our society is that the experience of childbirth is unimportant*-Should mother's "zip it" and just be happy that their baby's are so called healthy and quit making an issue about the birth experience?

How a Baby Is Born Affects their Future Life Experience

The Birth Experience gives Baby it First Impression of What it Means to be Human

Psychological Impact-Remain Open and Grow vs. Shut Down and Protect

First Life Pattern- to be played out over and over again until healed.

Healing is Always Possible!

## Postpartum Physiology:

Babies and Mother's Needs are One and the Same

Meeting Mother's Psychological & Physical Needs Meets Baby's Psychological & Physical Needs

Comparing Dr. Odents recommendations for an "undisturbed birth" with Dr. Leboyer's recommendations for "Birth without Violence".

All the same elements for a physiological birth experience, protect the bonding experience of mom and baby.

## Preventing Postpartum Depression:

Physiological Birthing-gives momma and baby optimal hormonal cocktail that ensures physiological bonding

Has the pitocin injection (as baby's head meets the perineum) caused us to lose our mothering instincts?

Is this why we commonly hear that mothering isn't instinctual and many women feel ill prepared to meet the demands of constant and close proximity with their baby?

Love and support of Mother by her Spouse, her Family and her Community- Nurturing and Honoring during Pregnancy, Birth and the Postpartum

Does She Have help After the Baby is Born- Tending to the Mother so that she can Tend to her Baby

Mineralization and Fatty Acids- Are mother's deficient in the raw material needed to tone their nervous systems and uplift their mood?

Homeopathy, Supplements and Herbal Remedies for Postpartum Depression

## Undisturbed First Hour After Birth

### ***The 4 B's***

Bonding- oxytocin promotes love in both mother and baby!

Babymoon- You honored your marriage with a honeymoon, what about honoring your marriage with your baby with a babymoon? The bonding period extends over several weeks of conscious nurturing care.

Bleeding- According to Odent, there would be virtually no hemorrhage if the first hour after birth was undisturbed and the birthing environment warm

Baby-led Breastfeeding- the breastcraw

## Routine Care of the Newborn:

-suctioning

-resuscitation

-early cord clamping (benefits and misguided concerns of delayed cord cutting)

-bathing (impact on bonding and benefits of vernix)

-eye prophylaxis

-metabolic screening test (aka: heel prick test)

- synthetic vitamin administration-Vit. K

-vaccination

-circumcision

## Helping Baby Heal from Trauma:

Connecting in with Baby- Tell them what is happening, why and that they are going to be ok.  
Homeopathics for Trauma: Staphysagria and Arnica  
Craniosacral therapy and Gentle Chiropractic  
Acknowledging the Baby's Trauma  
Mother as Healer

## Postpartum Wellness:

The Mother Blessing/Honoring the Transition from Maiden to Motherhood/Potluck and extra  
for mom/Birth songs and Rituals/Bellycasting  
The Care and Honouring of the Placenta/Lotus Birth/Placenta Prints/Placenta Readings  
Placenta Medicine  
Postpartum Nurturing/42 Day Sacred Window/Nourishing the Mother with Food and Herbal  
Infusions-Raspberry, Nettles, Alfalfa, RedClover/Oil Application/Moxibustion /Belly  
wrapping/Uterine Massage

## Initiation Mothers:

↓Creating A Sacred Space for Breastfeeding  
Natural Newborn Care and Homeopathic Constitutions  
Co-Sleeping/Baby wearing and Attachment Parenting/Mothering with Soul  
Motherhood as A Journey and Spiritual Practice/Weaving the birth story – how to sit with a  
mama in the postpartum and listen to her story, grieve with her, create council, help her  
digest her birth experience  
Understanding Your Fertility and educating moms about Fertility Awareness

## Marketing Your Holistic Doula Business:

Marketing your business  
Internet marketing, Building website, networking, Cross Marketing with other holistic  
businesses, community hub  
Being nurtured – doula self care  
Conflict resolution – mediation – communication  
You will receive: Business Package which includes – resources, articles, links, client forms, a  
certification process

## Your Initiation: Holistic Doula Blessing!