

International Professional Trainings - AGENDA

Dubai, 2020 - 2021



Profession: Birth Doula

Certifying body: DONA International

Dates: (28) - 29 - 30 - 31 January 2021: *In-person Doula training workshop*

28th January 2021: *Breastfeeding and Childbirth Educator seminar* requested to fulfill the DONA certification requirements in case of no previous training in these topics.

Timings: 9:00am to 6:30pm

Location: Dubai - UAE (*exact location to be confirmed*)

Total training hours: 24

Trainer: Elena Carrillo

Teaching methods:

Class attendees will be interacting all the time, participating in several learning activities that will include:

- small group work,
- modeling,
- creative expression,
- hands on practice,
- brainstorming,
- demonstration/ return demonstration,
- storytelling,
- role play,
- and much more.



This DONA seminar includes different experiential classes for the attendees to have hands-on training of the most effective comfort measures to support laboring women, while exploring and practicing various proven techniques in an exciting and creative way.

As an added bonus, the complete training will include 4 dates for virtual training support via Zoom calls, where all registered participants can attend. It is highly recommended that participants attend these sessions to fully benefit from the in-person training scheduled for January 2021. These virtual sessions will facilitate the requirements needed to complete certification more efficiently whilst giving you a head start in the process towards certification.

Schedule of events:

NO.	TRAINING	DATE	TIME	MODE
1.	Meet & Greet Intro (DONA & Lamaze)	3 Oct	8:00 - 9:00pm	Virtual (Zoom)
2.	DONA Training Meet 1	17 Oct	8:00 - 9:00pm	Virtual (Zoom)
3.	DONA Training Meet 2	14 Nov	8:00 - 9:00pm	Virtual (Zoom)
5.	DONA Training Meet 3	12 Dec	8:00 - 9:00pm	Virtual (Zoom)
6.	DONA Training Meet 4	9 Jan	8:00 - 9:00pm	Virtual (Zoom)
7.	Intro to Childbirth Seminar	28 Jan	9:00 - 4:00pm	In-person
8.	DONA Birth Doula Workshop	29 - 31 Jan	9:00 - 6:30pm	In-person



DAY ONE (29 January 2021)

- I. Faculty and participants introduction
- II. Introduction to the workshop and its goals.
- III. What is a doula?
 1. Definition
 2. History
 3. The role of a doula
 4. Labor support and its benefits
- IV. The Experience of Birth
- V. The Ideal Birth
- VI. The Six Healthy Birth Practices from Lamaze International
- VII. Pre-natal contact between pregnant women and doula
 1. The doula and the woman's partner
- VIII. The Role of the Doula in Labor and Birth
 1. The Hormones of Labor and Birth
 2. Emotional Support.
 3. Comfort measures for pain and stress
 4. Penny Simkin's Labor Road Map
- IX. Protection of the doula and the laboring women during the birth process
 1. Universal Precaution Measures to reduce the risk of transmission of diseases

DAY TWO (30 January 2021)

Review of last class

- I. Our Moving Pelvis
- II. Hands on practice of labor support strategies
 1. Relaxation and breathing techniques
 2. Massage



3. Double hip squeeze
 4. Use of the rebozo
 5. Heat /cold therapy
 6. Mother's positioning and movement
 7. Use of Birth balls
 8. Rhythm & rituals

- III. Hands on practice of strategies for birth.
 1. The Sphincter's Law from Ina May Gaskin
 2. Relaxation of pelvic floor muscles
 3. Positioning and movement
 4. Spontaneous pushing vs. purple pushing

- IV. Comfort Measures for Challenging/Difficult Births
 1. "Slow to start births"
 2. Back pain/baby in posterior presentation
 3. Prolonged labor
 4. Induction
 5. Medical Interventions
 - A) Active management
 - B) Confinement to bed
 - C) Epidural Anesthesia
 6. Mother's feelings and emotions

- V. Cesarean Birth.
 1. Role of the doula
 2. Comfort measures

- VI. VBAC
 - A) Challenges
 - B) Strategies for success

DAY THREE (30 January 2021)

- I. Early Post Partum
 1. The role of the birth doula
 - A) Facilitating skin to skin contact between mother and baby.
 - B) Facilitating the Microbiome



- C) Infant "seeding"
- D) Early breastfeeding
- E) Strategies to facilitate bonding between members of the new family

II. Unexpected Outcomes

- 1. Difficult labors and births
- 2. Medical Interventions
- 4. Sick baby /stillborn
- 5. Grieving
 - A) Support for the parents
 - B) Support for the doula

III Postpartum Support

- B) Difficult situations
- C) Intervention & referrals

IV. Reviewing the birth experience

V. Closure of the relationship

VI. Students self-evaluation through scripted role play

VI. Professional Development

- 1. DONA International Standards of Practice, International Code of Ethics and Mission

VII. Establishing a doula practice

- 1. Marketing
- 2. Evaluating Professional Services
- 3. Networking

VIII. Establishing a doula practice in the UAE

IX. DONA International Certification

- 1. Process of certification
- 2. Re-certification

X. Evaluation & Closing

- 1. Written evaluations
- 3. Closing