



# DONA-approved Birth Doula Workshop

Dubai - UAE



Trainer: Elena Carillo  
LCCE, FACCE, AdvCD(DONA), BDT(DONA), PCD, CLC, CLE

## **ALL TRAINING DAYS:**

**09.00 – 09.30: Admissions & welcome**

**09:30 – 18:30: Full day training**

**\* Includes x2 short 15mins. breaks- in the morning and late afternoon**

**\* Includes x1 1hr lunch break**

**Venue: Heal Hub, Jumeirah (Dec 9<sup>th</sup> & 10<sup>th</sup>), Mirdif location (Dec 11<sup>th</sup>).**

## **DAY 1**

[9<sup>th</sup> December 2023] 09.00-18.30

- I. Faculty and participants introduction
- II. Introduction to the workshop and its goals.
- III. What is a doula?
  1. Definition
  2. History
  3. Current Maternal and Child health outcome inequities
  4. The role of a doula
  5. Labor support and its benefits



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- What the scientific evidence tells us

IV. The Experience of Birth & Birth memories

- How the experience of birth affects early parenting and it's passed down through generations

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
2. Communicating with health care providers
3. The birth dream team

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 2

[10<sup>th</sup> December 2023] 09.00-18.30

Review of last class

I. Our Moving Pelvis

II. Hands on practice of labor support strategies & comfort measures

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. Birth balls
  8. Rhythm & rituals
  9. Aromatherapy, etc.
- III. Hands on practice of strategies & comfort measures for birth.
1. The Sphincter's Law - 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
    - Challenging situations
    - Trauma
- V. Cesarean Birth.
1. Role of the doula
  2. Comfort measures
- VI. VBAC
- A) Challenges
  - B) Strategies for success

## DAY 3

[11<sup>th</sup> December 2023] 09.00-18.30

Review of last class

### I. Early Post-Partum

1. The role of the birth doula
2. Facilitating skin to skin contact between mother and baby
3. Facilitating the Microbiome
4. Infant seeding
5. Early breastfeeding
6. Strategies to facilitate bonding between members of the new family

### II. Unexpected Outcomes – supporting the parents

1. Difficult labors and births
2. Medical Interventions
3. Sick baby /stillborn
4. Grieving
5. Support for the doula

### III Postpartum Support

1. Difficult situations
2. Intervention & referrals

### IV. Reviewing the birth experience

### V. Closure of the relationship

### VI. Students self-evaluation through scripted role play

### VII Professional Development

1. DONA International Standards of Practice, International Code of Ethics
2. DONA International's Mission and Vision
3. Working within DONA International toward advancing health and birth equity on the profession
  - Birth Equity
  - Classism & Racism
  - Implicit Bias
  - Privileges and oppression
  - Disparities
  - Diversity and inclusion

## VIII. Establishing a doula practice

1. Marketing
2. Evaluating Professional Services
3. Networking
4. The Role of the doula as an Advocate

## IX. Establishing a doula practice in the UAE

## X. DONA International Certification

1. Process of certification
2. Re-certification

## XI Evaluation, Closing and farewells