



The doula training workshop is an entry level workshop. It is desirable, but not required that you have some knowledge of the following:

- Anatomy and physiology of pregnancy and birth, postpartum, and breastfeeding.
- Pain medications, their administration and side effects.
- The Cesarean procedure.
- Normal newborn appearance.
- Basic relaxation techniques, breathing patterns, and other comfort measures for labor.
- Benefits of breastfeeding.

If you feel you are lacking this knowledge it is suggested that you read *Pregnancy, Childbirth and the Newborn* and *The Birth Partner* before the workshop. If you have any questions about the workshop call Debbie at (707) 579-6064 or email at [Debdoula234@aol.com](mailto:Debdoula234@aol.com).

The location of the class may be changed if the registration is larger than 20 students but will stay within the Santa Rosa or Windsor, Ca

## Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Phone \_\_\_\_\_

Zip \_\_\_\_\_

Email Address \_\_\_\_\_

### Doula Training Workshop

March 17 & 18, 2012

8:00 a.m. to 6:00 p.m.

\$350.00

Registration due Feb 10, 2012

**A \$100.00 Deposit will hold your space in the workshop with the balance due the first day of the workshop.**

Total enclosed \_\_\_\_\_

You may also pay with a credit card by paying with paypal by using the email [Debdoula234@aol.com](mailto:Debdoula234@aol.com). Add \$5.00 for processing please.

Make checks payable to Debra Merritt Bruflat and send registration to :

**Debra Merritt Bruflat**

**709 Sequoia Street**

**Windsor, Ca . 95492**

**Registration due February 10 , 2012**



**DONA**<sup>®</sup>  
*International*

Approved

## Doula Training Workshop

March 17 & 18, 2012



709 Sequoia Street

Windsor, CA 94592

*Workshop for those who wish to assist couples through labor and birth.  
Approved by Doulas of North America  
International*

## WHAT IS A DOULA?

- A doula recognizes birth as a key life experience. She understands the physiology of birth and the emotional needs of a woman in labor.
- A doula assists the woman in carrying out her plans for the birth.
- A doula stays by the side of the laboring woman throughout her labor.
- A doula provides emotional support, practical comfort measures, an objective viewpoint, and information to aid in decision making.
- A doula acts as a liaison between the laboring woman, her partner, and clinical care providers.
- A doula does not replace the woman's partner or clinical providers.



### *THE DOULA TRAINING WORKSHOP*

THE DONA DOULA APPROVED DOULA TRAINING WORKSHOP IS A UNIQUE AND EXCITING WEEKEND TRAINING. THE TRAINING IS TAUGHT BY DEBBIE MERRITT BRUFLAT DONA CERTIFIED DOULA, CERTIFIED CHILDBIRTH EDUCATOR, AND LACTATION SPECIALIST WHO HAS BEEN A DOULA , CHILDBIRTH EDUCATOR AND DOULA TRAINER FOR OVER 10 YEARS. YOU MAY LEARN MORE ABOUT HER BACKGROUND ON HER WEBSITE AT DOULABELLA.COM DURING THE 2 DAY WORKSHOP STUDENTS LEARN THE EMOTIONAL AND PHYSIOLOGICAL PROCESSES ASSOCIATED WITH LABOR. ALSO COVERED IS THE ROLE OF THE DOULA PRENATALLY, DURING LABOR AND DELIVERY AND DURING THE POST DELIVERY PERIOD. THE WORKSHOP DOES NOT INCLUDE CLINICAL SKILLS WHICH ARE OUTSIDE THE ROLE OF THE DOULA.

THE COURSE IS DESIGNED TO HELP PARTICIPANTS BECOME EXPERT LABOR SUPPORT AND GAIN EXPERIENCE AS A DOULA . PLEASE REGISTER AS SOON AS POSSIBLE AS CLASS SIZE IS LIMITED. A \$100.00 DEPOSIT WILL HOLD YOUR PLACE IN THE CLASS WITH THE BALANCE DUE THE FIRST DAY OF THE WORKSHOP.

*NO REFUNDS ARE GIVEN AFTER FEBRUARY 10, 2012 FOR THE WINDSOR WORKSHOP . WE CAN SUBTRACT A \$100.00 FEE AND HOLD THE BALANCE TOWARD ANOTHER WORKSHOP WITHIN THE A 1 YEAR WINDOW FOR LATE CANCELLATIONS.*

## Preparing for the class

You can read all of the requirements for DONA certification on the Dona website at DONA.org. You will be given a certificate of completion after the workshop, but there are further requirements should you decide to become certified.

You may want to begin reading books from the required reading list. You can get these books new from the DONA.org website or used from Amazon.com. You may also want to order your certification packet from the DONA boutique if you are planning to become a certified doula. You must have ordered the packet before you can count any birth experience towards certification. There is an excellent time line for certification you can also access though theDONA.org website for planning out your certification process. We will go over the process at the workshop as well.

