



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.

Registration

Name _____

Address _____

City _____

State _____ Phone _____

Zip _____

Email Address _____

[] Doula Training Workshop

August 27, 28, & 29, 2010

Friday 6:00 to 9:00

Saturday 8:00 to 6:00

Sunday 8:00 to 1:00

\$350.00 Registration due August 15, 2010

[] Breastfeeding Class

Sunday August 29, 2010

2 :00 to 6:00 p.m. \$50.00

Registration due August 15, 2010

Total enclosed _____

Mastercard/Visa number _____

Expiration date _____

v-code on back of card _____

Signature _____

Make checks payable to Marianna Terhune and send registration to :

Marianna Terhune

1640 Ditty Avenue

Santa Rosa, Ca. 95403



DONA[®]
International

Approved

Doula Training Workshop

And

**Breastfeeding Support
Class**

August 27, 28, & 29

2010

YWAM San Francisco

357 Ellis Street

San Francisco, California

*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, AND BY MARIANNA TERHUNE, DONA CERTIFIED DOULA, AND CERTIFIED MIDWIVES ASSISTANT.

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 AUGUST 29, 2010 FOR THE SANTA ROSA WORKSHOP. WE CAN SUBTRACT A \$100.00 FEE AND HOLD THE BALANCE TOWARD ANOTHER WORKSHOP WITHIN THE A 1 YEAR WINDOW FOR LATE CANCELLATIONS.

Breastfeeding Class

Also offered is an optional 3 hour breastfeeding class taught by Patrice Montoya R.N., IBCLC. This class meets one of the requirements for DONA Certification. The cost of the class is \$50.00. the class will be held August 29, from 2:00 p.m. to 6:00 p.m. following the workshop at the same address. The 16 hour workshop and the breastfeeding class are part of the requirements for becoming a certified doula through Doulas of North America International. Although you may take the breastfeeding class requirement later it is highly recommended you take the breastfeeding class following the workshop. You can read all of the requirements on the Dona website at DONA.org.

You may want to begin reading books from the required reading list. You can get these books new or used from Amazon.com. You may also want to order your certification packet from the DONA boutique. You must have ordered the packet before you can count any birth experience towards certification.

