

SACRED SPACE

Doula Training

2010

FACILITATOR:
ROSALIA PIHLAJASAARI
48 Dundalk Avenue,
Parkview,
CELL 082 780 8965 FAX 086 691 4307
EMAIL ROSALIA@DOULATRaining.CO.ZA

Outline of Doula Training Course

Sacred Space Doula Training offers you a profound and compassionate approach to assisting and supporting parents in their journey into parenthood.

This workshop is an introduction to the world of being a doula - whether you are planning a career move or just wanting to assist at a friend or family member's birth.

After your introductory workshop you will be equipped with many new skills that can be used practically with clients as well as to deepen your own personal preparation.

This intensive workshop is structured over 3 day. It is intended as a time for retreating within and contemplation. For you to hold the sacred space of birth you need time to discover the doula within you. Your heart and mind will explore new and old issues and open up to many new, exciting possibilities.

This takes time and energy that is best focused away from our everyday lives.

This workshop is open to all who wish to explore this dedicated career. There are no restrictions placed on attendees except the willingness to explore within themselves new depths, the dedication to hold the sacred space of birth and the honour of witnessing the miracle of life. It can be the ideal introduction to doulahood or a refresher and in-depth workshop for seasoned doulas.

After the beginning workshop, for those wishing to complete their doula certification there are specific requirements to fulfill. This part of the programme is for those who have decided that this is the path that they wish to explore.

The home study portion to be completed includes:

Documenting several births.

Writing your impressions and thoughts of what you have learned at each birth and how this will assist you in future births.

A reading list with introspective notes

List of ongoing education

A brief self assessment

Completion of the home study packet.

The completion of your home study depends on your personal commitment and life situation. It can be completed between 6 months to 2 years.

If you haven't completed the home study within 2 years you will need to repeat the workshop. Special circumstances will always be taken into account and extensions will be given if asked for.

Upon registration an information packet will be emailed to all participants outlining in depth the entire process.

This workshop will comply with the guidelines set out by DOSA - Doulas of South Africa organization.

*For more information regarding Sacred Space Doula trainings please visit www.doulatraining.co.za
For more information regarding DOSA - Doulas of South Africa organization please visit www.doula.org.za*

During this 3 day workshop you will learn:

Birth in our culture

How our culture influences the way we birth and think about birthing
How this affects you as a doula/mother/woman

Bag of agreements

What agreements do you carry
How do these affect your birthing clients.

Holding the space

How to support yourself
How to support a labouring mother

Deep listening

Hearing the unspoken meaning behind your client's words
Validating your client's experiences

Deepest questions

What motivates you
How to motivate others

Coping with the unexpected /pain

Building a solution focused mindset
Creating a non outcome focused mindset
Building a pain coping mindset with pain coping practices

Labourland

Understanding new and known territory of birth
Physiology of birth

Energy of birth

What energy is present at birth
How to effectively support at births

Compass of birth

Viewing the different perspectives of birth
Mother, father, baby and culture's perspective
Knowing how each one is affected emotionally, physically, spiritually and psychologically

Fear in its many dimensions

Finding and confronting fear, worries, concerns as a doula
Assisting clients to find and confront fears, worries and concerns

Caesarean awareness

How to birth by caesarean
What a doula needs to know when birth isn't going according to plan

Building a relationship with clients

How to build and maintain relationships
What to cover in prenatal visits

Self care and introspection

Inner preparation
How to take care of yourself so as not to burn out
Setting up your practice and networking
The nitty gritty of building your new business

Schedule of 21 hours

Workshop commences on Friday with registration from 8:00

Each day from Friday to Sunday workshop will begin promptly at 9:00 till 17:00

We will have tea breaks in the mid morning and mid afternoon with lunch from 12:00 till 13:00.

You may bring lunch and picnic by the zoo lake across the road or you may avail of the local coffee and health shops in and around Parkview within walking distance.

Your investment is R3000.00 for the introductory workshop.

Venue: 48 Dundalk Avenue, Parkview near the zoo lake.