

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

The Journey to Become Doula-Childbirth companion

To begin the Doula Certification Program you must first attend an entire Introduction workshop of 3 days with Sacred Space. This workshop is the beginning of the programme must be completed entirely to qualify for enrollment in the certification programme.

Once you are convinced this is the path you wish to journey, you then enroll in the Doula Certification Program.

The certification program is structured over a period of time (between 6 months and 2 years) during which you will complete all the requirements needed to become certified.

Upon enrolling in the homestudy after your workshop you will be given all the necessary information to see you through to certification.

The HomeStudy for the introductory level includes completing the following requirements:

1. A HomeStudy Journal with introspective notes
2. Read and write brief book notes for each of the books on the required reading list
3. Attend 10 births that you document for certification.
4. Attend a complete series of antenatal classes as a doula
5. Compile a list of referrals of other professionals connected to the birthing field
6. List and describe all ongoing education opportunities you've attended and plan on attending
7. A personal self assessment of your growth through doulahood.
8. An assessment of your understanding of labour and birth.

At each point in your HomeStudy you will be mentored by an experienced doula whom you may email or contact for assistance. You will be supported in completing your certification so that you can become a woman that helps women as the doulas of old did.

A special doula discussion board will be provided so that you can communicate with other doulas as they are preparing for their certification. This would be a place to share ideas, ask for advice, connect and build a network for referrals and a space to debrief any birth stories you have witnessed.

You will also have further opportunity to discuss what you are learning in the bi-monthly skype conference calls. Each step of the way you will be assisted towards your certification.

Upon completion and review of the HomeStudy you will be briefly examined on what you have learned and once this is concluded satisfactorily you will be certified as a Sacred Space Doula.

It is my sincere wish to see you through to this point.

Join us on this life changing and highly personal journey!