

# SACRED SPACE

## Doula Training

2010

FACILITATOR:  
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### *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](http://www.doulatraining.co.za)  
For more information regarding DOSA - Doulas of South Africa organization please visit [www.doula.org.za](http://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 R3700.00 for the introductory workshop. This includes a workshop manual, a homestudy manual and a Birthing From Within book by Pam England.

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