

Location

San Diego County Midwives
15644 Pomerado Road, S-302
Poway, CA 92064
858.278.2930

Parking is available in front, come right in. We look forward to seeing you soon! Occasionally, a change of venue is necessary. Please check emails regularly

Meals, snacks, beverages

You may bring lunches and dinner for yourself (refrigerator & microwave available) or there are many eating establishments nearby.

Please bring something to share on Saturday and Sunday with your fellow doula students.

For further information:

- Lisa – 619-988-3911 call/text or mnurture@pacbell.net
- Gerri – www.sandiegocountymidwives.com
gerri@sandiegocountymidwives.com



Gerri Ryan

Registration

Our format **includes** the required three hours of lactation training to assist you in completing your DONA Certification.

Complete this registration form and submit the full amount or a \$250 deposit to reserve a spot in the workshop (balance due by the first meeting). **Registration postmarked ONE week prior to course will be only \$475.** Late registration (on a space available basis) is possible, for an additional fee of \$40.

Important Cancellation Information: If cancellation is received in writing by one week prior to workshop, a full refund less a \$50.00 administrative fee will be refunded. After that time, no refunds will be given; however, you may designate a substitute to use your registration or transfer it to another training within 1 year of the cancelled training.

Workshop Preparation

I. Please read the latest editions of the following texts before class:

- Pregnancy, Childbirth & the Newborn, Simkin
- The Doula Book, Klaus, Kennell, Klaus
- The Birth Partner, Simkin

II. If you are **not** one of the following:

- Midwife
- Nurse with labor & deliver experience
- A childbirth educator
- Currently a doula but desiring certification
- Or VERY familiar with process of birth

Then consider taking our Introduction to Childbirth class OR completing a childbirth education series (student observers are FREE) at a birthing facility or with a private birth educator.

REGISTRATION

Please register early!

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Profession _____

Any birth experiences? _____

Payment Methods:

- **Stripe, CashApp or PayPal – if you would like to use this option, let Lisa know and a request for payment will be sent to you.**
- **Check/money order payable to Gerri Ryan can be sent to Lisa's address below:**

Lisa Simpkins

825 W Beech Street, #104, San Diego, CA 92101

Enclosed is my registration for Doula Workshop

Circle: 3-day or weeknight _____
(fill in date of selected workshop)

Introduction to Childbirth course \$150.00
(For those with NO knowledge of birth, and cannot observe a childbirth class series. This class is subject to cancellation if the minimum number of 2 students are not enrolled. **This class is NOT required.**)

Full Labor Course Registration Fee \$475.00

Deposit (Balance due by course) \$250.00

Late fee (after 7 days prior to course) \$ 40.00

Total Enclosed \$ _____

****Reminder: Cancellations will be subject to fee of \$50 as long as request is made 7 days prior to start of training or your deposit may be applied for a ONE-TIME transfer toward a future doula training of your choice within 1 year of the previously booked training.**



Birth Doula Training

To provide physical, emotional and informational support before, during and immediately after childbirth

3-DAY WORKSHOPS

January 8 – 10, 2021

March 19 – 21, 2021

May 21 – 23, 2021

July 16 – 18, 2021

September 24 – 26, 2021

November 19 – 21, 2021

January 7 – 9, 2022

WEEKNIGHT WORKSHOP

None available in 2021

Introduction to Childbirth

8 hours of instruction; \$150

As a supplement to the required reading, this class will explore the physiology of childbirth that an entry-level birth doula must know. It will clarify any of the childbirth related jargon that doulas often hear as they assist women during this special time. **This is NOT a required class and it normally takes place one week prior to the Labor Support Course.** Call for dates.

Labor Support Course Formats

3-day Workshop - Friday to Sunday

Or Weeknight Workshop – Two nights/week

6:00 – 9:30pm – 6 classes total

In either format, this workshop discusses: In-depth labor support strategies, the role of the doula within the medical framework, guidelines for pre- and post-natal contact with the client, how to deal with problem labors and setting up practice as a doula. The course uses texts, videos, supplementary literature, slides and role-play to build theoretical knowledge and teach practical skills.

Weekend Labor Support Course Format

Friday 2:30 PM to 7:30 PM:

Introductions; Experience at Birth; Group Goal Setting; The Benefits of Birth Doulas; the Doula research; Dona Codes & Ethics and certification; the process of certification and initial client contact.

Saturday and Sunday 8:00 AM to 5:00 PM:

The course content focuses on the physical and psychological processes associated with giving birth and the significance of childbirth in women's lives. The special role of the doula in the prenatal period, during labor and delivery and during the postpartum period is covered in detail. Emphasis is placed on the importance of appropriate, culturally sensitive and ethical support.

Comfort measures are discussed and practiced with role-play and videos to enhance the learning process. Participants learn how to enable women and their partners to cope with both complicated and uncomplicated labors, including surgical birth. We have added a full breastfeeding portion, which covers **DONA's requirement for a 3-hour lactation class.**

**** Weeknight Workshop covers exactly the same information, in same # of hours, for the same cost.**

The Doula Trainers

Gerri Ryan, LM, CPM, FACCE, CD (DONA) is an educator and practicing midwife with doula experience in hospital, home and birth center settings. She is the founder of San Diego Birth Network, a non-profit association of birth practitioners in San Diego County and the Co-Director of Nizhoni Institute of Midwifery.

Lisa Simpkins, IBCLC, CCE is an International Board Certified Lactation Consultant, doula/childbirth educator

Guest speakers may include doulas from the community to share their thoughts and experiences in setting up a practice and working as a doula.

Questions about the workshop?

Call Lisa Simpkins

619-988-3911

Providing birth doula services for families in your community is an honor and a gift.

Consider sharing your passion for women at this most wonderful and vulnerable time in their pregnancy. The birth doula is part of a generous birthing community and it's a very fulfilling calling!

Answer your calling now!

This is a DONA approved Training



Due to the 2020 Pandemic, class size remains small at only 8 students. This may change as state guidelines ease.