



Doula Certification

Alcove Education is very proud to be hosting “Doula Training for the Pelvic Health Physical Therapist.” This course is a step off in becoming a certified doula and is a requirement for the instructor’s certification program.

To receive doula certification, you will need to complete the following:

Prerequisites need to be completed within 2 years

Reading Requirements:

- Birth Ambassadors: Doulas and the Re-Emergence of Woman-Supported Birth in America
- This Isn't What I Expected: Overcoming Postpartum Depression
- Birthing Justice by Julia Oparah
- Ina May's Guide to Childbirth

Support 3 births (submit form to verify births)

Online videos

Complete Pre/Post Testing

Dr. Amber and Dr. Juan will be overseeing the doula certification process.

For further questions pertaining to this, please email them directly:

Dr. Juan: jmmartin@jmmhealthsolutions.com

Dr. Amber: info@rootptandwellness.org