



Doula Training for the Pelvic Health Therapist

Course Schedule

Day One:

9:00-9:10 AM

Welcome

9:10-9:40 AM

What is a Doula?

9:40-9:50 AM

Break

9:50-10:40 AM

Prenatal visits, intake session, sample forms

10:50-11:35 AM

Birth planning

12:05-12:45 PM

Cultural sensitivity, racial issues and history of birth support, LBBTQ and language

12:45-1:45 PM Lunch

1:45-2:20 PM

Physiology of Birth

2:20-3:00 PM

Labor Support

3:05-3:40 PM

Comfort Measures

3:40-4:20 PM

Positioning

4:20-4:55 PM

Cesarean Birth

4:55-5:00 PM Q&A

Day Two:

9:00-9:10 AM

Questions

9:10-10:10 AM

Dysfunction Labor

10:10-11:05 AM

Post Partum

- Golden hour
- New born procedures
- Post partum recovery

11:15-12:00 PM

Mental health considerations

12:00-1:00 PM

Special populations during birth

1:00-2:00 PM

Lunch

2:00-2:45 PM

Broadening your referral base

2:45-3:30 PM

Being a clinician versus Doula- Switching hats

3:40 PM-4:40 PM

Business of being a doula

- Business strategy
- Offerings (hospital based, outpatient, etc)
- Mentorship

4:40-4:55 PM

Pelvic PT Doula Process for certification/intrapartum care

4:55-5:00 PM Q&A

