



## **Doula Certification Program**

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The CPI Doula certification program is internationally recognized and prepares you for an amazing and rewarding career. Doulas who complete the program are able to support women through pregnancy, birth, and postpartum. You will also learn strategies to build a successful doula business.

### **CPI Program Fees**

Participants are only charged one fee. The cost of your training workshop. Workshop fees automatically include certification, membership, and access to digital documentation (no paper forms) through your personal online account at the CPI website.

### **Option 1 -- Standard Doula Program**

#### Requirements

1. Take Doula training workshop in-person or online (awards nursing ceus)
2. Provide doula support for 2 families
3. Attend a childbirth class
4. Attend a breastfeeding class
5. Complete reading course books

**Certification awarded upon successful completion of requirements**

## **Transfer from a different doula organization**

“I already completed a doula workshop”

We accept participants who have taken a doula workshop from a different organization, but never completed their certification and now wish to become certified doulas. Your training workshop must have been within the last 3 years. Pay the transfer fee of \$95. Next complete all the other requirements, starting with steps 2 through step 5.

## **Transfer from a different doula organization**

“I am a certified doula with a different organization”

You may hold dual certification with CPI or transfer from a different organization. If you are currently a certified doula within the last two years we only require that you document 8 contact hours to become CPI (Childbirth Professionals International) certified and verify assisting at 2 births or providing postpartum support.

Contact hours are accepted from different organizations. Transfer fee is \$95. There is no transfer fee if contact hours are from CPI.

## **Transfer Steps**

1. Complete form to document 2 births (a link will be emailed to you)
2. Email a copy of your current doula certificate
3. Email a copy of your contact hours
4. Enroll and pay transfer fee

## **Renewal of Certification**

CPI Doula Certification is renewed every 4 years by documenting 8 contact hours and paying a \$100 renewal fee. The renewal fee is waived if CPI contact hours are submitted.

CPI offers ongoing opportunities for contact hours through seminars and online courses.

## **Books**

Pregnancy, Childbirth, and the Newborn 2016 Edition by Penny Simkin

The Birth Partner 4th Edition by Penny Simkin

The Nursing Mother's Companion 7th Edition by Kathleen Huggins

The Expectant Father 4th Edition by Armin A. Brott and Jennifer Ash



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## **Option 2 -- Accelerated Doula Program**

A six month practicum is provided at local hospitals so students can enhance their skills by immediately using their knowledge caring for expectant families.

### **Objectives**

Students will be able to

- Identify attributes of doula care that improve birth outcomes
- Implement techniques that assist with coping during labor
- Recognize transformative phases of childbirth
- Assist mothers with initial breastfeeding
- Assess state of families during postpartum and provide care
- Write a doula business plan

## Program Requirements

1. Students must apply and be accepted into the program <http://tiny.cc/doula>
2. Students must submit one reference with application
3. If accepted into program pay tuition fee of \$495 (partial scholarships may be available)
4. Complete in-person or online doula training workshop (fee is covered by tuition)
5. Read required books (cost of books is not included)
6. Agree to be a CPI volunteer doula for minimum of 6 months serving at least 15 hours each month
7. Provide successful doula care to minimum of 6 families (no packet or long forms to complete)
8. Participants must comply with hospital requirements:
  - Current proof of negative PPD skin test
  - Current vaccination record showing immunity for: Rubella, Rubeola, Mumps, Varicella zoster, Diphtheria, Pertussis (Tdap), Hepatitis B
  - Current proof of Flu shot or declination of shot (available at no charge through hospital)
  - Background check \$60 paid by participant
  - Drug screening \$65 paid by participant

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## Contact

email [contact@thechildbirthprofession.com](mailto:contact@thechildbirthprofession.com)

phone/text 916-525-7596

website <http://thechildbirthprofession.com/online-doula-training-workshop>

## Comparison Chart of CPI Certification to Other Programs

Features	Other Organizations	Childbirth Professionals Int
Yearly membership fee	Yes	None
Certification fee	Yes	None
Test fee	Yes	None
Paperwork fee	Sometimes	None
Free study modules	No	Yes
Dedicated student services rep	No	Yes
Staff available by text message	No	Yes
Quick response time to inquiries	No	Yes
Recertification Fee	Yes	Waived for CPI CEUs
Nursing CEUs	Sometimes	Always
Digital forms track progress	No	Yes
Understandable process	No	Yes
Flexible solutions for students	No	Yes
Possible completion 3-6 months	No	Yes

# Doula and Labor Support Course

The curriculum is competency based. Students will be able to:

- Identify attributes of doula care that improve birth outcomes
- Implement techniques that assist with coping during labor
- Recognize transformative phases of childbirth
- Assist mothers with initial breastfeeding
- Assess state of families during postpartum and provide care
- Write a doula business plan

## Credits

Approved by the CA Board of Registered Nurses and Childbirth Professionals International for 18 contact hours.

## Overview

Evidence shows that doula care improves birth outcomes:

- Reduces fear and anxiety
- Reduces need for medication
- Reduces needs for medical interventions
- Reduces cesarean births
- Increases breastfeeding
- Increases women's feelings of empowerment and satisfaction
- Decreases birth trauma

Students taking Doula and Labor Support Course 101 will learn coping techniques and strategies to comfort and provide physical and emotional assistance to pregnant women and their families. The empowerment doulas pass onto women comes from understanding how the body transforms. This course provides foundational knowledge about pregnancy, childbirth, postpartum, breastfeeding, and newborns.

# Course Outline

## **1. The Doula Profession**

This module explores the field and work of doula care. It explains the history and important role of doulas in improving birth outcomes. Students will gain greater clarity about their career journey to become a doula.

## **2. Pregnancy**

Learn about the emotional and physical transformation of pregnancy. Understand the extraordinary abilities of a woman's body to create a human being.

## **3. The Labor Process**

This module explains how pregnancy transitions to labor and birth. Understand the benefits of labor's intensity often described as pain.

## **4. Labor Support Techniques**

Birth works extraordinarily well when women are able to work with their bodies. Learn a range of skills: Rebozo, hypnosis, breathing, massage, etc. that help facilitate coping.

## **5. Doula Practicals**

This module helps students define their doula philosophy. Understand how to facilitate interviews as families search for a doula match. Learn how to conduct effective prenatal appointments. Figure out what's important to have in a doula bag.

## **6. Medications and Interventions**

An overview of the most common medications used during labor. Understand the benefits and risks to medical interventions.

## **7. Informed Consent and Birth Plans**

This module explains the benefits and issues to avoid with birth plans. Learn strategies to help expectant families communicate effectively with their care providers.

## **8. Postpartum**

Understand strategies to assist families after their babies are born. Become familiar with the emotional and physical changes of postpartum.

## **9. Breastfeeding**

This module teaches how to provide breastfeeding support. Understand the range of normal. Learn strategies to help new moms overcome breastfeeding challenges.

## **10. Newborns**

Learn the practicals of caring for a new baby. Understand newborn behaviors. Find out how to help families navigate the overload of baby advice to discover their own parenting styles.

## **11. Challenges**

Understand how to manage unexpected and challenging situations that can occur during childbirth. Learns strategies to help families process trauma.

## **12. Starting a Doula Business**

This module covers the steps to start a successful doula business. Learn marketing strategies. Determine how to build effective partnerships.

## Role and Scope of Doula Care

### Doula Definition(s)

Doulas provide ongoing emotional and physical support to families expecting babies. Doulas are part of the maternal health care team. Doulas do not provide medical treatment.

Doula support can extend through the entire reproductive cycle from puberty through menopause. Although, much of doula work is focused around pregnancy, childbirth, and postpartum a doula's supportive and nurturing skills can assist families with infertility, adoption, abortion, stillbirth, and a range of other life events. Many teenagers in the throes of their sexual development can use doula support, a nonjudgmental neutral individual to provide guidance and understanding through that transitive phase.

Doulas can implore a range of techniques and skills to assist those they serve, but often just being a nonjudgmental and supportive presence is enough.

The doula is a witness to a life event. The doula is an advocate.

The doula offers wisdom and knowledge.

The doula helps individuals navigate stress, challenges, and unexperienced situations like childbirth.

### Demographics

All individuals may seek to become doulas. It not limited by race, gender, religion, sexual orientation, or other such designations. It is not required that a doula have experienced the circumstance in which they are providing support, in order to be effective. For example, although a doula may have never given birth, they can still offer emotional and physical comfort to women in labor.

## Benefits of Doula Care

- Improves birth outcomes
- Reduces fear and anxiety
- Reduces need for medication during labor
- Reduces needs for medical interventions in labor
- Reduces cesarean births
- Increases breastfeeding proficiency
- Increases women's feelings of empowerment and satisfaction
- Decreases birth trauma

## Limitations of Doula Care

- Doulas are limited to professional and respectful conduct.
- Doulas must maintain privacy and confidentiality.
- Doula care is limited to that which is not medical and not clinical.
- No medical exams or procedures are conducted by doulas.
- Doulas cannot give a medical diagnosis.
- Doulas cannot prescribe medical treatment.
- Doulas cannot assist with medical care.
- Doulas cannot speak on behalf of those they serve.
- Doulas cannot make medical decisions for those they serve.
- Doulas cannot give medical opinions or medical advice.
- Doulas trained, licensed, or certified in other capacities cannot conflict those qualifications and/or skills with the limitations of doula care.

## Certification and Training

Those seeking certification as doulas should complete a training course which includes the following core topics

- History of doula profession
- Pregnancy
- The labor and childbirth process
- Labor support techniques
- Medications and Interventions
- Evidence-based maternity care
- Informed Consent
- Postpartum

Breastfeeding  
Infant Care  
Business and Marketing

Certification should be awarded to candidates demonstrating proficiency in their knowledge and skills to support families expecting babies. These can be verified by a mentor's evaluation, client feedback, completion of a practicum or internship program.

Ongoing learning should continue for professional doulas through a range of modalities and be verified to maintain certification.

## Unprofessional Conduct

Individuals serving as doulas should maintain professional behavior. Unprofessional conduct could affect a doula's reputation, weaken the ability to attract clients, stunt the doula's practice, or have a negative impact upon employment.

## References

Links to reference articles can be found at the bottom of page  
<http://thechildbirthprofession.com/role-and-scope-of-doula-care>

## Doula Career



### Description

Doulas provide physical and emotional support to families having babies. Women who receive doula care have better birth outcomes. Doulas are not midwives. They do not provide any medical care. The work of a doula is to attend births and help women cope using comfort strategies. Doulas also care for women after they have a baby and help with breastfeeding.

### Job Title(s)

Doula, Birth Doula, Labor Doula, Labor Support, Postpartum Doula, Birth Coach, Labor Coach, Full Spectrum Doula, Loss Doula

## Consider becoming a Doula

Doulas participate in a rite of passage for women — childbirth. They work intimately with families. Words can't describe the awesomeness of the work a doula does. It is a perfect fit for someone who is passionate about women's healthcare and enjoys working with people. Successful doulas will have great communication skills, be quick thinking, be willing to learn business management, and have excellent problem solving capabilities.

## Career Transition

The Doula profession is a perfect career path to transition to from being a nanny, home health aid, daycare worker, medical assistant, au pair, nurse, nursing assistant, substitute teacher, tutor, and other vocations. It works great for those seeking part-time, seasonal, or temporary work. The Doula profession is a great fit for those seeking a career that would allow them to earn a living wage, and also stay at home with their children, or homeschool their children while working.

Doula work is flexible, although the hours are often on-call, you can set your own schedule and work independently. Doulas are also employed in hospitals.

## Quick Facts

Median pay starts at \$20 per hour.

Doulas work as contractors, employees, or business owners.

Doulas are paid a set fee per birth or hourly.

A full time doula attending 3-5 births per month can earn from \$2000 to \$6000 per month in the United States depending upon the city.

Doula charges usually start at \$500 per birth.

## Employment Outlook

Overall employment of certified doulas is expected to grow 15 percent from 2016 to 2020, about as fast as the average for all occupations.

## Education and Training

High School diploma/GED

Doula Certification required

College credits/degree preferred

CPR Certification preferred



## What students say...

I have learned how to explain the work of a doula, which is important and sometimes hard to summarize. I've learned the stages of labor, tools, techniques, and things to look out for. I've also learned valuable insights to starting up my own business and some marketing techniques I didn't think of! I feel prepared and like having this certification will back my experience and goals in this profession. From Andrea

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After taking this workshop, I've really understood the role of a doula and how much worth the work they do is. It's incredible to support someone during the most vulnerable time. As if you were family, and in the end, it creates a closer sensation of the world being united. I feel that I can apply my training and feel confident that I can help however the couple feels. I realize every experience will be different which will make them all special. I also feel blessed to have been given the knowledge to better help my fellow women in ways that all women should help each other; emotionally, mentally, physically, in rough times, in happy times, etc. This course was a delight. Thank you. Anel

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From this Doula workshop I have learned ways to support a woman in birth. One of the most important tools that I have learned is that the Doula Interview is both for the Doula and the Client rather than just for the Client. I have also learned useful business techniques as it pertains to starting my Doula Business. I feel much more prepared for the task ahead. I feel more confident that I can be a good Doula. Lara

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I have learned so much from this workshop from comfort measures to female anatomy to the birthing process. I have in my mind the type of Doula that I want to be. Caring, compassionate, informative and very hands on. I feel more confident in taking the training. My Mom worked in the OB/GYN and NICU units at a few hospitals when I was a child so I have always been around this type of stuff. I used to go with her to Prenatal and Breastfeeding classes that she would teach. On top of what I have learned from her by adding this course to my knowledge list, I feel very confident that I can accommodate many women's wishes. I'm very excited! No suggestions. The course was wonderful! Melissa

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I learned a lot of very valuable practical skills for supporting a birthing woman. I also learned a lot about the business of being a doula. I feel inspired to get out there and support new families! I really enjoyed this course. There are no criticisms from me. It was very convenient and full of great information! Mishka

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To interact more with client. Allow client to make own decisions. Different exercises and massage that can help during Labour. Very excited! Ready to get started. All Doulas should have a refresher course. Myrtle

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I have learned more about the risks of interventions during birth (I never used any, so haven't experienced an epidural or pitocin, for example). From this workshop I have gotten a better sense of the practical considerations of preparing to go "a-doula-ing", like planning my calendar, what to charge, how many clients I can support per month, etc. I also got good reminders about how to approach a client and her partner, to be more sensitive and take my time. I feel ready to get going! There aren't any suggestions that come to my mind. You have done a fine job. Thanks, Anne

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This workshop has inspired me and taught me priceless information and tools to use in my doula practice. I look forward to using the skills I've obtained to participate in more healthy pregnancies and births. Meagan

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Wow! I learned so much I am not sure I can fit it all in here. The items that were new to me were about babies vernix, hormones, the whole business development section, many of the labor techniques and tools including visualization. I really enjoyed learning about positions in labor as well. I learned a lot about postpartum depression, and most of all I really learned a lot about the history of many of the methods we use today and about the stages of labor in a more comprehensive way! In all of the other things I may have known some already but was thrilled to increase my knowledge. I love serving women and families and I feel like I can better do that now with this training. I am also confident that if I had to run a solo business I have the tools thanks to the program. I loved the video's and resources, it made the learning a lot more enjoyable as opposed to just reading for weeks on end and helped get me excited about the journey. The instructor's videos and audios were great, not only were they informative but they added some humor and perspective which I really enjoyed, this was a personal learning experience even though it was not in person! I searched for a really long time to find the right program and this was it!!! I am so glad I picked Childbirth Professionals and Donyale...best experience. It is comprehensive and gives great experience opportunities but does not have unrealistic expectations with deadlines that are hard to meet. The big reasons I took this course are the following: 1. Donyale is a great communicator, and very helpful and I knew I would be taken care of and be able to depend on this relationship. 2. I knew with the requirements and the heart of the program that I was not a money making object for the company but a valued student. 3. The time table was flexible and I would not be kicked out of the program if things did not move as fast as planned....it was a wise investment of time and resources. Thank you so much! Nicole