

Doula Love Resource List -

If you think we need to add a resource please e-mail info@portlanddoulalove.com the resource and list Doula Resources in the subject line.

- Doula Love's Mentorship - <https://portlanddoulalove.com/doula-love-mentorships>
- Doula Love Continuing Education - [https://app.acuityscheduling.com/schedule/1ff9d9ba/?categories\[\]=DLTC%20-%20CEU%20Workshops](https://app.acuityscheduling.com/schedule/1ff9d9ba/?categories[]=DLTC%20-%20CEU%20Workshops)

DLTC FOLDERS 2022 - Sorted resources

Resources for Doula caring for Medicaid families in Oregon and Washington

- Oregon Medicaid
 - [OR Billing Guide](#)
 - [Certification Requirements](#) - Working Document extra information from Doula Love
- Washington Medicaid
 - [WA Billing Guide](#)
 - [Certification Requirements](#) - Working Document extra information from Doula Love

[Resources for Billing Insurance](#)

Doula Liability Insurance - taxonomy code for a doula is 374J00000X

- <https://www.cmfgroup.com/>
- <https://alternativebalance.com/>

Doula Programs to gain experience and Insurance Billing Hub

- [Doula Love Mentorship and Agency](#) - Oregon and Washington
- [Gateway Doulas](#) - Portland Metro
- Community Doula Alliance - <https://communitydoulalliance.com/>
- Daisy Chain - <https://www.daisychainlane.org/>

How to get your first clients

- <https://www.dona.org/how-to-get-your-first-doula-clients/?authuser=0>
- <https://www.inspiredbirthpro.com/client-attraction-7-ways/?authuser=0>
- <https://www.bellybelly.com.au/birth/doulas/doulas-5-effective-ways-to-get-more-doula-clients/?authuser=0>
- <https://thechildbirthprofession.com/find-clients-birth-doula-training/?authuser=0>
- <https://douladarcy.com/how-to-get-doula-clients?authuser=0>

Mandatory Reporter Training and information in Oregon - Doulas in Oregon are Mandatory Reporters

- <https://oregoncas.org/education/trainings-and-resources/mandatory-reporter-training/>
- <https://www.portland.gov/bhr/recruitment-training/mandatory-reporting-child-abuse>

Cultural Competency Resources

- <https://www.apa.org/about/apa/equity-diversity-inclusion/language-guidelines>
- Cultural Competency Training - <https://www.mercyinaction.com/online-cultural-competency>
- Podcast on cultural awareness (interview with local doula) - <https://evidencebasedbirth.com/cultural-awareness-in-birth-and-postpartum-work-with-community-doula-and-ebb-instructor-marnellie-bishop/>
- Cultural Practices Around Birth - <https://www.youtube.com/watch?v=Gd3OjuKjKVk>
- Evidence Based Birth - Racial Disparities and Systemic Racism in Childbirth - <https://www.youtube.com/watch?v=vUmqcRCXysM&t=10s>

- Panel Discussion of Dr. J Marion Sims and the founding of the modern field of gynecology (TW/CW abuse/torture of enslaved Black women, medical abuse) - https://www.youtube.com/watch?v=cEOAn_i3IDY
- Documentary and discussion of reproductive abuses against indigenous women in the US (TW/CW forced/coerced sterilization of Native women, medical abuse) - <https://youtu.be/i3iGj74ApFk>
- <https://healthlaw.org/doula-care-improves-health-outcomes-reduces-racial-disparities-and-cuts-cost/>
- Birthing Advocacy Doula Trainings - Racism and Privilege in Birthwork <https://www.badoulatrainings.org/prerecorded-racism-privilege-birthwork>
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Human Rights and Birth

- Birth Monopoly (org focused on birth rights, obstetric violence, and birth justice) - <https://birthmonopoly.com/>
- Human Rights in Childbirth - <https://humanrightsinchildbirth.org/index.php/rights/>
- Improving Birth - <https://improvingbirth.org/>
- Birth Justice Analysis - <https://www.birthjustice.community/>
- Elephant Circle - <https://www.elephantcircle.net>
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Resources for BIPOC Doulas and Families

- Black Parent Initiative (Portland-based organization supporting Black families in pregnancy and parenting) - <https://www.thebpi.org/>
- Community Doula Alliance - <https://communitydoulaalliance.com/>
- Battling Over Birth: Black Women and the Maternal Health Care Crisis. Helen Areaga <https://www.blackwomenbirthingjustice.org/battling-over-birth>
- ICAN's Anti-Racism and Black Maternal Health Resources - <https://www.ican-online.org/anti-racism-and-black-maternal-health-resources/>
- Nurturly - <https://nurturly.org/>
- <https://www.multco.us/children-and-family-health-services/healthy-birth-initiative>
- Daisy Chain - <https://www.daisychainlane.org/>
- Doulas Latinas - <https://www.facebook.com/doulaslatinas/>
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Full Spectrum Resources - Abortion Doulas, Bereavement Doulas

- Brief Encounters (PDX area peer support for those that have experienced pregnancy/infant loss) - <https://www.briefencounters.org/>
- Hearthside Perinatal Bereavement (online training and certification program for bereavement specialists) - <https://hearthsidecare.wordpress.com/about/>
- Institute for the Study of Birth, Breath, and Death (multiple online trainings, including Holding Space for Pregnancy Loss) - <https://birthbreathanddeath.com/#>
- Stillbirthday (training and certification program for bereavement doulas, there is a religious element to this organization) - <https://stillbirthday.com/sbd-doula-registration/>
- Cascade Abortion Support Collective (Portland based org, offers trainings periodically) - <https://cascadesabortionsupport.org/volunteer>
- Full Spectrum Doula Circle (offers online trainings on abortion support skills, supporting trans/non-binary clients, and white privilege among doulas) - <https://www.fullspectrumdoulacircle.com/classes.html>
- Birthing Advocacy Doula Training, Full-Spectrum Doula Training - <https://www.badoulatraining.org/fullspectrumdoulatraining>
- Postpartum Recovery After Pregnancy Loss (online program) - <https://lizwinterswellness.com/postpartum-recovery-after-loss>
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Trauma Informed Care

- Trauma Informed Care - Adopting Trauma Informed Care for Birth Professionals Webinar Session 3 of 3-ON DEMAND with Jesse Remer - <http://www.mothertreebirth.com/>
- Birth Trauma Prevention - Darcy Perinatal (trainings & resources for both families and birth professionals) <https://www.dancyperinatal.com/professionals>
- Crisis Response for Birth Workers - <https://www.badoulatraining.org/crisis-response-for-birthworkers>
- Who is a Mandatory Reporter (for child abuse) in Oregon - https://www.oregon.gov/dhs/abuse/pages/mandatory_report.aspx
- Healing Pathways - Navigating Sexual Trauma During Pregnancy and Birth (training for doulas) <https://www.dancyperinatal.com/event-details-registration/healing-pathways-navigating-sexual-trauma-during-pregnancy-and-birth>

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Birth Plans

- Unplanning the Birth Plan - <https://www.birthrootdoula.com/blog/2016/10/6/unplanning-the-birth-plan>
- Visual Birth Plan - <https://www.mamanatural.com/birth-plan-template/>

Communication Skills

- <https://www.careoregon.org/providers/meds-ed/video-library/motivational-interviewing-for-health-care-providers>
- <https://www.boostoregon.org/motivational-interviewing>
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LGBTQ+ Resources

- Trans Birth for Birthworkers with Trystan Reese
<https://collaborateconsulting.thinkific.com/courses/trans-birth>
- Queer Doula Toolkit -
https://drive.google.com/file/d/1k1Wbz2QBOjqKZ7ae_tGP3QV8C6KP9dN7/view
- Queer and Trans-Centered Resources -
<https://www.badoulatrainings.org/blog/our-favorite-queer-and-trans-centered-resources-for-families-and-birth-workers>
- Man Gives Birth To His Child | My Pregnant Husband
<https://www.youtube.com/watch?v=U-j8x1gUbUw&t=309s>
- Milk Junkies, Breastfeeding and Parenting from a Transgender Perspective -
<http://www.milkjunkies.net/>
- Queer and Trans Reproductive Support training -
<https://www.badoulatrainings.org/prerecorded-queer-trans-reproductive-support>
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Plus Size Resource

- Plus Size Birth - <https://plussizebirth.com/>
- Fat and Pregnant (supportive and informative website for pregnant people and birth workers) - <https://www.fatandpregnant.com/>

Disability Resources

- Birth and Disability Training-
<https://www.badoulatrainings.org/prerecorded-birth-and-disability-ce-course>
- Crisis Response for Birth Workers -
<https://www.badoulatrainings.org/crisis-response-for-birthworkers>
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Neurodiversity Resources

- 2020 Conference on Autistic Pregnancy & Postnatal experiences (speakers were a mix of Autistic/neurodivergent researchers, professionals, and parents) -
<https://aucademy.co.uk/webinar-videos-menu/5/>
- Neurodiversity and Maternity, Hidden Barriers to Healthcare Access (written by an Autistic mom) -
<https://www.all4maternity.com/neurodiversity-and-maternity-1-hidden-barriers-to-healthcare-access?action=genpdf&id=183998>
- Podcast: The Birth Activists, Season 2, Episode 7 (a conversation with Autistic birthworkers) -
<https://anchor.fm/the-birth-activists/episodes/S2-E7-Autism-Awareness-Month-with-Lana-Grant-eue3rm?fbclid=IwAR3pfnR49zyD9MBJ4LI0UWgrHxxRAUh510EaFn5rwLXddseDBWMTeHyt50>
- The Autistic Doula: Navigation the Sensory Challenges of Motherhood (article written by an Autistic doula for Autistic pregnant people) -
<https://reframingautism.org.au/the-autistic-doula-navigating-the-sensory-challenges-of-motherhood/#:~:text=birth%20and%20postpartum.-,During%20pregnancy,or%20keep%20the%20curtains%20drawn>

Doula Business

- Doula Match (searchable doula database, make your own profile, and learn about doulas in your area) - <https://doulamatch.net/>
- Portland Doula Association (monthly meetings, great place to connect with other doulas to create support, community, and find back-up) -
<https://portlanddoulaassociation.org/>
- Oregon Doula Association - <https://ordoulas.org/>

- Motherboard (monthly fee for access to very well made handouts, forms, and illustrations) - <https://www.motherboardbirth.com/partner-sign-up>
- Artemis Tax (familiar with doula work) - <https://www.artemistax.com/>
- DONA's Interview Guide for Parents (handout you can send before your interview) - <https://www.dona.org/wp-content/uploads/2016/09/Interview-Guide-for-Parents-final-2022.pdf>
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Military Families

- Operation Special Delivery (connecting pregnant people with deployed partners to doula care) - <http://www.operationspecialdelivery.com/main-page/>

Community Based Doula Organizations in Oregon

- Project Nurture (Portland based maternity care program for pregnant people with substance use disorders) - <https://www.healthshareoregon.org/commitment-to-health/project-nurture>
- Gateway Doula Project (opportunity to volunteer as a doula in Portland) - <http://www.gatewaydoulagroup.org/new-doulas>
- Doulas and Company - <https://doulasandcompany.com/> - Medford, OR
Jackson, Josephine, Klamath, Douglas
- Community Doula Alliance - 501C3
<https://communitydoulaalliance.com/> Portland, OR
- Community Doula Program - 501C3
<https://www.communitydoulaprogram.org/> Corvallis, OR
- Daisy Chain - 501C3 - <https://www.daisychainlane.org/> - Eugene, OR, Lane County
- PNW Birth and Family - <https://www.pnwbirthandfamily.com/> - on-call community doula opportunities (paid if you are a THW doula, or volunteering)

Evidence and Research

- Evidence Based Birth (articles, webinars, and handouts on a huge variety of birth topics) - <https://evidencebasedbirth.com/>
- Evidence Based Birth COVID-19 Info - <https://evidencebasedbirth.com/covid19/>

Domestic Violence Resources in Oregon

- <https://www.multco.us/dv/domestic-and-sexual-violence-resource-page>
- <https://calltosafety.org/>

Addiction Resources for Pregnancy


- <https://www.healthshareoregon.org/health-equity/project-nurture>
- Pregnancy and Substance Use Harm Reduction Toolkit - https://56861659-e968-4f0b-9ee4-a8ec93fddd29.filesusr.com/ugd/f31cc3_33f7205a7b5c49a4a91bc6d847a6783c.pdf?fbclid=IwAR0XDro6HzClikoY32ah2xdIMV6iTWRResSVGYmExj2M3D8Jr740t9d9J8_aem_AVvhf-a22vZ8yPGQe7kB5Z9zwbK_mZ8QmliwZ_DnnqoudXOEOL1dXR6XiWND_Gi3wwU
- Real Food for Gestational Diabetes book <https://realfoodforgd.com/book/>
- Birthing Advocacy Doula Trainings - Supporting People Who Use Drugs and Those in Recovery <https://www.badoulatrainings.org/prerecorded-racism-privilege-birthwork>
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Doula Resources

- Spinning Babies (optimal fetal positioning, techniques to use during pregnancy and in labor) - <https://spinningbabies.com/>
- Body Ready Method - <https://bodyreadymethod.com/>
- <https://www.youtube.com/watch?v=6me-VczIBcA> - Heather's Positions video
- <https://www.facebook.com/heather.lobitz/videos/1776853282462938/> - Heather Grounding Technique video (you don't need a facebook account to watch)
- The Miles Circuit (for prelabor and early labor to encourage optimal fetal positioning - <https://www.milescircuit.com/>
- International Cesarean Awareness Network (ICAN) (cesarean recovery support, VBAC) - <https://www.ican-online.org/>
- Doulaing the Doula - <https://amygilliland.com/>
- Collaborative Practice Training (on demand training, trainers based in Portland) - <http://pdxdoulas.org/portland-doula-training/>

- 2018 Cesarean Rates by State - https://www.cdc.gov/nchs/pressroom/sosmap/cesarean_births/cesareans.htm
- Love languages quizzes - <https://www.5lovelanguages.com/quizzes/>
- Doula Mentorships and Postpartum Training - <http://www.mothertreebirth.com/doula-training/>

Postpartum Resources

- Baby Blues Connection (local to Portland) - <http://www.babybluesconnection.org/>
- Postpartum Support International - <https://www.postpartum.net/>
- **Baby Blues Resource List** -  **Resource List (Current: Updated 19 Apr 2023)**
- Seven Swaddles (great set of instructional videos for swaddling) - <https://www.7swaddles.com/>
- Book: Baby Makes Three - <https://www.gottman.com/product/and-baby-makes-three/>
- The Forth Trimester by Kimberly Ann Johnson <https://kimberlyannjohnson.com/the-fourth-trimester/>
- <https://www.postpartum.net/professionals/screening/>

Universal Precautions

- Blood Born Pathogens Training - <https://blxtraining.com/course/bloodborne-pathogens-for-placenta-encapsulation-professionals/>
- Universal Precautions Video - <https://vimeo.com/474731091/ae3646f535>

Videos

- Brene Brown on the difference between sympathy & empathy - <https://youtu.be/1Evwgu369Jw>
- <https://birthtubelive.com/> - many great birth videos
- <https://youtu.be/WUvQA4MCxPM> - Water Birth
- <https://youtu.be/3WQGskRFLr0> - Twin
- <https://youtu.be/nuUXFc5uCPI> - Home Birth
- <https://youtu.be/k-HqFru4CBU>

- <https://www.youtube.com/watch?v=uL26fTmqGnk> - hospital birth With Tub and NOX, Epidural
- <https://youtu.be/a4Y0Uw6E79c> - Heather Belly Mapping video
- Article: The Anterior Cervical Lip - <https://midwifethinking.com/2016/06/15/the-anterior-cervical-lip-how-to-ruin-a-perfectly-good-birth/>
- Homebirth Cesarean (support for families with a planned home birth that ended a transfer to the hospital and a cesarean delivery) - <https://homebirthcesarean.org/>
- Medical Bias (NSFW some crass humor) - <https://www.youtube.com/watch?v=TATSAHJKRd8>
- VBAC - <https://www.vbac.com/>
- VBAC Links - <https://www.thevbaclink.com/>
- Baby Center - www.babycenter.com
- Using Upright/Forward-Leaning Labor Positions at the Hospital (you don't need a facebook account to watch) - <https://www.facebook.com/1622914551308418/posts/2165886740344527/?vh=e&extid=0>
- Touch for Birth (massage techniques for birth) - <https://touchforbirth.com/>
- <https://www.youtube.com/watch?v=N2NJxt6m14E> - Natural Birth Seemed Impossible | Romper's Doula Diaries
- <https://www.youtube.com/watch?v=18GPPpKmSW4> - The First Days After a C-section | Doula Diaries Episode 3
- The Birth Hour - Birth Story Podcast (many different kinds of birth stories) - www.thebirthhour.com/birth-stories
- Hip Squeeze instructional video - https://www.babycenter.com/pregnancy/birth-class/natural-pain-relief-massage-techniques-ep-19_10406403