Doula Love Resource List -

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

- Doula Love Postpartum Doula workshop -<u>https://portlanddoulalove.com/doula-love-training-center</u>
- Doula Love's Mentorship https://portlanddoulalove.com/doula-love-mentorships
- Doula Love Continuing Education https://app.acuityscheduling.com/schedule/1ff9d9ba/?categories[]=DLTC%20-%2
 OCEU%20Workshops

DLTC FOLDERS 2022 - Sorted resources

Resources for Doula caring for Medicaid families in Oregon and Washington

- Oregon Medicaid
 - OR Billing Guide
 - <u>Certification Requirements</u> Working Document extra information from Doula Love
- Washington Medicaid
 - WA Billing Guide
 - <u>Certification Requirements</u> Working Document extra information from Doula Love

Resources for Billing Insurance - THIS IS ANOTHER DOCUMENT

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

- <u>Doula Love Mentorship and Agency</u> Oregon and Washington
- Gateway Doulas Portland Metro
- Community Doula Alliance https://communitydoulaalliance.com/
- Daisy Chain https://www.daisychainlane.org/
- DONA International CEU Course https://www.dona.org/continuing-education/

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) <u>https://evidencebasedbirth.com/cultural-awareness-in-birth-and-postpartum-work</u>

 -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 indegenous 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

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 Arega 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://nurturely.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 priviledge among doulas) -https://www.fullspectrumdoulacircle.com/classes.html
- Birthing Advocacy Doula Training, Full-Spectrum Doula Training https://www.badoulatrainings.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.badoulatrainings.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

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

LGBTQ+ Resources

- Trans Birth for Birthworkers with Trystan Reese <u>https://collaborateconsulting.thinkific.com/courses/trans-birth</u>
- Queer Doula Toolkit https://drive.google.com/file/d/1k1Wbz2QBOigKZ7ae_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

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 Traininghttps://www.badoulatrainings.org/prerecorded-birth-and-disability-ce-course
- Crisis Response for Birth Workers https://www.badoulatrainings.org/crisis-response-for-birthworkers

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=qenpdf&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=IwAR3pfnR49zyD9MBJ4LI0UWgrHxxRAtUh510Ea Fn5rwLXddseDBWMTeHyt50

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-challeng es-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
- Practice Management software for doulas -https://www.birthbase.com/blog/choosing-a-doula-software
- http://www.mobiledoulaapp.com/Electronic-Charting-Doulas-iPad-Software-DON A.aspx

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
- Community Doula Alliance 5O1C3
 https://communitydoulaalliance.com/ Portland, OR
- Community Doula Program 5O1C3
 https://www.communitydoulaprogram.org/ Corvallis, OR
- Daisy Chain 5O1C3 https://www.daisychainlane.org/ Eugene, OR, Lane County

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
- 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/
- Rebozo Training https://genakirby.podia.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/1Evwqu369Jw
- 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-HgFru4CBU
- 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-per fectly-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-te
 chniques-ep-19 10406403
- Guided Imagery https://youtu.be/699gUdOUZxY?si=pSCk1A8e7 mUJ6FL
- Breathing Techniques https://youtu.be/ UNtEozszlo?si=ILFAzeIU9JOVdMRG
- Videos for Positions.
 - a. https://www.youtube.com/watch?v=rpzBPqKgvGk&list=PLW88AqEX8fdJN
 TNtfrxSONRY9JBeOxM5e&index=32
 - b. https://www.youtube.com/watch?v=_3ooJaWriJg&list=PLW88AqEX8fdJNT NtfrxSONRY9JBeOxM5e&index=34
 - c. https://www.youtube.com/watch?v=f2l8_GvDTS4&list=PLW88AqEX8fdJN TNtfrxSONRY9JBeOxM5e&index=33&t=3s

Double Hip Squeeze

- a. https://youtu.be/k | 14-rH69ao?si=xOijeMUjYr0sA2YX
- b. https://youtu.be/A3H1e 1bBMc?si=vdC3i3i0v7WFzpSC

Videos for Massage

- a. https://voutu.be/MOJylpLPzPw?si=JUNxOz9uVoli7isA
- b. https://youtu.be/-FFLWaU8uo4?si=zfjH3RihCTPBx9u3
- c. https://voutu.be/A3H1e 1bBMc?si=G9zPGFSbLXNwEbVP