



Birth as a Heroic Journey Childbirth Educator Certification Packet

Name _____

Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone _____ Email _____

Course Purchase Date _____

DATE OF CROSSING THE THRESHOLD RETREAT _____

DATE SUBMITTED _____

Mentoring skills/processes in my final recordings:

Processing & review of certification will be 2-4 weeks



Birthing from Within certifies childbirth educators (CBE's) who have completed the Childbirth Educator path of the Birth as a Heroic Journey online course and completed the certification process satisfactorily.

The certification process to become a Certified Birthing from Within Childbirth Educator includes the following:

1. Be a current member with Birthing from Within. Annual membership is required in order to become certified, as well as to maintain lifetime certification.
2. Complete the Childbirth Educator path of the Birth as a Heroic Journey online course. This includes:
 - a. Attending at least one live call for each course module. Attendance on calls should be documented using the [Call Attendance Log](#) and submitted with certification materials.
 - b. Completing the [Reading List](#) and the accompanying documentation.
 - c. Completing the Home Practices (engaging with processes, or uploading recordings, articles, or responses to the online group, as assigned).
 - d. Submitting [Mid-Course recordings](#) demonstrating your developing mentoring skills. This recording should be 30 minutes or less, and may be of a BfW process of your choice.
3. Attend a Crossing the Threshold retreat.
4. Submit final certification recordings, including learning objectives for each process, demonstrating your mentoring skills and following these guidelines:
 - a. Choose two or three BfW processes or skills presented in Birth as a Heroic Journey. Selections should demonstrate growth as a mentor, and dedication to mastery of the processes. You can video or audio record your work; make sure the audio is clear.
 - b. Receive permission from clients to share the recordings, and let them know it is exclusively for certification evaluation and will not be made public.

- c. Submit recordings totaling approximately 60 minutes in length total. See the document [“Recording Yourself with Clients”](#) for more information, if needed.
 - d. Ask a peer in the cohort to evaluate the recordings [using the peer evaluation form](#); and take their feedback into account in the self-evaluation.
 - e. Submit a [self-evaluation](#) of all recordings. Be candid. Self-evaluation shows us you are self-aware and motivated to continue improving your skills. This should be an honest evaluation of what worked and what didn't, any insights about why it didn't work and what you can do differently to improve next time. If you are unsure, please include any specific questions about how to improve the process or techniques.
 - f. Submit 3-5 learning objectives for each process in your recordings.
5. Submitting one [sample class plan](#) as an example of how you may structure a class.
 6. Submit your [Community Resource List](#).
 7. [Pay the \\$150 Certification Fee](#).
 8. Complete the Childbirth Educator Certification Application and submit all documents to contact@birthingfromwithin within two and a half years of registering for your online course. **Please allow 2-4 weeks for processing and review.**
 9. Once your certification materials are reviewed, a one hour zoom call will be scheduled to share feedback and discuss any further growth that is needed before certification can be confirmed.

Core Competencies for the Certified Birthing from Within Childbirth Educator

- Demonstrate accurate, non-outcome-focused knowledge of the physiology of pregnancy, birth, and postpartum.
- Use solution focused dialogue techniques.
- Understand the importance of, and be practiced in using, inclusive language.
- Acknowledge and address personal biases and blind spots, and be open and responsive to feedback on how to improve behaviors and processes.
- Use the labyrinth as a map for pregnancy, birth, postpartum, and parenting, and specifically as a lens for understanding the stages of labor.
- Describe birth as a heroic journey, including preparation, ordeal, and return, and specifically how it relates to pregnancy, birth, and postpartum.
- Lead parents in at least 3 pain coping practices: BA, NFA, and one other.
- Use birth art as a tool for inquiry and discovery with pregnant and postpartum people.
- Involve partners in the process of preparing for birth and postpartum.
- Consider the framework of the [Birth Story Gates](#) as you listen to postpartum people share their birth stories.
- Understand the concept of archetypes and how identifying them is relevant to birth work.
- Understand and embody the qualities of a mentor.
- Combine BfW techniques and processes to create unique, context-appropriate class series, private consultations, experiential workshops, and more.

Required Reading List Documentation

Please document the title, author, and publication date of the book(s) you read from the following required categories:

General Pregnancy/Birth:

Breastfeeding/Bodyfeeding/Chestfeeding:

Postpartum:

Perinatal Nutrition:

Race, Racism, and Birth:

General Race and Racism:

LGBTQ+ Issues and Birth/Parenthood:

Process Art and Creativity:

Storytelling, Archetypes, Initiation, Ritual, Metaphor:

Collections of Traditional Stories, Folklore, Songs, etc.:

Mindful Communication, Solution-Focused Dialogue, Mentoring Skills:

Trauma:

Code Of Conduct Agreement

The Code of Conduct of the Birthing from Within Childbirth Educator is designed to support childbirth educators, clients, and the birth process by providing guidance and protection for the role of educators when delivering appropriate support to childbearing families.

Childbirth Educators (CBEs) are always representing the profession of childbirth educators and Birthing from Within and strive to embody compassion, open-mindedness, and non-judgmental support to their clients.

CBEs will treat colleagues and clients with respect, fairness, and courtesy.

CBEs promote the health and well-being of pregnant and birthing people, babies, and families.

CBEs will advocate for the rights of marginalized people, and work to dismantle systemic oppression and racism in themselves and in their communities.

CBEs offer resources and techniques for emotional and physical support, coping, managing relationships in the birth context, self-advocacy, and preparation for birth and parenting.

CBEs do not prescribe treatment or make clinical recommendations. They may do these things as part of other roles for which they are licensed or trained; such outside licensure or expertise should be clearly communicated.

CBEs continue to learn and grow by connecting with their birth community and seeking out continuing education.

CBEs strive to foster maximum self-determination on the part of their clients, helping them tune into the inner locus of control.

CBEs will design classes and sessions to meet the needs of the clients being served.

CBEs will maintain an active referral network so they can provide resources for their clients outside of their scope or offer more culturally matched care.

Please sign to indicate your understanding and commitment to this code of conduct.

Signature: _____ Date: _____

Personal Reflections

Please use these journaling questions to reflect on your journey to becoming a childbirth educator. You may write in your answers, or record yourself answering the questions and submit an audio or video file. Attach additional pages if necessary.

What motivated me to take a childbirth educator training?

Have my motivations changed during that time?

What did I learn *in this training* that has shifted my ideas:
About birth?

About birthing people?

About the role of a mentor?

About myself as a mentor?

About how marginalization, oppression, and white supremacy impact maternity care?

What have I learned *since working with birthing people/families* that has shifted my ideas:

About birth?

About birthing people?

About the role of a mentor?

About myself as a mentor?

About how marginalization, oppression, and white supremacy impact maternity care?

How has this training and experiences working with birthing people changed me as a person?

Now that I have started working with birthing families, my goals in regards to being a CBE are:

Certification Checklist

Use the checklist below to keep track of each required document. Include the completed checklist when you submit your packet.

When all pages of this packet are complete, in the order listed below, compile and submit them as one document. Include any additional media such as audio or video recordings. Submit this application for certification to the office at contact@birthingfromwithin.com.

In submitting this application, I confirm that:

- I have completed my Birth as a Heroic Journey online course, within two and a half years of purchasing, or have been granted an extension.
Course Start Date (month/year) _____

I attest that I have successfully:

- Attended at least one live call for each course module.
- Completed the Reading List and documentation.
- Completed the Home Practices.
- Submitted Mid-Course recordings demonstrating my developing mentoring skills. (DATE SUBMITTED: _____)

I have submitted final certification recordings demonstrating my mentorings skills and following these guidelines:

- I chose two or three processes or skills presented in Birth as a Heroic Journey. Selections demonstrated my growth as a mentor, and dedication to mastery of the processes. I understand these will be reviewed by a facilitator and may be used for internal training purposes.
- I received permission from my client to share the recording, and let them know it is exclusively for certification evaluation and would not be made public.

- My recordings were approximately 60 minutes in length (in total).
- I asked a peer in my cohort to evaluate my recordings and took into account their feedback as I prepared my own self-evaluation.
- I submitted a self-evaluation of all recordings.

I attest that I have:

- Completed personal reflection responses..
- Completed the Childbirth Educator Certification Application
- Completed the Childbirth Educator Certification Checklist
- Signed the Birthing from Within CBE Code of Conduct
- Submitted a list of community resources for my clients.
- I have an understanding of the core mentoring skills and strive to embody them.
- I have paid the \$150 Certification Fee.
- I am a Member in good standing with Birthing from Within.
- I understand that after submitting my packet, it could take 2-4 weeks for review.

After being reviewed, a one hour evaluation call with a facilitator will be scheduled.

Name: _____ Signed: _____

Date: _____