



Birth as a Heroic Journey - Doula Certification Packet

Name _____

Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone _____ Email _____

Course Purchase Date _____

Date of Crossing the Threshold retreat _____

Date of births attended, include prenatal (PN) and postpartum (PP) visit dates:

1. Birth date: _____ PNs: _____ PPs: _____

2. Birth date: _____ PNs: _____ PPs: _____

3. Birth date: _____ PNs: _____ PPs: _____

4. Birth date: _____ PNs: _____ PPs: _____

Processing & review of certification will be 4-6 weeks

Date packet submitted _____



Birthing from Within certifies birth doulas who have completed the Doula path of the Birth as a Heroic Journey online course or attended an in-person Birthing from Within Doula training and completed the certification process satisfactorily.

The certification process 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 Doula pathway of the Birth As a Heroic Journey online course, or the Birthing from Within in-person Doula training. This includes:
 - a. Attending at least one live call for each phase of the Heroic Journey (*Welcome, Preparation, Ordeal, Return*). Attendance on calls should be documented in 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. These recordings should be 30 minutes or less, and may be of a process of your choice.
3. Attend a Crossing the Threshold retreat.
4. Attend a minimum of **4 births** after beginning after your in-person or online course.
 - a. Conduct prenatal visits, covering required objectives.
 - b. Receive evaluations from client and care provider for each birth.
 - c. Conduct postpartum visits, covering required objectives.

- d. Document each birth, your experience, and what you learned.
 - e. Submit all required paperwork.
5. Participate in at least three Birth Summary calls.
- a. Present two birth summaries to your cohort.
 - b. Provide feedback to one other doula in your cohort.
 - c. Receive feedback from one other doula in your cohort.
6. Submit your Community Resource List.
7. Pay the \$150 Certification Fee.
8. Complete this packet and submit all documents within 2 ½ years of purchasing the online course or within 2 years of completing your in-person training.
Please allow 4-6 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 Doula

- 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 they 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.
- Provide in-labor emotional support informed by an understanding of archetypes and birth as a Heroic Journey.
- Provide in-labor hands-on physical support and assist with coping skills.
- Use BfW techniques and processes in unique, context-appropriate prenatal and postpartum sessions.
- Evaluate how to best interact with medical staff/clinical care providers during labor

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

This code of conduct is designed to support and protect birth doulas, their clients, and the birth process by providing guidance and boundaries for the birth doula's roles and conduct.

Doulas are always representing Birthing from Within and the profession of doulas, and strive to embody compassion and open-mindedness.

Doulas treat colleagues and clients with respect, fairness, and courtesy.

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

Doulas advocate for the rights of marginalized people, and work to dismantle oppression, bias, and racism in themselves and in their communities.

Doulas support birthing people and their partners by providing emotional and physical support, assisting with coping skills, and offering individualized preparation and resources for birth and parenting.

Doulas do not prescribe treatments, perform clinical or medical tasks, diagnose, or treat in their role as a doula. 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.

Doulas amplify their clients' voices, facilitate conversations between clients and caregivers, and advocate for their clients when necessary.

Doulas develop relationships and maintain clear communication with other doulas to provide back-up support.

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

Doulas' primary responsibilities are to their clients. They strive to foster maximum self-determination on the part of their clients.

Doulas co-create contracts with clients that represent the desired services, fees, policies, plans for communication and exceptional circumstances, and avenues for resolution; and they meet the terms of these contracts.

Doulas maintain an active referral network so they can provide resources for services outside of their scope, culturally matched care, and so on.

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

Signature: _____ Date: _____

Birth Experience Requirements

You will need to provide birth doula support to a minimum of four clients and their families. Here are guidelines for those births:

- You may begin attending births for certification once your course begins.
- For each birth, it is ideal to conduct two prenatal visits and two postpartum visits if possible. This will give you more opportunity to do multiple processes with your clients, and practice your support skills.
- You should join your clients in labor when they feel they need your support, emotional or physical.
- Your support should be continuous at each birth. Another doula may be present, but you should play an active part in the birth (not simply shadowing) and be present throughout except for reasonable breaks.
- One of your births may be a non-labor cesarean birth (planned or urgent), and one may be virtual labor support. The goal is for you to experience a variety of labors. If your client has a planned cesarean, you should be present to provide support before the birth, and immediately after the birth for the first few hours postpartum. You may not be allowed into the operating room, as that is common practice, and that is acceptable.

- For EACH of the four (4) qualifying births you attend, you will need to submit the following documentation*: Client Confidentiality Release Form signed by your client (birthing person),
 - Good (or better) Evaluation of Doula Support Services by the birthing person.
 - Good (or better) Evaluation of Doula Support Services by the attending professional (midwife, physician, or nurse). The provider evaluation can be waived in the case of virtual birth support, but it is recommended to attempt to attain one.
 - Documentation of birth, prenatal visits, and postpartum visits for each birth.
 - Virtual Birth Support Addendum, for any births attended virtually

Note: The client or professional should be informed at the onset of your working together that you are a doula working toward certification and that you will be requesting an evaluation after the birth. Ideally, the professional will also have been shown the form and the questions ahead of time, so as to know what to pay attention to. The professional providing the evaluation should have been able to observe and interact with you during the labor and birth repeatedly and/or over a period of time. *It is best to request this at the time of the birth, as providers can be difficult to track down after the fact.*

Client Confidentiality Release Form

(next page)

Due to current confidentiality regulations, all doulas should have a signed release form from their client (see below) before taking any notes about the client or the client's labor, birth, or postpartum. The best way to be fully compliant is to get this release signed at the first prenatal visit, or upon first meeting and joining the client.

Certification candidates should have this form signed before taking any notes. The client should receive a copy of the signed form, and the doula should have the original signed form with them at all times to be able to show that they are indeed complying with confidentiality regulations, if questioned. Confidentiality of medical and personal information obtained during the course of the doula's work is of the utmost importance. Failure to comply with these confidentiality regulations could result in penalties.

Documentation of Birth

(Turn in a copy of this form for each certifying birth,
attach additional pages as necessary)

Doula's name _____

Client's name: _____

Date of birth _____ Time of birth _____ Baby's Weight _____ Length _____

Summary

Date/time doula arrived for continuous in-person support _____

Date/time doula departed after birth _____

Total length of continuous labor/birth support _____

Length of immediate postpartum support _____

Total length of time the doula spent in continuous attendance _____

Your Reflections

What are some of the coping skills used by your client and how you supported them during this birth?

Describe your interactions with, and support of, other members of the support team:

Describe what you learned from this support experience:

What insights into birth physiology, stepping into the 'unknown', or surrender did you gain from this birth experience? (these could be insights of yours or the family you were working with).

Did you notice any impacts from the pregnancy, labor and birth on your client's emotional, psychological and physical state?

Describe any observations of discrimination, stereotyping, oppression, or marginalization you had during your work with this family. How did they react to it/them? How did you react to it/them?

Documentation of Prenatal Visits

(Turn in a copy of this form for each prenatal visit,
attach additional pages as necessary)

Doula's name _____

Client's name: _____

Prenatal Contact & Prenatal Visits

Take notes about your client interactions; you'll be surprised how much you can forget! You can save texts, emails, and notes about phone or in-person visits. Note the date and time, reason for the contact, what was discussed, any concerns, suggestions you offered, information from the care provider or other sources, and any action items arising from that discussion.

Document the prenatal visits you had with your client. It is recommended that you provide at least two prenatal visits; make copies of this form as needed. Document on these forms the topics covered in the visits, Birthing from Within processes you led, skills you used, hands-on practices, any concerns, suggestions you offered, information from the care provider or other sources, and any action items arising from that visit.

Date/Time of visit _____ Length of visit _____

Persons in attendance _____

Topics covered:

- | | |
|---|---|
| ☐ Their expectations of their doula | ☐ Decision-making and advocacy support during labor/solution focused questions |
| ☐ Your contract: services, role, scope of practice, backup, and fees | ☐ Cesarean birth preparation |
| ☐ Their desires for this birth | ☐ Compassionate use of drugs and epidurals |
| ☐ How/when to contact you | ☐ Birth Art (which one?) |
| ☐ First Birth Story | ☐ Courageous and Compassionate Excavation of Fears |
| ☐ Past experience with birth | ☐ Foot Bath Ritual |
| ☐ Current preparation for this birth | ☐ Awakening the Great Mother Archetype |
| ☐ Birth as a Heroic Journey | ☐ Postpartum Scaling/The Return |
| ☐ Awakening the Huntress/Hunter | ☐ Infant feeding and care |
| ☐ Their relationship with their care provider | ☐ Postpartum Intentions/Planning |
| ☐ Birth physiology | ☐ Other _____ |
| ☐ Labyrinth of birth | ☐ Other _____ |
| ☐ Pain coping practices (BA, NFA, one other) | ☐ Other _____ |
| ☐ Partners' desired involvement | ☐ Other _____ |
| ☐ Others who will attend their birth and what their roles are | ☐ Other _____ |
| ☐ Physical and emotional support in labor | ☐ Other _____ |

Describe any hands-on practice, demonstrations, or role-playing done in this visit:

Describe any concerns raised by your client, your response, information from the care

provider, suggestions you made:

Describe any follow-up or action items arising from this visit:

How did you prepare for this visit:

What new skills, topics or issues came up for you at this visit?

What were your most significant learnings from this visit?

What might you do differently at future prenatal visits based on what you learned at this visit?

Documentation of Postpartum Visits

(Turn in a copy of this form for each postpartum visit,
attach additional pages as necessary)

Doula's name _____

Client's name: _____

Postpartum Contact & Visits

Take notes about your client interactions; you'll be surprised how much you can forget! You can save texts, emails, and notes about phone or in-person visits. Note the date and time, reason for the contact, what was discussed, any concerns, suggestions you offered, information from the care provider or other sources, and any action items arising from that discussion.

Document the postpartum visits you had with your client. It is recommended that you provide at least two postpartum visits – one the day after they get home from the hospital/a few days after birth, the second visit any number of weeks later to see how everyone is settling in and birth processing - make copies of this form as needed. Document on these forms the topics covered, hands-on support or comfort measures, any concerns, suggestions you offered, information from the care provider or other sources, and any action items arising from that visit.

Date/Time _____ Length of visit _____

Persons in attendance _____

Topics covered:

- | | |
|--|---|
| ☐ Newborn sleep | ☐ Client appetite |
| ☐ Client sleep | ☐ Client emotions |
| ☐ Partner sleep | ☐ Partner emotions |
| ☐ Nursing/feeding pattern | ☐ Who is cooking? |

- | | |
|---|---|
| ☐ Latch | ☐ Who is cleaning? |
| ☐ Nipple pain, if nursing | ☐ Who is doing laundry? |
| ☐ Nipple damage, if nursing | ☐ Extra support needed? |
| ☐ Baby's pees & poops | ☐ Partner's time off from work |
| ☐ Umbilical stump care | ☐ Processing birth story |
| ☐ Questions about baby's appearance | ☐ Siblings |
| ☐ Client recovery in general | ☐ Pets |
| ☐ Client aches and pains | ☐ Appropriate activity |
| ☐ Client's perineum comfort & healing,
if vaginal birth | ☐ Visitors |
| ☐ Cesarean healing, if applicable | ☐ Concerns |
| ☐ First bowel movement yet? | ☐ Other _____ |
| ☐ Discomfort when peeing | ☐ Other _____ |
| | ☐ Other _____ |

Describe any hands-on comfort measures, demonstrations, or role-playing done in this visit:

Describe any concerns raised by your client, your response, information from the care provider, suggestions you made:

Describe any follow-up or action items arising from this visit:

What signs of transformation are you seeing in the parents since having their baby?

How did you prepare for this visit?

What new skills, topics or issues came up for you at this visit?

What were your most significant learnings from this visit?

What might you do differently at postpartum visits based on what you learned at this visit?

A note about evaluations:

These evaluations serve as an opportunity for both you and the medical care provider to understand the ways in which you work as a team; for practicing the art of requesting, receiving, and processing feedback; and for gaining insight into how various medical care providers in your community view and value doula care in general and your work in particular.

Birthing from Within understands that medical care providers' perspectives are by no means the full story of what your support looks like for your clients; we are not necessarily looking for uniformly "good" evaluations when we review your certification packets. You can always offer supplemental information about your support and your interactions with medical staff during your final review call.

We also understand that in some cases, it may not be possible, advisable, and/or appropriate for you to request/receive completed evaluation forms. In such cases, please reach out to Christine (Chistine@BirthingfromWithin.com) before submitting your certification packet.

Doula Certification

Client Evaluation

Birth Person's Name _____

Baby(ies)'s Date of Birth _____

Place of Birth (Name & City/State/Province) _____

Doula's Name _____

We appreciate your taking a moment to share your observation of the doula's role. Please circle the number which most closely reflects your opinion of the doula's contribution. 0=not at all, 3=neither helped nor hurt, 5=very much

1. Were the techniques suggested by the doula helpful to you in handling the physical aspects of your labor/birth? 1 2 3 4 5
2. Were the techniques used by the doula helpful to you in handling the emotional aspects of your labor/birth? 1 2 3 4 5
3. Were the suggestions of the doula helpful for your partner and/or other family members and friends present for the labor/birth? 1 2 3 4 5
4. Did the Doula guide you to discover your inner resources? 1 2 3 4 5
5. Did the doula support you according to your stated preferences? 1 2 3 4 5
6. Overall, how would you evaluate the usefulness of having the doula present? 1 2 3 4 5

Do you have any other comments or suggestions? (use back of this page) *Thank you for taking the time to complete this evaluation.* If you need to speak to Birthing from Within directly about your experience with the Doula, please reach out to Contact@BirthingfromWithin.com.

Parent Signature & date: _____

Doula Certification

Care Provider Evaluation

Birth Person's Name _____

Baby(ies)'s Date of Birth _____

Place of Birth (Name & City/State/Province) _____

Doula's Name _____

We appreciate your taking a moment to share your observations. Complete this form only if you have been able to observe and interact with the doula during the labor and birth repeatedly and/or over a period of time. Please circle the number which most closely reflects your opinion of the doula's contribution. 1=more harm than good, 3=neither helped nor hurt, 5=very helpful

1. Were the techniques suggested by the doula helpful to the birthing person in handling the physical aspects of their labor/birth? 1 2 3 4 5
2. Were the techniques used by the doula helpful to the birthing person in handling the emotional aspects of their labor/birth? 1 2 3 4 5
3. Were the suggestions of the doula helpful for the partner and/or other family members and friends present for the labor/birth? 1 2 3 4 5
4. Did the doula support the client according to their stated preferences? 1 2 3 4 5
5. Overall, how would you evaluate the usefulness of having the doula present? 1 2 3 4 5

Do you have any other comments or suggestions? *(feel free to use other side)*

What was your role? Doctor Midwife Nurse Other

Your Name (optional) _____ Signature & date: _____

Thank you very much for taking the time to complete this evaluation. Please return it to the doula so that it may be used for certification purposes. If you need to speak to Birthing From Within directly about your experience with the Doula, please reach out to Contact@BirthingfromWithin.com

Personal Reflections

Please use these journaling questions to reflect on your journey to becoming a doula. 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 doula training?

Have my motivations changed during that time?

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

About birthing people?

About the role of a doula?

About me as a doula?

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

What have I learned *since attending births* that has shifted my ideas:
About birth?

About birthing people?

About the role of a doula?

About me as a doula?

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

Now that I have attended births and worked as a doula, my goals in regards to being a doula are:

How have my doula training and birth experiences changed me as a person?

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 packet for certification to the office at contact@birthingfromwithin.com.

In submitting this packet, I confirm that:

- ☐ I have completed my Birth as a Heroic Journey course within 3 ½ years of purchasing the online course, or have purchased an extension.

Course Start Date (month/year) _____

I attest that I have successfully:

- ☐ Attending at least one live call for each phase of the Heroic Journey (*Welcome, Preparation, Ordeal, Return*)
- ☐ Completed the Reading List.
- ☐ Completed the Home Practices
- ☐ Submitted Mid-Course recordings demonstrating my developing mentoring skills. (Date submitted: _____)
- ☐ Completed the Birth Doula Certification Packet
- ☐ Completed the Birth Doula Certification Checklist
- ☐ Completed personal reflection responses.
- ☐ Signed the Birthing from Within Doula Code of Conduct

- ☐ Documented four births I have attended, including client confidentiality releases, client and care provider evaluations for each.
- ☐ Presented two birth summaries on the Birth Summary calls and offered/received peer feedback at least once.
- ☐ Completed 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 4-6 weeks for review. After being reviewed, a one hour evaluation call with a facilitator will be scheduled.

Name: _____ Signed: _____

Date: _____