

Birth as a Heroic Journey

Birth Doula Certification Requirements

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 for Doula from Within 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 from Within training. This includes:
 - a. Attending the in person workshop in full.
 - b. Finishing the online pre- and post- event learning modules.
3. Completing the [Reading List](#) and the accompanying documentation.
4. Attend a minimum of 4 births after completing your in-person workshop and submit the following documentation for each birth.
 - a. Client confidentiality release form.
 - b. Prenatal visit documentation, covering required objectives.
 - c. Evaluations from client and care provider.*
 - d. Postpartum visit documentation, covering required objectives.
 - e. Personal reflection prompts.
5. Submit your [Community Resource List](#).
6. [Pay the \\$150 Certification Fee](#).

7. Complete the Birth Doula Certification Application and submit all documents within 2 years of completing your in-person training. Please allow 2-4 weeks for processing and review.
8. Schedule and complete a one hour final evaluation meeting with a BfW trainer.

Core Competencies for the Certified Birthing from Within Doula

A Certified Birthing from Within Doula should be able to:

- 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.