

Shiphrah's Circle -

Required courses for Certified Community Birthworker CCB

Core Curriculum Instructor Samsarah Morgan CD (ICTC)

- Community Doula Basics
- Interviewing skills
- Doing an intake
- Community Outreach
- Birth in the Bay Area
- Working with midwives

All of the units above are presented by Samsarah Morgan CD (ICTC)

To attain certification -

1 - please attend in person, via video or zoom the workshops above
(Shiphrah's circle doulas MUST be physically present for 80 per cent of training)

2- read all required books and write a one-page response on each

3 - take the Intermediate doula skills final exam - see doula group for the most recent version. Passing is 80 percent.

Provide Birth, postpartum, and breastfeeding support to 10 pregnant families with supervision and support from Samsarah Morgan and senior doulas.

Complete all requirements for SMC Full Circle Doula Birth Companion Certification and complete the 4 day intensive or one-month online training within your 2 years of community service.

Certified Community Birthworker Certification is bestowed when core curriculum, as well as the following modules, are completed.

Bereavement Doula Certification

Shiphrah's Circle Community Doula Program Presents When The Baby Dies -a training for Doulas and Other Caregivers

**Presenter: Samsarah Morgan DD Cht CD (ICTC) LC.
Executive Director of Oakland Better Birth Foundation and Shiphrah's Circle**

Cost:

Free to registered Shiphrah's Circle Doulas (see agreement)
100.00 members, scholarships, and payment plans are possible upon agreement with the presenter.

Required Reading List:

Empty Arms by Sherokee Ilse, A Guide For Fathers when a baby dies by Tim Nelson,
When Hello Means Goodbye by Paul Kirk and Pat Shweibert
Companioning at a Time of Perinatal Loss By Heustis and Jenkins

Units

1 When baby dies – thoughts, feelings challenges
How you experienced the loss of an infant or child? What helped you heal?
What help do you still need? How will your healing benefit you and your clients or family members?

- 2 The doula's role when there is a death.
How should a doula respond when there is an infant death or miscarriage?
What is your “place”?
- 3 Fathers and Partners – how do we support them? What is the
typical dynamic that causes couples to pull apart after the death of their
child and how can unity be encouraged.
- 4 What can the community do to support a family that has
experienced a miscarriage or infant death? How can a doula support and
encourage a healing community response for their clients?

Required for certification:

Attend / Watch all video modules for this class

Read the required books and write a one page response to each.

Contact 3 funeral homes in your area

Research the services and funeral costs for support for a family
experiencing a miscarriage or infant death.

Contact 2 places of worship (different denominations) and inquire about the
services they would offer to a congregant who has lost a child.

Research and locate 3 therapists in your area and ask them if they offer
grief counseling for miscarriage or infant/child loss, if they do not ask them
for a referral of a therapist who does.

Upon completion of all of the above, and passing of the text.

The student will receive Certification : Certified Bereavement Doula

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Full Spectrum Doula Certification

To be announced

Breastfeeding and lactation with Laura Cox

Cost 250 - or free to Shiphrah's Circle Doulas

This course is a thorough science-based exploration to the anatomy, physiology, and emotional process of breastfeeding. You will also learn about basic breastfeeding challenges and fixes.

Requirements:

Attend or watch all Unit presentations.

Read all books on Book list write a one page response on each book

Complete final exam - passing is 80 percent.

Payment in full or enrollment in Sphirahs Circle Community Doula Program

Nutrition for Doulas with Xandrea Sanford

Nutritional Doula Syllabus

Six week certification Program \$400

2 hour Intensive classes 1 day/week

Topics:

1. Self Care - Taking care of self in order to take care of others
2. Essentials to Health (Primary Foods & Secondary Foods)
3. Deconstructing Food - Food Groups: What are they? How does each group support our health? What sources can we consume to obtain them (Protein - Promotes growth, provides energy, can be found in Meat, eggs, legumes, beans, Tofu)
4. Maternal Health: How do we keep mom healthy? Potential Risks: Gestational Diabetes, Preeclampsia, etc.
5. Fetal Development: What foods promote Optimal Fetal Development
6. Shopping for food, cooking meals, eating power packed foods
7. Smoothies 101
8. Nutrition and Working with mamas- How To? Step by step.
Documentation
9. Complementary Treatments - Acupuncture, Chiropractic, Massage, Yoga, Qigong
 - When to refer to these treatments, resources (who's who in the Bay Area to provide these services)

Required Reading:

Integrative Nutrition: Feed Your Hunger for Health and Nutrition - Joshua Rosenthal &
Food Rules - Michael Pollan

Week 1: Topics 1 & 2

Introduction to class, expectations, goals, syllabus review, Circle of Life
Paired Share
Free Writing
Assignment - Journaling (Food & Mood)

Week 2: Topic 3

Review of last week
Paired Share - Thoughts from Journaling assignment
Assignment - Journaling & Reading
QUIZ - 5 multiple choice

Week 3: Topic 4

Review of Last Week
Paired share - Thoughts on Journaling, points of interest on the IIN book
Assignment - Journaling & Reading

Week 4: Topic 5

Review of Last Week
Paired share - Thoughts on Journaling, points of interest on the IIN book/
Food Rules
Assignment - Journaling & Reading
QUIZ - 5 multiple choice

Week 5: Topic 6&7

Review of Last Week

Paired share - Thoughts on Journaling, points of interest on the IIN book/
Food Rules

Assignment - Journaling & Reading

Week 6: Topic 8&9

Review of Last Week

Paired share - Thoughts on Journaling, points of interest on the IIN book/
Food Rules

Recap of the program, Evaluations, Gift giveaway

EXAM 20 multiple choice & 2 essays

FINAL PAPER - 3-5pgs. On What Nutrition means to Me and My Practice.

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Required class - I cannot reduce class fees but apply for / request
scholarships.

Sleep Education Training -

I recommend the Sleep Savvy Certification. I really love Moorea's teaching style and gentle approach to helping families get more sleep. The mentorship is incredibly helpful for getting started. It's all online - and it's great for working with families both in person and virtually, depending on

how your practice is structured during the pandemic.



Coming soon and required:
Full Spectrum Care (Information to come)

Community medic training

CPR training and certification - please contact red cross and take their
online training

NORCAN training

Thank you for your interest!