Guidelines for Birth Summary Calls

Part of the Birthing from Within Birth Doula certification requirement is to present two birth summaries and give/receive peer feedback once on the Birth Summary calls. The purpose of this requirement is to learn how to identify your skills as a doula, share your successes and learnings with your cohort, receive feedback and suggestions on challenging situations, and recognize your growth as you gain experience.

When you are ready to offer a summary for a birth you have attended since beginning this course, or are already working with clients as a doula, it is time for you to join these calls. You only need to attend as many of these calls as it takes to complete these requirements. Most can meet the requirements within 2-3 calls.

Calls are offered monthly through Zoom. These are *in addition* to your monthly Birth as a Heroic Journey Module and Doula Pathway calls.

When you are ready to join these calls, please email christine@birthingfromwithin.com to be added to the monthly call reminder list and to schedule a date to offer your birth summaries.

Guidelines for presenting a Birth Summary:

1. Do not share names, locations, or any identifying information about your clients or their partner/family members or clinical staff during your summary. That information violates client confidentiality and is irrelevant. Practice being impeccable with client confidentiality.

2. Provide a very general overview of the birth:
    1. # of weeks gestation
    2. total length of labor
    3. when you joined them in labor
    4. complications (pre-eclampsia, fetal distress, hemorrhage, etc.)
    5. major interventions (induction, pain medications, cesarean, etc.)

3. Which Birthing from Within processes or skills did you use prenatally with this family?

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4. Which Birthing from Within processes or skills did you use during the birth with this family?

5. Which Birthing from Within processes or skills did you use postpartum with this family?

6. What new thing(s) did you learn at this birth? This could be something about a medical condition you learned, a skill or technique you tried, a relationship issue (with partner, family, medical staff) you had to navigate, etc.

7. Share one example/situation that you feel you handled really well.

8. Share one example/situation where you wish you had done something differently.

After you have presented your Birth Summary, your peers may ask questions for clarity. The group may offer to provide feedback (this is voluntary, but is required for certification to provide feedback to at least one Birth Summary on a call).

Guidelines for providing feedback:

1. Your role is to provide reflection, feedback and ideas for growth.

2. Practice using Solution Focused Dialog

3. Note what your peer did well

4. Address the particular situation where they would have liked to do something differently and provide at least two ideas for what could have been done differently

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