



MotherWit
Doula Training

CORE Holistic Birth Doula
Training Info

www.MotherWit.ca

MotherWit	1
CORE Holistic Birth Doula Training	1
OUR MISSION	1
Prerequisites	1
Course Outline	2
Why Train with MotherWit?	3
How to Become a MotherWit Certified Birth Doula	4
About MotherWit	5
What is MotherWit?	5
Who is MotherWit Doula Training?	5
Certification Requirements	6
Cost	9

MotherWit

CORE Holistic Birth Doula Training

Learn it. Live it. Love it.

OUR MISSION

The MotherWit **CORE** Holistic Doula Training provides **COMPREHENSIVE, OBJECTIVE, RESPONSIVE and EFFECTIVE** education to support your journey from doula student to thriving professional birth doula, and beyond.

- to provide the highest quality, most **COMPREHENSIVE** education and support to aspiring professional doulas from a holistic perspective
- to prepare doulas to inform, comfort and support clients from an **OBJECTIVE** standpoint, honouring their choices
- to educate in a way that is **RESPONSIVE** to the evolving needs of today's doula, offering ongoing mentorship to doulas as they build their own unique practices
- to provide students with **EFFECTIVE** tools with which to serve clients, care for themselves, and develop a sustainable practice

Prerequisites

There are no prerequisites necessary to begin training.

Course Outline

The training workshop runs over a period of 4 days, from Thursday to Sunday inclusively, from 9am to 6pm

These are some of the topics covered in class:

- holistic birth doula principles and scope
- an introduction to holistic nourishment (food, herbs, homeopathy, essential oils, bodywork)
- active listening with self-awareness
- the experience of pregnancy
- holistic doula support for challenges in pregnancy
- anatomy and physiology of the birth process
- holistic paradigm of labour and birth
- modern medical paradigm of labour and birth
- dealing with personal triggers and judgment
- structuring prenatal visits/client support
- promoting self-advocacy
- coping techniques to discuss with birth givers and their partners (realistic expectations, breathing, nourishment, pacing, relaxation)
- hands-on support for labour and birth
- the hospital birth experience (common medical tools and support)
- doula support for challenges in labour and birth
- the hour after birth and the doula's role
- roleplaying
- breastfeeding
- the postpartum follow up meeting
- challenging clientele
- self-care for doulas
- the basics of setting up your doula practice and getting yourself out there
- discerning which models of practice work for you
- working with success in mind

Why Train with MotherWit?

- Our curriculum is informed by over two decades of **EXPERIENCE** in active holistic doula work.
- The MotherWit CORE Holistic Birth Doula Training is **IN DEPTH**, covering topics essential to client and self-care.
- Our training is about helping doulas form a practice which respects client choices even when they don't resonate with our own personal philosophies. We promote **INCLUSIVITY** of all types of expression of family.
- Developing and working as a doula requires support. MotherWit upholds the **APPRENTICESHIP** model of education. We provide **MENTORSHIP** in the form of guidance and support to our students, and emphasize the importance of building **COMMUNITY**.
- Our CORE training emphasizes a **HOLISTIC** approach to doula care. This does not mean using “alternative” remedies to “traditional” medical care. It means supporting nourishment of the body/mind/spirit of our clientele, upholding them as the authority of their birth and parenting choices. We explore ways of using food, herbs, homeopathy, and body/mind work that isn't about “fixing” symptoms, but supporting self-care.
- You will be **INSPIRED** to start your doula journey immediately after the training workshop.
- MotherWit trainings are **TRANSFORMATIONAL**, not only guiding your doula journey, but changing your life in a healing way.
- We prepare you for **SUCCESS**. This course is taught by doulas who are leaders in their birth communities, and whose goal is to see you thrive not just in work but in life.
- Every doula has **UNIQUE** gifts to bring to the work. MotherWit honours and facilitates their development, trusting their ability to choose the kind of practice which works for them within their community.
- We have a **SCOPE OF PRACTICE** and **CODE of ETHICS** which provide structure and boundaries ensuring responsible, professional dealings with clients,

colleagues, and healthcare professionals, while at the same time maintaining room for personal autonomy and choice.

- **UNDERSTANDING** that many who are called to work as doulas are parents of young children, babes in arms (generally 9 months and under) are welcome to attend the entire training workshop and older children are **WELCOME** throughout break times.
- **CONTINUING SUPPORT** is given to MotherWit Trained Doulas. Students are granted membership to our MotherWit student and alumni resource group comprised of MotherWit trained doulas from all over North America. Receive 10% discounts on all MotherWit trainings. ongoing support from your trainers, attendance at our monthly “MotherWit Doula Gathering” (in Montreal), discounts on private counseling/consulting sessions with Lesley, and registration priority with any continuing education workshop we host.
- **WE DO NOT DISCRIMINATE** against any student based upon ethnicity, socio-economic status, religious beliefs, sexual orientation, gender/s (or no gender identification), abilities, relationship/family structure, or career choice, encouraging our students to maintain openness.

How to Become a MotherWit Certified Birth Doula

-
- Attend a 4 day intensive MotherWit Holistic CORE Doula Training Workshop.
 - Fulfill the MotherWit Birth Doula Certification Requirements (Below)
 - Congratulations! You are now a MotherWit Certified Birth Doula

About MotherWit

What is MotherWit?

The word “motherwit” refers to the concept of a body-mind centred knowing (intuition) based upon common sense (what effectively serves in the here and now). MotherWit holistic doula training strives to connect students to what emerges from their own motherwit within the context of solid, foundational knowledge. Students are guided to provide the same empowering approach with their clients, serving as a missing link in modern maternity care, and thriving as they do so.

Who is MotherWit Doula Training?

MotherWit is a training organization and certifying body dedicated to serving the educational and support needs of doulas and health care providers. Our trainings include CORE and advanced birth doula skills certification programs, postpartum doula training and certification, as well as soft skills for medical professionals workshops.

MotherWit is based in Montreal, Quebec, Canada, and has trained doulas across North America.

MotherWit was founded by Lesley Everest, who has been active in the field of childbirth education, birth attending, and postpartum support for most of her adult life. Lesley has been a holistic doula for over twenty years and has been training doulas for over ten years.

A mother of four children, a former accredited La Leche League Leader, and a trained Lactation Educator, Lesley trained as a birth doula with what is now known as toLabor (in 1993).

Lesley draws upon her training and experience in Kinetic Swedish, Ayurvedic, Thai Yoga Massage and is certified in Pre- and Perinatal Massage Therapy by Carol Osborne. Lesley is also a Certified Polarity Practitioner, a Shamanic Reiki Master Practitioner and is professionally trained in Psychosynthesis Psychotherapy.

As an ordained interspiritual minister through One Spirit Interfaith/Interspiritual Seminary, Lesley officiates non-religious ceremonies of celebration and transition. She provides counseling and support to all those seeking a deeper connection to their own inner wisdom..

A trained hospice volunteer, Lesley provides comfort measures, emotional support, and spiritual care to the dying and their families. As a cancer survivor, Lesley has skill, experience, and sensitivity in supporting those in emotional/physical/spiritual crisis.

Lesley's teaching style marries challenging topics with grace, kindness, passion, humour, and "reverent irreverence", making her a fun, engaging speaker who inspires people to examine their most deeply held beliefs about birth, parenthood, and life.

Certification Requirements

Please read carefully: the requirements do **NOT** need to be done prior to the training:

- **TWO (2) business oriented assignments** (will be given during the CORE workshop)
- **FIVE (5) book reports** of 250 to 500 words on each of the books below. Include the following: a summary of the book, the points that stood out to you the most, whether you liked it or not and why, and whether or not you'd recommend this book to your clients.
 - **Pregnancy, Childbirth, and the Newborn: The Complete Guide (4th Edition)** - Simkin, Bolding, Keppler, Durham, Whalley
 - **Ina May's Guide to Childbirth** - Ina May Gaskin
 - **The Natural Pregnancy Book, Third Edition** - Aviva Romm
 - **Optimal Care in Childbirth** - Henci Goer and Amy Romano
 - **The Womanly Art of Breastfeeding** - La Leche League

The following are reference books that should become part of your personal library as the need arises (not required reading for certification but recommended reading):

- **The Labor Progress Handbook (3rd Edition)** - Penny Simkin, Ruth Ancheta
 - **The Premature Baby Book** - William, Robert and James Sears
 - **Birthing Normally After a Cesarean or Two** - Helene Vadeboncoeur
 - **Companioning at a Time of Perinatal Loss : A Guide for Nurses, Physicians, Social Workers, Chaplains, and Other Bedside Caregivers** - Heustis, Jenkins, Wolfelt
 - **Having Twins and More: A Parent's Guide to Multiple Pregnancy, Birth, and Early Childhood** - Leo Sorger and Elizabeth Noble
 - **Depression in New Mothers** - Kathleen A. Kendall-Tackett
 - **When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women** - Penny Simkin and Phyllis Klaus
-
- **Attend a hospital or clinic based childbirth education class.** If this option is not available to you, you may take the [BabyCenter](#) online course. The point of this requirement is to understand what most people are being taught about birth. You are responsible for the cost of this class. Documentation is required as proof of your attendance, as well as a 250- 500 word essay comparing and contrasting this approach to client education you have learned in doula training
 - **CPR - Standard CPR/AED Level C**
 - **Attend a series of 4 La Leche League meetings** (one meeting per month over 4 consecutive months), OR 4 meetings with a local breastfeeding education/support organization
 - **Breastfeeding essentials course**
<http://step2education.com/es01-breastfeeding-essentials.html> If you have already completed any WHO/UNICEF approved breastfeeding training within the last five years or if you are already a breastfeeding educator, or a current La Leche League Leader or equivalent, etc. you are exempt, but must provide supporting documentation. You are responsible for any costs.

- **Attend FOUR (4) births,**
 - provide a write-up of how the prenatal meetings, birth, postpartum meeting/s unfolded, providing insights, concerns, questions and personal recognition of areas of strength/need for development
 - **AND** an evaluation from one of the parents
 - **AND** one of the attending Health Care Provider (doctor,nurse,midwife). Evaluation forms will be available online.

Shadowing an experienced doula for at least one of your three certifying births is HIGHLY recommended wherever possible. The apprentice/mentor relationship provides the richest of learning opportunities. Single Birth Apprenticeships are available from MotherWit Mentors in certain cities for an additional cost.

- **A research project** on a topic relevant to doulas, approved by the trainer, being either: a research paper of a minimum of 1000 words, citing at least four resources **OR** a video **OR** an in person presentation/demonstration of about 15 minutes long. (examples: a presentation/explanation of herbs you've tinctured, or lecture/demonstration regarding relaxation meditation for labour coping)
- **FINAL EXAM!** When **ALL** the above requirements are met, you will be given a final online open book exam. Your readiness to qualify as as MotherWit Certified Holistic Birth Doula will be evaluated, and if you have completed everything satisfactorily, you will receive your certificate.

After completing the CORE workshop you have **ONE** year to complete your birth doula certification. If you do not finish within one year from the date you completed your initial training workshop, you will be charged a \$100 fee at the time you do certify. If you do not certify within three years from the date you completed your training workshop, you must take the workshop again if you wish to certify.

Continuing education is important to updating and expanding your professional skills as a doula. We recommend that you attain 6-10 hours of CEU's or CERP's annually.

Cost

- **The cost of the training is \$750 plus applicable taxes.** (which **INCLUDES** the workshop, the training manual, first year MotherWit membership, certification and mentorship during the certification process **BUT DOES NOT INCLUDE** other required reading material, extra required childbirth ed class and breastfeeding class, or potential apprenticeship.)
- **The cost of yearly MotherWit Membership is \$50.** This is required to maintain certification status, membership in our MotherWit student and alumni resource group and receive 10% discounts on all MotherWit trainings. You will be billed on the anniversary of the first day of your training workshop and have 30 days to pay.
- **Half of the fee (\$375 plus applicable taxes) is due within TWO WEEKS** of acceptance into the workshop **UNLESS** you apply and are accepted less than one month prior to the start date of the workshop, in which case the deposit is due immediately. If you must withdraw from the training more than 3 weeks before the start date you will receive a full refund minus a \$100 fee,
- **The remainder of the fee is due three weeks before the date of the training.** If you withdraw after this point there will be NO refunds **UNLESS** the class is cancelled. If you must withdraw from the training after full payment for whatever reason, you **CAN** apply this fee to a future training.
- If special payment plans are arranged, payment must be made on the agreed upon dates, otherwise your place in class cannot be held, and your previous payments will not be refunded.
- Payments can be made by Interac email transfer to info@MotherWit.ca, or by cheque made to MotherWit. (Credit card or Paypal payments are subject to a 5% surcharge)