

What Can A Provider Gain From a Doula Training?



CALL AMY:
1-608-225-4738

WEBSITE: 
www.doulaworkshop.com



KNOWLEDGE

- Over 500 references
- Interpersonal neurobiology of the brain in labor
- Birth from multiple perspectives
- Common obstetrical practices that affect sexual functioning
- Ethical decision making

IMPROVED OUTCOMES

- Lower your cesarean birth rate
- Provide evidence based care
- Reduce racial inequities
- Have the best outcomes in the hospital due to a multidisciplinary perspective

PATIENT EXPERIENCE

- Provide trauma informed care
- Prevent burnout
- Enhance connection with patients
- Practice in alignment with your values
- Preserve your patient's sexual function

SUCCESSFUL PROGRAMS

- Work more effectively with local doulas
- Establish and maintain successful doula programs

FACULTY:

Dr. Amy L. Gilliland, PhD, is a Research Fellow, AASECT Certified Sexuality Educator Supervisor, Birth Doula Trainer Mentor, with over 30 years of experience as a doula and 3000 hours teaching adults. Her work has been published in six peer reviewed journals.



About Us:



HISTORY

Doulaing The Doula was formed in 2021 as a multiracial and decolonizing response to existing doula organizations. It also enabled Dr. Gilliland an opportunity to create an evidence based Standards of Practice and Code of Ethics grounded in twenty years of research in what doulas actually DO.

DTD's Certification are developed in research on what doulas need to succeed in this complex and demanding profession.

www.doulaworkshop.com

GOALS

- Our goal is to transform perinatal care through comprehensive supportive educational programs that teach people real skills and strategies that work.
- Our methods are transparent, decolonizing and welcoming to disabled and neurodiverse individuals and others with socially stigmatized identities.
- Our educational strategies are designed to nurture the innate neurological caregiving system of the human brain.

PROGRAMS

- Birth Doula Training and Certification
- Postpartum Doula Training that meets all requirements for the Infant Mental Health Associate Certificate Program
- CE and CME training courses and online courses for providers, nurses, and professional doulas

ONLINE COURSES

- Recognizing the Previously Traumatized Person in Labor
- Newborn Communication Skills (Baby Whisperer Class)
- The Postpartum Course
- Your Social Brain



OBJECTIVES

At the end of this training, providers who attend fully will be able to:

- implement birth doula skills
- communicate using trauma-informed principles
- utilize strategies that minimize the incidence of implicit bias
- use patient defined culturally congruent behaviors
- respect the body's sexual pleasure function in their birthing practices
- refine the neurological caregiving system in their brains
- relate the multidisciplinary perspectives of neurology, endocrinology, anthropology and more to medicalized birth
- work harmoniously alongside doulas
- decrease opportunities for maltreatment in labor
- implement structural change in their facilities that benefit staff and patients
- list the subtle nuances that make doula programs succeed or fail
- feel transformed about their work and inspired to make changes towards kind, person-centered care

Doulaing The Doula
2829 Sylvan Ave
Madison, WI 53705



Doula Training for Physicians



Faculty



Dr Amy L. Gilliland, PhD

Dr. Amy L. Gilliland, PhD, is a Research Fellow, AASECT Certified Sexuality Educator Supervisor, Birth Doula Trainer Mentor, and care activist with over 30 years of experience as a doula and 3000 hours teaching adults. Her work has been published in six peer reviewed journals. While not a clinician, Dr. Gilliland has a deep empathy for the inner lives of providers.

CE Information : Dr. Gilliland is an approved Continuing Education Provider by the California Board of Nursing, #16959. This training is worth 32 nursing CE's.

CME Information and Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Wisconsin Association for Perinatal Care and Doulaing The Doula Trainings and Certification. The Wisconsin Association for Perinatal Care (WAPC) is accredited by the Wisconsin Medical Society to provide continuing medical education for physicians.

The Wisconsin Association for Perinatal Care (WAPC) designates this LIVE COURSE for a maximum of 32 AMA PRA Category 1 Credits(TM). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

No one in control of content has any relevant financial relationships with ineligible companies.

Daily Schedule 8:00 a.m. - 3:30 p.m.

Day 1 - Examining Childbirth Through a BioPsychoSocial Lens

Selected Topics

- Sexual Anatomy
- Differences in Sexual Development (DSD's)
- Intact Penis and Circumcision
- How Patients Make medical Decisions
- Prenatal Testing - Who Benefits?
- Labor and Birth Nerve Pathways (Physiology)
- The Hormonal Challenge of Moving from Home to Hospital
- Working WITH the Laboring Brain: Why Relaxation Techniques and Comfort Measures Work for Labor & For Whom
- Five Principles of Positioning
- Philosophical Differences Among Care Providers
- Sexuality of Labor and Birth

Day 2 - Focus on Labor Support

Selected Topics

- Pharmacological Pain Relief Effects on Labor Coping & Support
- Fetal Placental Clock of Spontaneous Labor
- Induction & Augmentation Methods
- An Introduction to Infant Mental Health
- Birth From the Babies Perspective
- Newborn and Birth Memory
- Foundations of Labor Support and The Laboring Brain
- Hormones of Labor

Day 3 - Focus on Clients and Careproviders

Selected Topics

- Emotional Support in Labor
- Comfort Measures and Positioning
- Doula Self-Care
- Doulaing The Doula Standards of Practice
- Code of Ethics
- Doulaing The Doula Certification

Day 4 - Focus on Careproviders and Systems

Selected Topics

- Prenatal Visits
- Birth and Postpartum Planning
- Supporting Clients With Previous Trauma
- Working With Your Client's Medical Team
- Implicit Bias in Doula Care

Day 5 - Focus on Complexities in Care

Selected Topics

- Labor Simulation Skills Practice
- Variations in Labor/Complexities in Care
- Power and Policy Change
- Postpartum: The Doula's Role
- Postpartum: Mental Health

DATES

July 28 - August 2, 2025

Baker's Sunset Bay Resort
Wisconsin Dells, Wisconsin

November 3-7, 2025

Hampton Inn Tropicana
Las Vegas, Nevada

February 23-27, 2025

Residence Inn Fort Myers Sanibel
Fort Myers, FL

Tuition: \$2250.00

includes all learning materials; hotel and transportation are not included.

Register online:

www.doulaworkshop.com

Discounts: Register three months or more in advance of any Provider training and receive \$250 off! Use coupon code "EarlyProv"

Cancellation Policy:

Training cancellations must be made in writing (via email) to *Doulaing The Doula*, tricia@doulaingthedoula.com, and a refund, less a 10% processing fee, will be given. No refunds will be made if cancellation is received 5 weeks before training start date; however, tuition, plus a 10% processing fee, may be applied to a future **Doulaing The Doula Training for Providers**



Doulaing The Doula
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