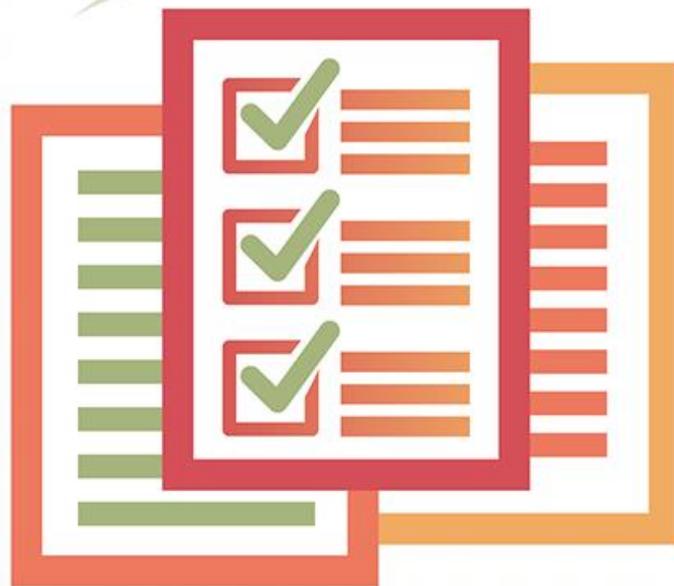


# LifespanDoulas



## Certification Packet

Last updated 10/27/2020



Dear Prospective Certified Doula,

Thank you for pursuing certification as an End-of-Life Doula with Lifespan Doulas. In this packet you will find all necessary forms and instructions for completing your EOLD certification. Once you have completed all requirements, passed the Certification Exam with a score of 85% or higher, and submitted your completed packet, you will be mailed a copy of your CEOLD Certificate within 30 days.

Your certification has no expiration date. It is a lifetime certification.

We are here to support you in this process. If you have any questions, please contact me. Thank you for your service to individuals and families during life's final transition.

Patty Brennan  
patty@lifespandoulas.com



## End-of-Life Doula Certification Requirements

1. Download the Lifespan Doulas certification packet, containing instructions and forms, from the website.
2. Complete the application to become a certified EOLD with Lifespan Doulas.
3. Complete all 10 self-paced online EOLD training modules.
4. Complete the two-day live online EOLD workshop.
5. Complete required reading.
6. Sign the *Agreement to Abide by the Lifespan Doulas Scope of Practice for End-of-Life Doulas*.
7. Pass the comprehensive EOLD online certification exam and print out the results page showing a score of 85% or higher OR submit proof of having earned the [NEDA Proficiency Badge](#) from the National End-of-Life Doula Alliance (NEDA's cost is \$165). NEDA represents a diverse group of doulas and training organizations who have come together and agreed to create professional standards for the industry. Choosing this option will result in a dual credential—the NEDA Proficiency Badge (and associated directory listing on the NEDA website) and Lifespan Doulas End-of-Life Doula Certification.



## How to Submit your Completed Packet

Scan your completed documents and save as one PDF file. Please name your file "FullNameEOLDCertApp.pdf" and email to [patty@lifespandouglas.com](mailto:patty@lifespandouglas.com).

### CHECKLIST

**Please assemble your materials in the following order:**

- Application to become a Certified EOLD
- Required Reading Checklist
- Signed Agreement to Abide by the Lifespan Doulas Scope of Practice for EOLDS
- Results page verifying successful completion of Certification Exam OR verification of NEDA Proficiency Badge



## Application for Certified End-of-Life Doula (CEOLD)

Full name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email: \_\_\_\_\_

Website (if you have one): \_\_\_\_\_

*If you want to share, we would love to know more about you. This can assist us when journalists are seeking interview subjects, when consumers are looking for specialized help, and so on.*

Area served: \_\_\_\_\_

Population served: \_\_\_\_\_

Professional affiliations (if any): \_\_\_\_\_

Areas of specialty/interest: \_\_\_\_\_



## Required Reading

Please place a checkmark next to the items you have completed and sign below.

### Websites

Familiarize yourself with the resources available on the following websites.

- \_\_\_ [AARP.org/home-family/caregiving/](http://AARP.org/home-family/caregiving/)
- \_\_\_ Area Agency on Aging
- \_\_\_ [TheConversationProject.org](http://TheConversationProject.org)
- \_\_\_ [National End-of-life Doula Alliance \(NEDA\)](http://NationalEnd-of-lifeDoulaAlliance.org)
- \_\_\_ [HomeFuneralAlliance.org](http://HomeFuneralAlliance.org)

### Books

Part I. These three books are required.

- \_\_\_ Cochran, D. (2019). *Accompanying the Dying: Practical Heart-Centered Wisdom for End-of-Life Doulas and Health Care Advocates*
- \_\_\_ Gawande, A. (2014). *Being Mortal*
- \_\_\_ Threshold Care Circle (2015). *My Final Wishes* (available from <http://www.thresholdcarecircle.org/resources/my-final-wishes>)

Part II. Choose one of these six books.

- \_\_\_ Anderson, M. (2003). *Sacred Dying*
- \_\_\_ Brennan, P. (2019). *The Doula Business Guide: How to Succeed as a Birth, Postpartum or End-of-Life Doula, 3<sup>rd</sup> Edition*
- \_\_\_ Butler, K. (2013). *Knocking on Heaven's Door*
- \_\_\_ Callanan, M. and Kelley, P. (2012). *Final Gifts: Understanding the Special Awareness, Needs and Communications of the Dying*
- \_\_\_ Halifax, J. (2008). *Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death*
- \_\_\_ Warner, F. (2013). *The Soul Midwives' Handbook: The Holistic and Spiritual Care of the Dying*
- \_\_\_ Williams-Murphy, M. and Murphy, K. (2012). *It's OK to Die*

I confirm that I have completed the readings as indicated above.

Signature \_\_\_\_\_

Date \_\_\_\_\_



## **Lifespan Doulas End-of-Life Doula Scope of Practice**

### **Standards of Practice**

#### **The Role of the End-of-Life Doula**

- The essence of doula care is to provide non-medical, non-judgmental support and guidance to individuals and families through times of critical, transformative life change.
- Doulas nurture, inform, support, guide, empower and comfort.
- End-of-life doulas work in tandem with other caregivers and members of the hospice team.
- Doulas foster self-determination in their clients by assisting in the gathering of information and encouraging them to make informed choices that are right for them.
- For client needs outside of the doula's scope of practice, the doula makes referrals to appropriate professionals and community resources.
- Doula support is focused on, and adapted to, the unique needs and requirements of each family served.

#### **Limitations to Practice**

- As non-medical care providers, end-of-life doulas do not perform clinical tasks (e.g., monitor vital signs, administer medication).
- The doula refrains from giving medical advice or from persuading clients to follow a specific course of action or treatment.
- The doula refrains from imposing his/her own values and beliefs on the client.
- Doulas do not undermine their clients' confidence in their caregiver(s). However, in cases where clients are initiating a discussion about a caregiver's advice or expressing dissatisfaction with a caregiver's practice or attitudes, the doula uses good listening skills to support clients to consider their options.
- Doulas do not usurp the role of other professionals and caregivers such as the hospice nurse, social worker, chaplain, home health aide, etc.
- Doulas do not facilitate medical aid-in-dying but may be present per client request.
- Doulas cannot take payment for hands-on care of the body of the deceased.

#### **Considerations Regarding Multi-Credentialed Doulas**

- While understanding that doulas will draw from their full range of knowledge, skills and life experience, it is important to realize that offering enhanced or blended services may send a mixed message to the consumer regarding the role of the doula. The doula cannot, for example, be a non-clinical care provider and simultaneously "prescribe" an herbal regimen or assume responsibility for wound care.

- If a doula wears more than one professional hat and is seeking to leverage a blended skill set (e.g., nurse, social worker, pastor, herbalist, massage therapist) in the course of providing doula services, then she/he is obligated to make her/his additional roles and credentials transparent to the client.

## **Code of Conduct**

### **Ethical Duty to Clients**

- In all professional interactions, the doula demonstrates the highest level of personal integrity by accurately representing her/his level of experience, training and credentials.
- Doulas should establish clear communication with clients, both verbally and in writing, regarding their availability, services included in their care, limitations to services, backup doula policies and fees (including amount charged, retainers, terms of payment and refund policy).
- Doulas have a duty to complete services as promised, according to the terms of the agreement. If the doula is unable to complete services to a family (through personal choice, emergent need or unavoidable conflict), then she/he is obligated to: (1) give the family as much advance notice as possible; (2) help the family get their needs met by activating backup doula support in accordance with her/his stated backup doula policy; and (3) if backup support is unavailable, the doula should refund all client fees paid in advance of services.
- Volunteer doulas who agree to provide services for no cost or reduced cost have no less of a duty to complete services to the client, as agreed.

### **Duty to Maintain Client Confidentiality**

- Doulas promise to maintain absolute confidentiality regarding the client's personal information, photos and story. If seeking to share client-related information for any purpose, including to publish photographs, or to share the client's story, the doula must obtain the client's permission and then abide by their wishes.
- The doula's promise of confidentiality also extends to family members and to other care providers involved in the client's care.
- When given permission to share personal information, all identifying demographic information should be omitted, unless the client has given express permission to be identified.
- Special care must be taken in the use of social media to protect client confidentiality.

### **Duty to the Doula Profession**

- Each doula represents the doula profession as a whole and carries the duty to do so in a responsible, ethical and professional manner.
- Doulas have a duty to ensure that the information and resources they are sharing with clients are evidence-based and up to date.



- Doulas understand that they are part of a worldwide community of doulas and will treat one another with respect and kindness, regardless of affiliation.

*I have read and understand the Lifespan Doulas Scope of Practice. My signature below signifies that I agree to abide by this Scope of Practice when I am offering services in my role of a doula.*

Signature \_\_\_\_\_

Date \_\_\_\_\_



## EXAM INSTRUCTIONS

1. When you have completed the 10 self-paced modules and live online workshop, please request access to the Certification Exam by emailing [Patty@LifespanDoulas.com](mailto:Patty@LifespanDoulas.com).
2. Within 24 hours, you will be given access to the Exam. It will become visible in your student portal on the Thinkific platform.
3. The exam is an open-book, self-paced exam; you can save your progress as you go and complete the test in multiple sessions if desired.
4. A passing grade of 85% or higher is required for certification.
5. You can take it as many times as necessary.
6. Once you have successfully completed the exam, you will be given access to your Exam Certificate. Please print this out for inclusion when you submit your Certificate Packet