

Doula Fundamentals & Essential Skills

Core Competencies for All Doulas

This training includes seven self-paced modules covering all the basics critical to effective doula support, regardless of specialty area—birth, postpartum, or end-of-life.

- ✓ The Doula Model of Care
- ✓ Role of the Doula
- ✓ Scope of Practice—Standards of Practice & Code of Conduct
- ✓ The Doula as Educator
- ✓ Compiling Community Resources
- ✓ How/When to Make Referrals
- ✓ Communication, Mediation & Advocacy Skills
- ✓ Grief & Bereavement Support
- ✓ Domestic Violence Awareness
- ✓ Safety Strategies for Doulas
- ✓ Working with Low-Income or Under-Resourced Families
- ✓ Overview of Holistic Therapies for Doulas
- ✓ Identifying & Preventing Caregiver Burnout: Self-Care for Everyone
- ✓ Establishing a Doula Practice Overview