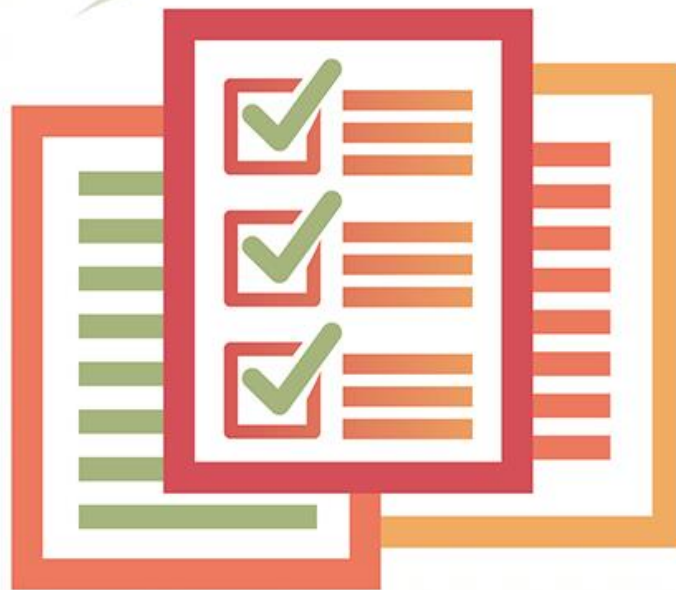


# LifespanDoulas



## Certification Packet



Dear Prospective Certified Doula,

Thank you for pursuing certification as a Birth Doula with Lifespan Doulas. In this packet you will find all necessary forms and instructions for completing your 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 CBD 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 in support of families during the childbearing year.

Patty Brennan  
patty@lifespandoulas.com



**Birth Doula Certification Requirements**  
**for**  
**Folks who completed DONA training with Patty Brennan**

1. Download the appropriate Lifespan Doulas certification packet, containing instructions and forms, from the website.
2. Complete the application to become a certified Birth Doula with Lifespan Doulas.
3. Provide a copy of your training certificate OR year you took your training and your name at that time (if different).
4. Complete the live online [Breastfeeding Basics for Doulas](#) class for \$75 (or show proof that you have completed a professional breastfeeding training, minimum 3 hours).
5. Complete required reading checklist.
6. Sign the Agreement to Abide by the Lifespan [Doula Scope of Practice](#).
7. Pass the comprehensive Birth Doula online certification exam with a score of 85% or higher. Email [patty@lifespandoulas.com](mailto:patty@lifespandoulas.com) to request access to the exam. Within 24 hours, you will receive an invite from our online learning platform, Thinkific, to access the exam.



## How to Submit your Completed Packet

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

### CHECKLIST

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

- Application to become a Certified Doula
- Proof of doula training
- Proof of completion of breastfeeding class requirement
- Required Reading Checklist
- Signed Agreement to Abide by the Lifespan Doulas Scope of Practice.
- Results page verifying successful completion of Certification Exam



**Application for Certified Birth Doula (CBD)  
for  
Folks who completed DONA training with Patty Brennan**

*Please print your answers clearly.*

**Name (as you would like it to appear on your certificate):**

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**Mailing Address (where you want certificate sent):**

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**Phone number (in case we have questions):**

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**Email:**

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## Required Reading Checklist

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

\_\_\_\_\_ *The Birth Partner*, 5th Edition, by Penny Simkin

\_\_\_\_\_ *Breastfeeding Made Simple*, by Mohrbacher and Kendall-Tackett

\_\_\_\_\_ *Natural Hospital Birth*, 2nd Edition, by Cynthia Gabriel

\_\_\_\_\_ *The Doula Business Guide*, 3rd Edition, by Patty Brennan

You may substitute other books from the DONA certification reading list if you were working your way through those. Simply list below a minimum of four books that you have read.

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

Signature \_\_\_\_\_

Date \_\_\_\_\_



## **Lifespan Doulas Doula Scope of Practice**

### **Standards of Practice**

#### **The Role of the 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.
- Doulas work in tandem with other caregivers and members of the medical or hospice teams.
- 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 person/family served.

#### **Limitations to Practice**

- As non-medical care providers, 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 doctor, midwife, lactation consultant or hospice team members.

#### **Limitations Specific to End-of-Life Doulas**

- 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, aromatherapist, massage therapist) while providing doula services, then she/he is obligated to make her/his additional roles and credentials transparent to the client.

### **Continuing Education**

- Doulas have a duty to maintain and update their knowledge in their chosen field. It is understood that professional doulas will engage in ongoing efforts (e.g., reading, podcasts, webinars, workshops, e-newsletters), from trusted sources, to ensure that they are always sharing the latest in evidence-based information with clients.

## **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).
- Non-abandonment. 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 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 for services not rendered. Volunteer doulas who agree to provide services for no cost or reduced cost have no less a duty to complete services to the client, as agreed.

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

- While doulas do not fall under HIPAA mandates, they nevertheless should behave as though they are HIPAA-mandated to protect the confidentiality of their clients’ private medical information.
- 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 and carries the duty to do so in a responsible, ethical, and professional manner.
- 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. You will need to 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 and receive an invitation from our online learning platform, Thinkific.
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, print out your Results page that displays your score for inclusion when you submit your Certificate Packet.