

Recertification Requirements and Policies

***Your certification status is your responsibility!
We do not send out recertification reminders.***

Recertification Requirements

1. Complete 15 hours of approved continuing education within the three-year certification period (1 hour of curriculum time = 1 contact hour).
2. Confirm you have been active in the field as a doula, educator, or related service provider during the three-year certification period.
3. Confirm you agree to abide by the Lifespan Doulas' [Doula Scope of Practice](#).
4. Pay the recertification fee.
5. Submit your Recertification Application before your current certification expiration date.

Timing on the Recertification

- If we have not received your Recertification Application by your current certification expiration date, your certification will be considered lapsed. No exceptions will be made to this policy.
- *To ensure your certification does not lapse, we recommend you submit the Recertification Application at least one month prior to the expiration date.* This allows for questions and follow-up from the Certification Director who reviews the applications.
- Missing or incomplete information will delay processing of your application. No exceptions will be made for incomplete application materials. Our review process takes time. **Please Note: There is no option for rush processing.**
- Applicants who submit their recertification application by the required date will receive a 30-day grace period to complete the recertification application in process. Lifespan certified doulas will remain listed as certified on the Lifespan website during this grace period.
- **Please Note:** If you are working with third parties who require proof of recertification (e.g., Carrot), your ability to do business with them may be compromised during the grace period as you will not have proof of certification until your application is approved. Submitting your recertification packet with time for the 30-day processing before your current certification expiration date will reduce the risk of a lapse in proof of certification.

What if my certification has lapsed?

Trained by Lifespan Doulas: If you were trained by Lifespan Doulas, then simply make your payment, complete the Recertification Application, and submit it for review.

Cross Certified and trained within the last 10 years: If you were cross certified by Lifespan Doulas and your training through another provider was completed **within the last 10 years**, then simply make your payment, complete the Recertification Application, and submit it for review.

Cross Certified and trained more than 10 years prior: If you were cross certified by Lifespan Doulas and your training through another provider was completed **more than 10 years prior**, you will need to reapply for Lifespan Certification, meeting all the requirements for [Cross Certification](#).

Continuing Education

A wide variety of trainings that enhance the doula's support skills and knowledge base are accepted, including attendance at conferences, workshops, doula trainings, and some webinars. Programs may be in-person or online (either live or self-paced format). *Please see details of required documentation below.*

Examples of Approved Programs

- Any program offered by Lifespan Doulas.
- Addition of another doula specialty training during the renewal period (e.g., you are a certified birth doula, and you completed postpartum doula training)
- Another doula training offered by a different organization from the one used to qualify for certification
- All programs related to the doula's specialty and approved for nursing or social work contact hours; nursing CEUs must not be focused on the acquisition of clinical skills outside of the doula's scope (e.g., phlebotomy)
- Any training approved for CERPS or other lactation credentials (Birth/Postpartum Doulas only)
- Doulas currently enrolled in higher education in a related field can use course credits as proof of continuing education provided the course builds support skills or covers knowledge relevant to the doula's specialty.

Recommended Continuing Education

Birth & Postpartum Doulas

- [LactaLearning](#) (breastfeeding education, support)
- [Spinning Babies](#) (optimal fetal positioning)

End-of-Life Doulas

- [Final Touch](#) (palliative massage, comfort positioning at the end of life)
- [Respecting Choices](#) (advance care planning)

All Doula Specialties

- Motivational Interviewing
- Grief and bereavement support
- Newborn and infant loss, perinatal hospice
- Doula business topics
- HIPAA training
- CPR (infant/child/adult)
- Meeting the needs of special groups (e.g., teens, homeless, incarcerated, LBGT+)
- Complementary therapies, holistic modalities (e.g., aromatherapy, Reiki)

- Boundaries
- Self-care

Alternative Continuing Education

Doulas may also satisfy continuing education requirements in other ways including:

- Hospice volunteer training (EOLDs only)
- Doula volunteer hours
- Attending or leading a support group (e.g., La Leche League, postpartum family support, grief support)
- Death Cafe facilitator (EOLDs only)
- Public speaking/community education engagements on relevant topic(s)
- Publication of books, articles, research on relevant topic(s) you have authored

Please see details of required documentation below. These activities may also be used to demonstrate that you have been active as a doula in your community.

Proof/Documentation of Continuing Education is Required.

The continuing education program(s) chosen must offer written proof of completion in the form of a certificate or letter (on letterhead), containing the following information:

- Name of the program
- Name of the program provider/sponsoring organization
- Length of program or number of contact hours earned
- Your name
- Completion date

Proof of Alternative Continuing Education

Acceptable proof of alternative continuing education may include:

- Screen shot of a published promo for hosting a Death Café, LLL or other support group, with your contact information listed
- Written record of support group meetings attended (Include type of group, sponsoring organization, dates of attendance, and number of contact hours.)
- Certificate of completion for hospice volunteer training
- Letter from the hospice volunteer coordinator confirming volunteer activity
- Copy of a promotional piece/announcement for a speaking engagement
- Reference or link to published article/book listing you as author
- Syllabus for the college course and proof of enrollment

Webinars

- A Certificate of Completion is required for live webinars. Viewing a recorded webinar is acceptable provided there is a post-test and Certificate of Completion available as evidence of your participation.

How to Calculate Continuing Education Contact Hours (CEUs)

- Attending a class or webinar: one hour of class time = 1 contact hour
- Speaking engagement: should be calculated as follows: length of speech x3 = number of contact hours earned (e.g., a 1-hour-long presentation = 3 contact hours).

- Attending a support group, volunteer hours: one hour invested = 1 contact hour
- Publishing in the field: up to 15 contact hours can be earned, depending on whether the piece is an article in a local, national, or international publication, a book, or a journal article. Contact patty@lifespandoulas.com for help in determining the number of contact hours awarded.

Active as a Doula

We define “active” as providing doula services to a minimum of three families during the certification period in your chosen specialty area (birth, postpartum, or end-of-life). If you have not attended three births, supported three families in the postpartum period, or provided end-of-life support to three clients/families, the Alternative Continuing Education activities listed above will also fulfill this requirement.

Recertification Fees

Please check the [Lifespan website](#) for current fees. If you are certified in more than one specialty area, you can save money if you purchase and submit your Recertification Applications at the same time.

IMPORTANT

****Email Communication****

- ✓ Be sure to keep an eye on your Inbox and add the domain "@lifespandoulas.com" to your contacts list. At the same time, create a filter/rule instructing your email provider to never send messages from that address to spam.
- ✓ Once you have submitted your application, please check your email daily for follow-up. The review process sometimes involves the Certification Director reaching out for clarification.
- ✓ Please remember to keep your current name and email updated with us always!