

# DONA Approved Birth Doula Workshop

“If a doula were a drug, it would be unethical not to use it.”

John H. Kennell,  
MD, 1998

This workshop is for anyone interested in assisting women and their families to have satisfying birth experiences. It utilizes texts and supplementary literature, videos, slides, small group activities, hands-on practice and role play to develop theoretical knowledge and practical skills as a birth doula. Attendance constitutes one step in the process to become a DONA certified birth doula. Upon completion of this workshop participants will be able to:

- ♥ Describe the significance of birth to women and their families; ♥ Define the role of the birth doula;
- ♥ Explain the DONA International Standards of Practice and Code of Ethics for the birth doula; ♥ List benefits of continuous support by a birth doula on obstetrical and psychological outcomes based on the research; ♥ Describe the emotional and physical needs of laboring women and their partners; ♥ Compare specific characteristics of laboring women who are and are not coping well; ♥ Demonstrate comfort measures and optimal birth positions for laboring women; ♥ Analyze the birth doula’s role when her client has an epidural; ♥ Describe the birth doula’s role in the prenatal and postpartum visit; ♥ Describe the birth doula’s role during a cesarean birth; ♥ Describe the birth doula’s role with the family during the immediate postpartum period; ♥ Discuss the process for DONA International birth doula certification

## CLEVELAND, OHIO

- March 4 and 5, 2017 (optional courses on March 3rd)
- August 26 and 27, 2017 (optional courses on August 25th)
- November 18 and 19, 2017 (optional courses on November 17th)

This two-day intensive **Birth Doula Workshop** has been approved as one step toward birth doula certification with DONA International.

The *optional* one day **Introduction to Childbirth Course for Doulas** offered the day prior to the Birth Doula Workshop satisfies the childbirth class observation certification requirement for those who are not childbirth educators, nurses with labor and delivery experience, midwives or midwifery students. This requirement can also be met by observing a childbirth preparation class series.\*

The *optional* three-hour **Breastfeeding Course for Doulas** offered the evening prior to the Birth Doula Workshop satisfies the breastfeeding class attendance certification requirement for those who are not lactation counselors, lactation educators, lactation consultants, breastfeeding peer counselors or La Leche League leaders. This requirement can also be met by observing a breastfeeding class or workshop that meets certain criteria or participating in the on-line course option approved by DONA International.\*

\*See the DONA International [Certification Guide](http://www.DONA.org) at [www.DONA.org](http://www.DONA.org) under “Become a Doula, Birth Doula Certification.”

## Prepare to Attend By Reading:

### From the DONA International Required Reading List:

- [The Birth and Postpartum Position Papers](#)
- *The Birth Partner (2013)* by Simkin (bring it to the workshop)
- One book choice from Group 1 of the [Required Reading List](#)\*



## WORKSHOP DETAILS

### Professional Investment

**Regular** registration fees (*received less than one (1) month in advance of the workshop*):

- Two-day birth doula workshop: \$450
  - **Discount of \$100 with early registration—more than one (1) month in advance—pay only \$350!**
- One-day *optional* introduction to childbirth course for doulas: \$100
- Three-hour *optional* breastfeeding course for doulas: \$50

Mail in the registration form below or use the [online registration form](#). **Registration must be accompanied by payment to secure a seat.**

### Payment Options

Check, money order or [Pay Pal](#) (with a small transaction fee) are accepted. \*Registrations received less than two (2) weeks in advance must be paid with [Pay Pal](#), a money order or cash.

### Cancellation Policy

Refund requests must be received at least two (2) weeks in advance of a scheduled workshop. A \$100 processing fee will be retained on all cancellations. A registration may be transferred to another participant without penalty up to five (5) days in advance of a workshop. *If the Doula Experience must cancel a workshop, full refunds will be awarded.*

**Breastfeeding infants-in-arms** up to four (4) months of age who are non-mobile and easily soothed are welcome. Caregivers may also bring a nursing baby to her/his mother periodically. Mothers will always be considerate of the learning experience of other participants.

**Snacks and cold beverages** are provided each day. Lunch and dinner are on your own. You may wish to pack your meals because break time is limited, but the hospital cafeteria and fast food restaurants are nearby.

### Workshop Hours

- *Optional* Introduction to Childbirth for Doulas: 8:30 am to 5:30 pm
- *Optional* Breastfeeding Course for Doulas: 6:30 pm to 9:30 pm
- Birth Doula Workshop Day One: 8:30 am to 7:30 pm
- Birth Doula Workshop Day Two: 8:30 am to 6:30 pm

### Workshop Location

Cleveland, OH workshops are held in Middleburg Heights at Southwest General Health Center.

### Confirmation

Confirmation, workshop details, directions to the workshop site and lodging information for out-of-town participants will be emailed no later than one (1) week prior to the workshop.

### Workshop Facilitator:

Sunday Tortelli is a DONA approved birth doula trainer and DONA advanced certified birth. She has been offering DONA approved basic and advanced birth doula workshops since 1997 and was one of the first group of doulas awarded the DONA Advanced Certified Doula designation in 2015.



Sunday is certified as a childbirth educator with Birth Works International, the HypnoBirthing Institute and Lamaze International and is an Evidence Based Birth instructor. In 2015, she received the prestigious Fellow of the Academy of Certification Childbirth Educators award. She is also certified as a lactation counselor with the Academy of Lactation Policy and Practice.

Sunday provides childbirth preparation classes independently and as an educator with a Cleveland hospital system. She has extensive experience providing services as a birth doula in both hospital and home settings since 1990. Sunday currently serves on the DONA International Birth Doula Certification Committee and previously served on the DONA International Board of Directors as the Director of Publications, President Elect, President and Past President and on various committees from 2005 to 2016. Locally, she is on the steering committee of ICAN of Greater Cleveland.

Sunday is the mother of four adults whose birth experiences shaped her philosophies and fueled her passion for birth work.



Sunday Tortelli, CCE, AdvCD/BDT(DONA), HBCE, LCCE, CLC, FACCE

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Facebook: <https://www.facebook.com/DoulaExperiencePerinatalServices>

## REGISTRATION FORM

### Sign up for:

- |  | Fee:     |
|--|----------|
| <input type="checkbox"/> Birth doula workshop, regular registration  | \$450.00 |
| <input type="checkbox"/> Birth doula workshop, <u>discount</u> registration ( <i>must be received more than one (1) month in advance</i> ) | \$350.00 |
| <input type="checkbox"/> <i>Optional</i> Introduction to Childbirth  | \$100.00 |
| <input type="checkbox"/> <i>Optional</i> Breastfeeding Course  | \$ 50.00 |

Total: \_\_\_\_\_

\_\_\_\_\_  
Name as you wish it to appear on your certificate

\_\_\_\_\_  
First name for your name badge (if different)

\_\_\_\_\_  
Complete Address

\_\_\_\_\_  
Occupations / Licenses / Certifications

\_\_\_\_\_  
Email

\_\_\_\_\_  
Phone

### Method of Payment (*payment must accompany registration*)

- Check or money order payable to Sunday Tortelli
- [Pay Pal](#) (with a small transaction fee)

### Additional Details

- I am bringing a breastfeeding infant
- I wish to share lodging with another participant, if available

\_\_\_\_\_  
Workshop Dates