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## REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

Phones (Day & Evening) \_\_\_\_\_

E-mail \_\_\_\_\_

\_\_\_\_ \$50 non-refundable deposit enclosed

\_\_\_\_ \$300 workshop fee enclosed

Check, money order or credit cards accepted

Circle one: Visa or Mastercard

Number: \_\_\_\_\_

Expiration: \_\_\_\_\_

3 digit v-code: \_\_\_\_\_

It is not necessary to have any certifications to take the course but please check all that apply to help us understand your background.

<input type="checkbox"/> Birth Doula	<input type="checkbox"/> Postpartum Doula	<input type="checkbox"/> Childbirth Educator
<input type="checkbox"/> Midwife	<input type="checkbox"/> Massage Therapist	Certified CBE with _____
<input type="checkbox"/> Lactation Consultant	<input type="checkbox"/> Physician	<input type="checkbox"/> Nurse
<input type="checkbox"/> Physical Therapist	<input type="checkbox"/> Other Occupation	

Signature \_\_\_\_\_

Date \_\_\_\_\_

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## Course Information:

### Times

Friday 6:00-9:00pm

Saturday 8:00am-5:00pm

Sunday 8:00am-5:00pm

### Location

Doula Foundation of Mid-America

2130 N. Glenstone

Springfield, MO 65803

### Fees

**\$300.00** includes conference packet and materials, breakfast and snacks (lunches on your own).

Send payment and the registration form by:  
**February 1, 2010**

Success Naturally, Inc

PO Box 14668

Springfield, MO 65814

### **For Information**

### **Contact Ginny Ross at:**

P (417) 883-1138

Fax (417) 877-4719

E-mail: [rossginny@gmail.com](mailto:rossginny@gmail.com)

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## Success Naturally Presents:

## “Bless This Child” Birth Doula Workshop

February 19 – 21, 2010

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### **DONA Approved:**

An intensive doula training approved by Doulas of North America (DONA). The course is for anyone interested in assisting women and their families to have satisfying birth experience.

### **MONA Approved:**

This continuing nursing education activity was approved by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

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# Doula Training Course

On completion of the workshop, participants will be able to:

- Identify the significance of birth to women and their families
- Define the role of the doula
- Define the DONA scope of practice and code of ethics for the doula
- List benefits of a continuous doula on obstetrical and psychological outcomes based on fourteen trials
- Describe the emotional and physical needs of laboring women and their partners
- Demonstrate comfort measures and optimal labor positions for laboring women
- List three non-pharmacological methods for pain relief in labor
- Discuss the doula's role in the prenatal and postpartum visit
- Discuss the doula's role during a caesarean birth and in the immediate postpartum period
- Explain the ways a doula may gain credentials
- List the benefits of a referral program for clients
- Identify the ingredients to creating a successful doula business with satisfied clients

Participants must complete 85% of each session to receive MONA contact hours.

## Prerequisites for Participants

Required Texts: DONA's required reading list. While this list represents a substantial amount of preparation, your success in this course will be enhanced by accomplishing as much advanced preparation as possible. Texts can be purchased on-line through the DONA web site at [www.dona.org](http://www.dona.org) or at most book stores.

Childbirth educators, nurses with labor and delivery experience, midwives or midwifery students have the appropriate experience. For all others prepare by attending a complete series of childbirth preparation classes as an observer, view as many birth videos as possible. The reading should provide for you the following information:

- Anatomy of the human reproductive system and breasts
- Physiology of pregnancy, birth, postpartum and breastfeeding
- Definitions of common medical terms regarding labor
- Common procedures and tests used during normal birth, including their risks and benefits
- Pain medication and anesthesia administration and effects
- Caesarean birth
- Normal newborn appearance and procedures
- Basic relaxation techniques, breathing patterns and other comfort measures for labor
- Benefits of breastfeeding

## Qualified Instructors:

Ginny Ross, M.Ed., BSN, RN  
DONA Certified Doula and Trainer

Loa Freeman, BS  
Nationally Recognized in  
Communication Skills

Assistant:  
Julie Waldie, Executive Director  
Doula Foundation of Mid-America

