

# **The Holistic Doula Training Institute: Tailored Certification Programs for Prenatal, Postpartum, and Birthing Doula Care**

At The Holistic Doula Training Institute, we offer comprehensive certification programs designed specifically for those who wish to become **Prenatal, Postpartum, and Birthing Doulas**. Each program blends ancient healing techniques, modern doula practices, and intuitive support, empowering you to offer holistic care at every stage of the birthing journey. Our programs total **144 hours**, with **19 hours** of direct class instruction and the remaining hours dedicated to **fieldwork** and **home study**. The goal is to equip you with the tools and knowledge to offer healing, support, and empowerment to mothers and families during pregnancy, labor, and beyond.

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## **1. Usui Reiki Doula Certification Program**

**Total Hours: 144 (19 hours class instruction)**

**Focus:** Integrating Usui Reiki energy healing with prenatal, birthing, and postpartum doula care.

### **Curriculum Breakdown:**

#### **Class Instruction (19 hours):**

- **Introduction to Reiki for Doulas** (3 hours)
  - Understanding Usui Reiki and its history
  - Basic Reiki principles and energy flow
  - How Reiki enhances prenatal, birthing, and postpartum care
- **Reiki in Prenatal Care** (4 hours)
  - Techniques for promoting emotional balance and physical wellness in pregnancy
  - Reiki for reducing stress, anxiety, and discomfort during pregnancy
- **Reiki for Labor and Birth** (4 hours)
  - Reiki techniques to ease labor pain, support the mother emotionally, and reduce fear
  - Helping the birthing process flow smoothly through energy healing
- **Postpartum Reiki Healing** (4 hours)
  - Reiki to assist in postpartum recovery for mother and baby
  - Emotional and energetic healing for new mothers
- **Reiki for Family Support** (3 hours)
  - Supporting partners and families using Reiki
  - Using Reiki to enhance bonding between mother, baby, and family
- **Professional Ethics and Boundaries** (1 hour)
  - Setting clear boundaries and maintaining professionalism in holistic care

#### **Fieldwork/Home Study (125 hours):**

- **Practical Reiki Sessions** (50 hours)

- Hands-on Reiki practice with pregnant women and postpartum clients
  - Documenting energy shifts, client experiences, and outcomes
  - **Doula Support Fieldwork** (40 hours)
    - Assisting with labor, birth, and postpartum care for a minimum of 5 clients
    - Integrating Reiki techniques into your doula practice
  - **Reiki Self-Care** (15 hours)
    - Practicing Reiki on yourself to maintain your own energy and wellness
  - **Home Study Modules** (20 hours)
    - Assigned reading on Reiki, pregnancy, and childbirth
    - Reflective journaling and assignments on Reiki integration
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## 2. Corjos Method Doula Certification Program

**Total Hours: 144 (19 hours class instruction)**

**Focus:** Blending the Romanian Corjos energy healing technique with prenatal, birthing, and postpartum doula care.

**Curriculum Breakdown:**

**Class Instruction (19 hours):**

- **Introduction to the Corjos Method** (4 hours)
  - Origins and principles of the Romanian Corjos Method
  - Integrating Corjos energy healing into prenatal, birthing, and postpartum care
- **Artistic Energy Healing for Pregnancy and Birth** (5 hours)
  - Using artistic expression to support emotional and physical health during pregnancy
  - Healing techniques for labor, birth, and postpartum care
- **Energy Awareness and Intuition in Birth** (4 hours)
  - Enhancing intuition to guide emotional and energy shifts during birth
  - Recognizing and clearing energy blockages that can hinder labor progress
- **Corjos Healing for Postpartum Recovery** (4 hours)
  - Applying the Corjos method to assist with postpartum emotional and physical recovery
  - Supporting the mother and baby through energy healing
- **Ethics and Boundaries in Holistic Doula Care** (2 hours)
  - Professionalism, confidentiality, and maintaining clear boundaries in holistic doula support

**Fieldwork/Home Study (125 hours):**

- **Practical Corjos Healing Sessions** (50 hours)
  - Practicing Corjos energy healing with pregnant and postpartum clients
  - Integrating artistic expression into sessions to support emotional well-being

- **Doula Support Fieldwork** (40 hours)
    - Attending 2–3 births and providing prenatal/postpartum support using the Corjos Method
    - Assisting with emotional support through energy work during labor and birth
  - **Intuitive Reflection and Development** (15 hours)
    - Enhancing your intuitive abilities through journaling, meditation, and client observations
  - **Home Study and Research** (20 hours)
    - Assigned reading on Corjos healing, energy work in pregnancy, and birth
    - Reflection papers on the integration of Corjos Method in doula practice
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### 3. Conscious Coach Doula Certification Program

**Total Hours: 144 (19 hours class instruction)**

**Focus:** Enhancing intuitive abilities and offering comfort and intuitive insight to clients during prenatal, birth, and postpartum care.

**Curriculum Breakdown:**

**Class Instruction (19 hours):**

- **Introduction to Conscious Coaching in Doula Care** (4 hours)
  - Conscious coaching principles and how they integrate with doula work
  - Techniques for mindful listening, guidance, and emotional support during birth
- **Enhancing Intuition for Birth and Postpartum Support** (5 hours)
  - Exercises to enhance your intuitive abilities for understanding client needs
  - Offering intuitive insights during pregnancy, labor, and postpartum
- **Mindful Birth Practices for Coaching** (4 hours)
  - Using mindfulness techniques to ease anxiety and enhance the birth experience
  - Supporting mothers in staying present during labor
- **Supporting Families with Comfort and Insight** (4 hours)
  - Offering comfort and intuitive guidance during the emotional intensity of birth
  - Using coaching techniques to empower the mother and family
- **Ethics and Boundaries in Conscious Coaching** (2 hours)
  - Establishing professional boundaries and maintaining ethical practices in coaching
  - Understanding the limits of intuitive guidance and client autonomy

**Fieldwork/Home Study (125 hours):**

- **Conscious Coaching Sessions** (40 hours)
  - One-on-one coaching sessions with pregnant clients, focusing on mindful support and intuition

- Documenting client progress and offering insights during prenatal and postpartum visits
  - **Doula Support with Conscious Coaching** (40 hours)
    - Attending 2–3 births and providing support with conscious coaching techniques
    - Offering emotional support, guidance, and intuitive insights during labor and postpartum
  - **Personal Intuition Development** (15 hours)
    - Daily journaling exercises to enhance and reflect on intuitive development
  - **Home Study and Reflection** (30 hours)
    - Reading and reflecting on mindfulness and coaching techniques
    - Completing assignments and exercises to integrate conscious coaching into doula practice
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## 4. Music Energy Therapy Doula Certification Program

**Total Hours: 144 (19 hours class instruction)**

**Focus:** Combining music therapy, Reiki, and doula practices to support emotional and physical healing during pregnancy, labor, and postpartum.

### Curriculum Breakdown:

#### Class Instruction (19 hours):

- **Introduction to Music Energy Therapy in Birth** (4 hours)
  - The healing power of sound and music in doula care
  - Understanding how different frequencies and types of music affect energy and emotions
- **Integrating Reiki with Music Therapy** (5 hours)
  - Combining Reiki energy healing with music therapy techniques for labor and birth
  - Selecting music to create a healing environment during labor
- **Music for Birth and Postpartum** (5 hours)
  - Creating playlists and selecting music for labor, delivery, and postpartum healing
  - Using sound to reduce anxiety, pain, and promote emotional healing
- **Intuitive Music Selection for Doulas** (4 hours)
  - Choosing the right music for different emotional states and energy shifts
  - Developing intuition in selecting sound therapy for clients
- **Ethics and Boundaries in Music Therapy and Doula Work** (1 hour)
  - Professionalism and ethical considerations when using music and Reiki in doula care

#### Fieldwork/Home Study (125 hours):

- **Music Therapy Practice** (45 hours)

- Practicing music therapy with clients during prenatal, birth, and postpartum care
    - Documenting the impact of music on emotional, physical, and spiritual healing
  - **Reiki and Music Integration** (30 hours)
    - Practicing the integration of Reiki energy healing with music therapy techniques
    - Reflecting on the synergy between sound and energy in healing
  - **Doula Support with Music Therapy** (30 hours)
    - Attending 2–3 births and providing doula support using music therapy and Reiki
  - **Home Study and Music Research** (20 hours)
    - Assigned readings and research on the use of music and sound healing in birth
    - Developing a personalized music therapy plan for clients
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## **5. Mindfulness Coach Doula Certification Program**

**Total Hours: 144 (19 hours class instruction)**

**Focus:** Teaching mindfulness practices to support prenatal, birthing, and postpartum clients, while enhancing the doula's intuitive and emotional guidance.

**Curriculum Breakdown:**

**Class Instruction (19 hours):**

- **Introduction to Mindfulness in Doula Care** (4 hours)
  - Mindfulness principles and their application in doula work
  - Understanding how mindfulness can enhance the birth experience
- **Mindful Prenatal Care** (5 hours)
  - Mindfulness techniques for reducing stress and anxiety during pregnancy
  - Guided meditation and relaxation exercises for mothers-to-be
- **Mindfulness Practices for Labor and Birth** (5 hours)
  - Techniques for staying present and calm during labor
  - Mindful breathing and body awareness for pain management
- **Mindfulness and Postpartum Care** (4 hours)
  - Supporting emotional well-being during postpartum recovery
  - Mindful practices for mother-baby bonding and healing
- **Ethics and Boundaries in Mindful Coaching** (1 hour)
  - Establishing boundaries and professional ethics when coaching clients through mindfulness

**Fieldwork/Home Study (125 hours):**

- **Mindfulness Practice and Reflection** (40 hours)
  - Practicing mindfulness with clients during prenatal, labor, and postpartum care
  - Documenting emotional and physical benefits of mindfulness practices
- **Doula Support with Mindful Practices** (40 hours)

- Attending 2–3 births and providing emotional and intuitive support using mindfulness techniques
  - Supporting clients in maintaining calm and presence throughout labor and postpartum
  - **Mindful Meditation and Journaling** (15 hours)
    - Engaging in daily mindfulness practices and journaling for personal growth
  - **Home Study and Application** (30 hours)
    - Reading on mindfulness in birth, meditation techniques, and emotional support
    - Completing assignments on integrating mindfulness into doula work
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## 6. Holistic Coach Doula Certification Program

**Total Hours: 144 (19 hours class instruction)**

**Focus:** Focusing on holistic wellness, nutrition, and sustainable practices to support families during pregnancy, birth, and postpartum care.

### Curriculum Breakdown:

#### Class Instruction (19 hours):

- **Introduction to Holistic Coaching for Doulas** (4 hours)
  - Holistic health principles and their application in doula support
  - Integrating holistic wellness, nutrition, and sustainable practices into doula care
- **Prenatal Nutrition and Wellness** (5 hours)
  - Understanding nutrition and wellness for the pregnant body
  - Supporting mothers with holistic nutrition plans and emotional wellness
- **Birth and Sustainable Practices** (4 hours)
  - How sustainable practices and natural remedies can support the birthing process
  - Teaching families about sustainable living choices during pregnancy and birth
- **Postpartum Wellness and Nutrition** (4 hours)
  - Supporting mothers with holistic postpartum care, including nutrition and rest
  - Guiding mothers toward emotional and physical recovery
- **Ethics and Boundaries in Holistic Coaching** (2 hours)
  - Establishing professional boundaries and ethics when offering holistic support

#### Fieldwork/Home Study (125 hours):

- **Holistic Care Practice** (40 hours)
  - Assisting pregnant and postpartum clients with holistic wellness and nutrition plans
  - Tracking client progress and documenting health outcomes
- **Doula Support with Holistic Practices** (40 hours)
  - Attending 2–3 births and providing support with a focus on holistic practices and sustainable choices

- Offering emotional and physical support using holistic health principles
  - **Personal Wellness Development** (15 hours)
    - Engaging in holistic self-care routines and documenting personal growth
  - **Home Study and Research** (30 hours)
    - Reading on holistic health, sustainable practices, and birth support
    - Developing a personalized holistic wellness plan for clients
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These tailored courses ensure that students are equipped with both the theoretical knowledge and hands-on experience to provide exceptional prenatal, birth, and postpartum care. Each program is designed to help students develop holistic skills, enhance intuition, and integrate healing techniques into their doula practice.

## **Daddy Doula Certification Program Curriculum**

**Total Hours:** 144 hours

**Classroom Hours:** 19 hours

**Fieldwork and Home Study:** 125 hours

### **Program Overview:**

The Daddy Doula Certification Program is designed to engage fathers and birthing partners in the birthing process, aiming to reduce maternal and infant mortality rates through advocacy, education, and active support. This program focuses on equipping partners with the knowledge and skills to provide life-saving assistance during labor, birth, and postpartum recovery. By addressing the alarming rates of preventable deaths and complications among women and babies, particularly in marginalized communities, this program strives to contribute to the solution of the American maternal health crisis.

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## **Module 1: Introduction to the Maternal Health Crisis (Classroom: 3 hours)**

- **Understanding the Crisis:** Overview of the American Maternal Health Crisis, including statistics on maternal and infant mortality rates.
- **The Role of the Daddy Doula:** How fathers and birthing partners can play a critical role in reducing mortality and morbidity rates.
- **The Importance of Advocacy:** Empowering fathers and partners to advocate for the safety and well-being of mothers and babies during labor, birth, and postpartum.

### **Fieldwork/Home Study (10 hours):**

- Research on maternal and infant mortality rates, especially in marginalized communities.
- Study of real-life case studies where partners played a role in advocating for safer births.

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## **Module 2: The Birth Process and Role of the Daddy Doula (Classroom: 4 hours)**

- **Anatomy of Birth:** Understanding the stages of labor and birth, physical and emotional support required.
- **Supporting the Birth Partner:** How to provide emotional and physical support during labor and delivery.
- **Recognizing Warning Signs:** Educating on signs of complications and emergencies during labor and delivery (e.g., excessive bleeding, preeclampsia, fetal distress).

### **Fieldwork/Home Study (20 hours):**

- Create a personalized birth plan, including a safety and emergency plan.
- Study common complications during birth and postpartum (e.g., hemorrhage, infection, preeclampsia).

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## **Module 3: Advocating for Safe Birth and Postpartum Care (Classroom: 4 hours)**

- **The Importance of Advocacy:** Learning how to effectively communicate with healthcare providers to ensure the safety of the mother and child.
- **Advocating for the Right Birth Environment:** Creating a supportive and safe environment for the birth and immediate postpartum period.
- **Postpartum Care:** Understanding the critical role of a birthing partner in supporting the recovery of the mother and baby, including physical recovery, mental health, and preventing postpartum depression.

### **Fieldwork/Home Study (25 hours):**

- Role-play advocacy scenarios, practicing how to speak with healthcare professionals to ensure safety.
- Research on postpartum care and the significance of support in reducing postpartum complications (e.g., overdose, infections, mental health challenges).

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## **Module 4: CPR, First Aid, and Emergency Response Training (Classroom: 4 hours)**

- **Basic Life Support (BLS):** CPR and first aid techniques for infants and mothers during labor and the immediate postpartum period.
- **Emergency Response:** How to respond in birth emergencies (e.g., cord prolapse, shoulder dystocia, hemorrhaging).



- **Incorporating Emergency Skills into the Birth Plan:** Creating a clear, actionable emergency response plan with the birthing team.

**Fieldwork/Home Study (25 hours):**

- Practice CPR and first aid techniques with simulation exercises.
  - Develop a personal emergency response plan for the birth and postpartum care of the mother and baby.
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**Module 5: Postpartum Education and Partner Support (Classroom: 2 hours)**

- **Physical Recovery for Mothers:** Postpartum care and recovery strategies for mothers, focusing on nutrition, rest, and self-care.
- **Mental Health and Emotional Support:** Recognizing signs of postpartum depression and other mental health issues, and how to provide emotional support.
- **Supporting the Newborn:** The role of the birthing partner in newborn care, including breastfeeding support, bonding, and early childhood development.

**Fieldwork/Home Study (30 hours):**

- Review postpartum care materials and research best practices in supporting new mothers.
  - Practice infant care and breastfeeding techniques with simulated scenarios.
  - Develop strategies for providing emotional support to both the mother and baby during the postpartum period.
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**Module 6: Ethical Considerations and Cultural Sensitivity (Classroom: 3 hours)**

- **Understanding Cultural Influences:** The role of cultural traditions and beliefs in the birth process and how to respect and integrate them into support.
- **Ethical Issues in Maternal Health:** Addressing ethical dilemmas that may arise during labor, birth, and postpartum care.
- **Building Trust in Communities:** How to work within the community to support maternal health and reduce health disparities.

**Fieldwork/Home Study (10 hours):**

- Research cultural considerations in birth practices and maternal care.
  - Conduct interviews or discussions with families in the community to understand their experiences and needs.
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## **Module 7: Self-Care and Sustainability for Dads and Birthing Partners** **(Classroom: 3 hours)**

- **The Importance of Self-Care:** How fathers and birthing partners can care for themselves to remain physically and emotionally strong throughout the process.
- **Managing Stress and Maintaining Well-being:** Techniques for managing stress and avoiding burnout.
- **Long-Term Advocacy:** Building a sustainable advocacy practice to continue supporting maternal health in your community.

### **Fieldwork/Home Study (25 hours):**

- Develop a self-care plan to ensure the birthing partner remains healthy and strong.
  - Research stress management techniques and tools for emotional resilience.
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## **Module 8: Final Project and Certification Exam (Classroom: 2 hours)**

- **Capstone Project:** Each participant will present a comprehensive birth plan and advocacy plan that includes their approach to supporting the birthing process, emergency preparedness, and postpartum care.
- **Certification Exam:** A written and practical exam covering the entire curriculum, including key concepts in maternal health, advocacy, emergency response, and postpartum support.

### **Fieldwork/Home Study (20 hours):**

- Final project preparation and review of all course materials.
  - Reflective journaling on personal growth and readiness to serve as a Daddy Doula.
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### **Program Completion and Certification:**

Upon successful completion of all modules, fieldwork, and the final exam, participants will receive the **Daddy Doula Certification**, ready to actively support birthing mothers and partners in their communities. This program aims to end disparities in maternal health, ensuring fathers and birthing partners are empowered with the skills to make a meaningful difference in the lives of mothers and babies.

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This comprehensive curriculum is designed not only to equip fathers and birthing partners with the skills to advocate for safe, healthy births but also to directly address and combat the high rates of preventable maternal and infant deaths. By focusing on advocacy, life-saving skills, and

emotional support, this program is a critical step in addressing the American Maternal Health Crisis.

## **Family Doula Certification Program Curriculum**

**Total Hours:** 144 hours

**Classroom Hours:** 19 hours

**Fieldwork and Home Study:** 125 hours

### **Program Overview:**

The Family Doula Certification Program is designed to engage families and friends in the birthing process, empowering them with the skills and knowledge to reduce maternal and infant mortality rates. By educating families and loved ones on the importance of advocacy, support, and life-saving skills, this program aims to reduce preventable deaths that mothers and babies experience during, before, and after childbirth. Addressing the alarming rates of overdose and preventable deaths in hospitals, this program is part of a collective effort to end the American Maternal Crisis and eliminate disparities in maternal and infant health, particularly in marginalized communities.

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## **Module 1: Introduction to the Maternal Health Crisis (Classroom: 3 hours)**

- **Understanding the Crisis:** Overview of the American Maternal Health Crisis, including statistics on maternal and infant mortality rates, particularly among marginalized groups.
- **Role of the Family Doula:** How family members and friends can play a pivotal role in reducing mortality and morbidity through active advocacy and support during labor, delivery, and postpartum recovery.
- **Empowering Families:** The importance of educating families and friends on how to prevent preventable deaths and complications.

### **Fieldwork/Home Study (10 hours):**

- Research maternal and infant mortality statistics, especially in marginalized communities.
  - Study real-life case studies that highlight the importance of family involvement in safe birthing practices.
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## **Module 2: The Birth Process and Family Support (Classroom: 4 hours)**

- **Understanding the Birth Process:** Basic anatomy of childbirth, stages of labor, and the physical and emotional support that mothers need during labor.
- **The Family Doula's Role:** How family members and friends can provide emotional and physical support, and what to expect during labor and birth.

- **Recognizing Warning Signs:** How to recognize potential complications during labor and delivery, such as hemorrhage, preeclampsia, and fetal distress.

**Fieldwork/Home Study (20 hours):**

- Develop a family-based birth plan that includes emergency protocols and personalized support for the birthing mother.
  - Study the common complications that may arise during labor and birth, and how family members and friends can help recognize them.
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**Module 3: Advocacy and Effective Communication in the Birth Setting  
(Classroom: 4 hours)**

- **Advocacy for Safe Birth:** Understanding how family members and friends can advocate for the mother's safety and well-being during labor and delivery.
- **Communicating with Healthcare Providers:** How to effectively communicate with doctors, nurses, and midwives to ensure that the mother's preferences are respected and safety is prioritized.
- **Creating a Birth Team:** Building a birth team that includes family members, medical professionals, and doulas to create a safe, supportive environment for the birth process.

**Fieldwork/Home Study (25 hours):**

- Practice advocacy scenarios with family members and friends to ensure they are comfortable speaking up and asking questions during labor and delivery.
  - Review case studies of families who have successfully advocated for the safety of mothers and babies during childbirth.
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**Module 4: Life-Saving Skills: CPR and Emergency Response Training  
(Classroom: 4 hours)**

- **CPR for Newborns and Mothers:** Basic Life Support (BLS) and CPR techniques for both mothers and newborns.
- **Emergency Birth Situations:** How to handle complications such as cord prolapse, shoulder dystocia, hemorrhaging, or sudden changes in the mother's condition.
- **Creating an Emergency Plan:** How to create and implement a clear and actionable emergency plan that involves family members and friends.

**Fieldwork/Home Study (25 hours):**

- Participate in CPR training and emergency response drills, practicing techniques for both mothers and newborns.

- Develop a comprehensive emergency response plan that includes family members' and friends' roles and emergency contacts.
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## **Module 5: Postpartum Care and Support (Classroom: 2 hours)**

- **Postpartum Recovery for Mothers:** Understanding the physical recovery process for mothers, including common complications like hemorrhaging, infections, and the importance of rest.
- **Mental Health and Emotional Support:** Addressing postpartum depression, anxiety, and emotional well-being. How family members and friends can provide mental health support and recognize signs of distress.
- **Infant Care:** How family members and friends can support newborn care, including breastfeeding, bonding, and early development.

### **Fieldwork/Home Study (30 hours):**

- Research postpartum care guidelines and how family members and friends can help with the mother's recovery.
  - Study the early signs of postpartum depression and anxiety, and develop strategies for emotional support.
  - Practice infant care, including breastfeeding support, diapering, and understanding newborn needs.
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## **Module 6: Preventing Postpartum Overdose and Death (Classroom: 3 hours)**

- **Understanding Postpartum Overdose Risks:** Addressing the alarming rates of overdose and preventable deaths during the postpartum period, especially related to opioid use.
- **Prevention Strategies:** Educating families and friends on how to identify risk factors for overdose and prevent postpartum-related deaths.
- **Supporting the Mother Post-Delivery:** How family members and friends can ensure the mother has a safe recovery process, including support around medication use and access to health services.

### **Fieldwork/Home Study (15 hours):**

- Study case examples of postpartum overdose and deaths to understand the risk factors and prevention methods.
  - Develop a postpartum support plan to ensure the mother's physical and emotional recovery, with a focus on safe medication use and mental health support.
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## **Module 7: Building Cultural Sensitivity and Respectful Birth Practices (Classroom: 2 hours)**

- **Cultural Sensitivity in Birth:** Understanding and respecting cultural practices and traditions around childbirth and postpartum recovery.
- **Respecting Family Dynamics:** How to honor the preferences of the birthing family while supporting a safe birth experience.
- **Breaking Barriers:** Addressing cultural and systemic barriers that impact maternal health, particularly in underserved communities.

### **Fieldwork/Home Study (10 hours):**

- Research cultural differences in childbirth and postpartum care.
  - Interview families in your community about their birth practices and preferences to learn how to better support their unique needs.
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## **Module 8: Self-Care for Families and Friends (Classroom: 2 hours)**

- **Self-Care and Well-being for Birth Partners:** The importance of self-care for family members and friends, ensuring they have the emotional and physical energy to support the mother effectively.
- **Stress Management:** Techniques for managing stress during the intense birth and postpartum period.
- **Sustaining Advocacy:** How families can continue advocating for maternal and infant health within their communities and reduce health disparities over time.

### **Fieldwork/Home Study (25 hours):**

- Develop a self-care plan for family members and friends involved in the birthing process.
  - Research stress management techniques and ways to provide emotional support to the mother during labor and postpartum recovery.
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## **Module 9: Final Project and Certification Exam (Classroom: 2 hours)**

- **Capstone Project:** Each participant will present a comprehensive family-based birth plan, advocacy plan, and postpartum care plan that includes strategies to support the mother, advocate for her safety, and prevent maternal and infant mortality.
- **Certification Exam:** A written and practical exam covering all aspects of the curriculum, including advocacy, emergency response, postpartum care, and cultural sensitivity.

### **Fieldwork/Home Study (10 hours):**

- Final project preparation, compiling a birth and postpartum plan for a real or hypothetical case.
  - Reflective journaling on personal growth and readiness to serve as a certified Family Doula.
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### **Program Completion and Certification:**

Upon successful completion of all modules, fieldwork, and the final exam, participants will receive the **Family Doula Certification**, ready to provide families with the support and skills necessary to reduce maternal and infant mortality, advocate for safe birth practices, and end health disparities in their communities. This program is a critical step in addressing and solving the American Maternal Crisis, providing families with the tools to ensure safe and healthy births.

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This curriculum is designed to empower families and friends to take an active role in the birth process, ensuring they are equipped with the knowledge, skills, and emotional resilience to protect and support mothers and babies. Through education, advocacy, and life-saving practices, this program seeks to significantly reduce maternal and infant mortality and contribute to the broader movement to end health disparities in America.

### **Holistic Doula Trainer Certification Program**

#### **Program Overview:**

The **Holistic Doula Trainer Certification Program** is designed for experienced doulas who are passionate about sharing their knowledge, skills, and holistic healing practices with others. This comprehensive program equips you to teach and mentor future doulas, combining traditional birth support techniques with modern wellness practices. Through this certification, you'll be trained to provide your students with the knowledge and tools they need to offer compassionate and effective support during pregnancy, labor, and postpartum care, while integrating ancient healing practices like Reiki, the Corjos Method, and mindfulness.

This flexible program includes a blend of online and in-person coursework, fieldwork, and home study hours. Upon completion, you'll have the expertise and confidence to lead your own classes, workshops, and certification programs, helping others build their own holistic doula practices. This program is ideal for seasoned doulas who wish to take their passion for holistic birth support to the next level by becoming a certified doula trainer.

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### **Program Breakdown:**

**Total Hours:** 144 hours

**Classroom Hours:** 19 hours

**Fieldwork/Home Study:** 125 hours

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## **Module 1: Introduction to Holistic Doula Training (Classroom: 2 hours)**

- **Understanding the Role of the Holistic Doula Trainer:** What it means to be a doula trainer, the responsibilities and expectations, and how to create a supportive learning environment for students.
- **Overview of Holistic Practices in Birth Support:** An introduction to the principles of holistic doula support, including Reiki, energy healing, mindfulness, and their integration into prenatal, birth, and postpartum care.
- **Creating a Learning Framework:** How to structure and develop a curriculum that blends traditional birth support with holistic healing practices.

### **Fieldwork/Home Study (5 hours):**

- Research existing doula training programs to understand their structures, formats, and methodologies.
- Reflect on your own experience as a doula and how you would like to share that knowledge with others.

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## **Module 2: Teaching Techniques and Pedagogy (Classroom: 4 hours)**

- **Effective Teaching Methods:** How to engage students and foster a positive learning environment, both in-person and online.
- **Creating Interactive and Inclusive Learning Spaces:** Designing your classes to accommodate diverse learning styles and ensuring a comfortable, inclusive atmosphere for all students.
- **Assessing Student Progress:** How to evaluate your students' understanding and development throughout the training program, including creating assignments, evaluations, and offering constructive feedback.

### **Fieldwork/Home Study (15 hours):**

- Practice delivering a short lesson on a specific topic related to holistic doula care.
- Develop a teaching philosophy and set of teaching goals for your future role as a trainer.

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## **Module 3: Core Holistic Doula Techniques (Classroom: 4 hours)**

- **Reiki Energy Healing for Doulas:** How to teach Reiki principles and techniques for use in birth support, including how to facilitate Reiki sessions for expectant mothers.
- **Corjos Method and Art Energy Therapy:** Introduction to the Romanian Corjos energy healing technique and how to incorporate it with Art Energy Therapy in your doula work.



- **Mindfulness for Birth:** Teaching mindfulness techniques to help expectant parents stay present and manage stress during pregnancy, labor, and postpartum.

**Fieldwork/Home Study (20 hours):**

- Practice Reiki and Corjos Method techniques with clients, focusing on prenatal, labor, and postpartum care.
  - Develop a mindfulness meditation that can be used with clients during labor.
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**Module 4: Building and Delivering Your Curriculum (Classroom: 3 hours)**

- **Structuring Your Training Program:** How to build a clear, comprehensive curriculum that includes the core aspects of holistic doula care.
- **Lesson Planning:** Creating detailed lesson plans for each module of your training program, ensuring that each topic is thoroughly covered with a balance of theory and hands-on practice.
- **Interactive Teaching Tools:** How to use multimedia, demonstrations, and group exercises to enhance the learning experience.

**Fieldwork/Home Study (25 hours):**

- Create a full lesson plan for a specific topic, such as Reiki for doulas or mindfulness in labor.
  - Prepare teaching materials, including handouts, slides, or worksheets, for your lesson.
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**Module 5: Supporting Your Students Through Their Journey (Classroom: 3 hours)**

- **Mentoring Future Doulas:** How to offer mentorship and guidance throughout the doula certification process, including support with challenges, emotional well-being, and self-care.
- **Creating a Supportive Community:** Building a sense of community within your training program, encouraging collaboration, peer support, and professional networking.
- **Post-Certification Support:** How to continue supporting your students after they've completed their training, offering ongoing resources, and facilitating alumni groups.

**Fieldwork/Home Study (20 hours):**

- Conduct mock mentorship sessions with a peer, providing guidance and support in their learning journey.
- Develop a post-certification support plan, outlining how you will continue to assist your students after graduation.

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## **Module 6: Marketing Your Doula Training Program (Classroom: 2 hours)**

- **Building Your Brand:** How to create an attractive and professional brand for your doula training program, including naming, logos, and online presence.
- **Marketing Strategies:** Effective marketing strategies to attract students to your program, including using social media, word of mouth, and partnerships.
- **Setting Up Your Training Business:** Legal considerations, pricing your program, and creating business plans to ensure the success of your training program.

### **Fieldwork/Home Study (20 hours):**

- Develop a marketing plan for your doula training program, including social media strategies and community outreach.
- Create a website or social media presence to promote your program.

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## **Module 7: Advanced Holistic Practices and Personal Development (Classroom: 3 hours)**

- **Advanced Energy Healing Techniques:** Learning advanced Reiki and Corjos Method practices that you can incorporate into your training and teach to your students.
- **Personal Growth as a Doula Trainer:** How to develop your own intuitive abilities and deepen your personal healing practices, so you can teach with integrity and authenticity.
- **Staying Current in the Field:** How to keep your training program relevant, updated, and aligned with the latest research in maternal health and holistic practices.

### **Fieldwork/Home Study (30 hours):**

- Participate in advanced energy healing practices, focusing on personal development and expanding your intuitive abilities.
- Create a continuous learning plan for yourself as a doula trainer, ensuring that you are always evolving in your craft.

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## **Module 8: Final Project and Certification Exam (Classroom: 2 hours)**

- **Capstone Project:** Present a comprehensive curriculum outline for your own holistic doula training program, including a marketing strategy, sample lesson plans, and a support structure for students.
- **Certification Exam:** A written and practical exam to assess your knowledge and skills as a Holistic Doula Trainer.

**Fieldwork/Home Study (10 hours):**

- Complete your final capstone project, compiling all materials and reflections from your training.
  - Reflect on your journey as a trainer and your readiness to lead future doula certification programs.
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**Program Completion and Certification:**

Upon successful completion of all modules, fieldwork, and the final exam, you will receive your **Holistic Doula Trainer Certification**. This certification empowers you to teach and mentor aspiring doulas, integrating ancient healing practices and modern birth support techniques into their learning journey. With your certification, you will be ready to lead your own training programs and help the next generation of doulas transform the birthing experience for families everywhere.

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This program is designed to provide you with the tools and knowledge to become a successful and impactful Holistic Doula Trainer, offering training programs that empower others to integrate holistic healing into their doula practices, creating a lasting impact on the families they serve.