

**Birth**ing Advocacy

Doula Trainings

# BADT 2021

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# COURSE CATALOG

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Accessible  
Conscious  
Culturally-appropriate  
Diverse  
Action-oriented

At Birthing Advocacy Doula Trainings, we take things seriously... but we still have fun. We believe in giving people the space to show up as their whole selves. That means acknowledging the layers of humanity that we all bring with us to every single experience. In 2021, we embarking on the journey of expanding our course offerings to encompass more aspects of the human experience. We want BADT trained full-spectrum professionals to be equipped to enter sustainably, heart-first, into the work that they do.

In 2020 we trained over 1,000 birthworkers through our online courses. Nearly 40% of students in our 12-week training programs received BADT scholarships to support their access to courses. We are excited to do even more in 2021!

BADT courses bring together some of the most powerful professionals in their fields to curate a student experience that is unlike anything you will find elsewhere.

We are giving you an exclusive sneak-peak of what is to come through our course catalog. Be sure to sign up for our mailing list and follow us on social media for enrollment announcements.



# WHAT WE OFFER

# RACISM & PRIVILEGE IN BIRTHWORK II

JANUARY 23-24, 2021



In Racism & Privilege in Birthwork I, we examined our own privileges as birthworkers, and how racism plays a role in reproductive health disparities. Racism & Privilege in Birthwork II builds on that foundation by moving beyond racism as a concept, and into a deeper understanding of the tangible effects of racism on the bodies of birthing people. It is recommended, but not required that you have taken Racism & Privilege in Birthwork I prior to enrolling.

This workshop is open to all birth workers, such as physicians, midwives, doulas and any professional that works with birthing people in any capacity.

In this follow up to part one, you will explore:

- Intersectionality
- Patriarchy
- Capitalism & racism
- The Nervous System & racism
- The principles of advocacy
- Moving beyond white shame into action
- Collective liberation
- Building a personal action plan.

BADT's Racism & Privilege courses are taught by BADT founder, Sabia Wade.

Live sessions for this course will take place on January 23rd & 24th from 11:30am-4pm ET.

Recordings will be available to those that register.

# BIRTH & DISABILITY (CE)

STARTS FEBRUARY 2, 2021



PHOTO: DISABLED AND HERE, TOJO ANDRIANARIVO

Course covers:

- What is ableism?
- Models of Disability
- Visible and invisible Disabilities
- Understanding the concerns of Disabled pregnant people
- Tips, tricks, and life hacks for Disabled parenting
- Medication, pregnancy, and Disability
- Supporting a Disabled person during their birth/labor experience
- Abortion and Disability
- Practical skills for working with Disabled clients during pregnancy, birth & postpartum
- Parenting a Disabled child
- Finding out during pregnancy that your child is Disabled

This 4-week course is suitable for new and established birthworkers who want to explore the intersections of Disability Justice and Reproductive Justice. As doulas and birthworkers, we are supporting Disabled people - whether or not we know it - and, many birthworkers are, themselves, Disabled. It is vital to examine the ways in which dominant birth culture exacerbates violence against Disabled folks and Disabled children, and identity where we are complicit in that harm.

BADT's Birth and Disability CE Course is taught through a lens of Disability Justice by Stefanie Lyn Kaufman-Mthimkhulu, of Project LETS, who is joined by guest teachers, and supported by the BADT team to ensure an enriching experience for all participants.

Classes occur on Tuesdays and Thursdays at 3:30pm ET

# FULL- SPECTRUM DOULA TRAINING (12-WEEK)

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STARTS MARCH 2, 2021  
& SEPTEMBER 7, 2021

BADT's keystone course began in June 2019, and has since trained hundreds of students - with so many different experiences - from all over the world, including folks from the United States, Europe, Canada, Australia, Africa and the United Kingdom!

Our 12-week online Full Spectrum Doula Training provides doula education for all stages of a birthing person's life. We also include education around topics and issues facing our communities and birth world, such as the black maternal health crisis, food insecurity, and queer and trans birth and family building. This training is available for new doulas as well as experienced doulas.

This course was designed to be a long term learning commitment, for new and experienced doulas to dig DEEP, build community, and integrate over time rather than feeling rushed. The course is offered online and with payment plans, earlybird pricing, and scholarship opportunities in order to increase accessibility.

Our growing community allows students to continue to connect, support one another, and grow well beyond the initial 12 weeks of the course.



#### Course Format:

- 12 Weeks of live sessions
- 75-minute weekly webinar (recorded if you can't attend)
- 4-6 Masterclass Sessions with experts living and breathing this work
- Weekly lessons & assignments
- Quarterly business strategy sessions
- A private online community

This course is co-taught by Sabia Wade and Jenna "JB" Brown, who are joined by guest teachers

Classes occur on Tuesdays and Thursdays at 1pm ET

LAUNCHES AS PRE-RECORDED COURSE  
EARLY 2021

# CHILDBIRTH EDUCATOR TRAINING (PRE-RECORDED)

The success of our CBE training over the summer of 2020 led us to offer this course again with open enrollment on a rolling basis.

Enrolling in this course in a pre-recorded format means that you have an entire a year to move through the material at your own pace and become a certified BADT childbirth educator.

The BADT 12-week online Childbirth Educator Training gives doulas and educators the knowledge and tools necessary to provide inclusive, trauma-informed, comprehensive, and evidence-based education to birthing people in their communities. In addition to the typical topics found in childbirth education, we will also be covering the following topics:

- Paths to conception
- Consent, trauma, and boundaries
- Mental health and trauma
- Pregnancy/birth and disability
- Inclusive lactation and chestfeeding
- Grief and loss

We want our educators to not only have a basic knowledge of pregnancy, labor, and birth but an in-depth and inclusive understanding of all aspects and realities of birth and birthing people.



**This course is co-taught by Sabia Wade and Jenna "JB" Brown, who are joined by guest teachers Stefanie Lyn Kaufman-Mthimkhulu and Erika Davis.**



# ABORTION DOULA (CE)

STARTS APRIL 13, 2021



Full-spectrum doula work includes abortion support. In BADT's 4-week Abortion Doula Continued Education course, we offer an opportunity to explore what it means to support abortion as a part of your practice. There will be context given for understanding abortion legislation (US), as well as working in both collective and private practice settings to increase access to safe and empowered abortion in your community. We recommend this course to all established and new full-spectrum doulas who want to increase their confidence and deepen their knowledge of abortion work.

BADT's Abortion Doula CE course is co-taught by Olivia Martinez and Raven Dickerson, who are joined by guest teachers, and supported by the BADT team to ensure an enriching experience for all participants.

Classes occur on Tuesdays and Thursdays at 3:30pm ET

This course covers:

- What is an abortion doula?
- Policy Background (US)
- Collective Models
- Private Practice

**Birthing Advocacy**  
Doula Trainings

STARTS JUNE 8, 2021

# POSTPARTUM DOULA TRAINING (12 - WEEK)

In the summer of 2021 we are launching our most highly requested course yet - Postpartum Doula Training. This 12-week live learning experience will be postpartum the BADT way, which means radical, culturally appropriate, and inclusive.

Topics include:

- Cultural Humility
- Trauma-Informed Care
- Physical Healing
- Mental/Emotional Health
- Identity Shifts
- Building Support Networks and Planning
- Infant Feeding, Care & Bonding
- Nutrition
- Supporting a Wide Range of Postpartum People

As always, you can expect that the material in this course will reflect BADT's core values, and that while the course is focused on postpartum support, the full-spectrum of experiences included beneath the umbrella of "Postpartum" will be acknowledged.



**BADT's 12-week Postpartum Doula Training is co-taught by a team of core teachers, including Sabia Wade, Jenna "JB" Brown, Charlie Monlouis, Raeanne Madison, Efe Osaren, and Suzy Frigo, who are joined by additional guest teachers, and supported by the BADT team to ensure an enriching experience for all participants.**

**Classes occur on Tuesdays and Thursdays at 1pm ET**



# QUEER & TRANS BIRTH (CE)

STARTS AUGUST 3, 2021



This course is for anyone who is interesting in learning more about the reproductive health of Queer & Trans people. All entry points into this topic are welcome, but students should expect to be challenged to not only make their practices "inclusive" but to actually center the experiences of every individual they work with, without making assumptions. This is not a course where you will be taught to irresponsibly signal inclusivity for the sake of performance.

Topics include:

- Gender 101 & 102
- Trans Fertility and Queer Conception
- Queer Family Building
- Supporting Pregnancies Without Projecting
- Centering Queer and Trans Experience
- Responsible Referrals
- Queer Reproductive Loss
- Queer and Trans Lactation and Infant Feeding

BADT's Queer & Trans Birth CE course is led by Jenna "JB" Brown, who is joined by guest teachers, and supported by the BADT team to ensure an enriching experience for all participants.

Classes occur on Tuesdays and Thursdays at 3:30pm ET

# MORE FROM BADT IN 2021

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## Directory

At the end of 2020 we launched the BADT Directory, which is an online directory of BADT-trained and BADT-aligned birthworkers. We are excited to see the directory continue to grow in 2021, and see folks listed from all over the world who bring shared values to radical birth work.

## Membership

In 2021, we are launching a BADT membership, which will be an app-based community platform for education, support, and networking. We are excited to provide this space to BADT students past and present who know that the learning never ends. Connections made through the app will be supported by BADT Community Liaisons, and workshops and events will be exclusively available to those in our membership!