



# 12-WEEK, LIVE, FULL-SPECTRUM DOULA TRAINING (U.S.)



## **Welcome Module**

Includes your welcome letter, Zoom link for live classes, reading list, information on master classes and teachers, forms for certification, and guidelines for contacting Team BADT regarding any questions you may have.

## **Week 1: Activism & Birth Work**

Topics include connections between full-spectrum doula work and Roe v. Wade, second wave feminism, reproductive justice, and birth justice.

## **Week 2: Black Perinatal & Infant Health Disparities**

Topics include implicit and explicit bias, racism induced stress, and the different factors that impact Black perinatal health disparities, as well as the ways change is being made and how you can have an impact as a doula.

## **Week 3: Queer & Trans Birth**

Topics include the basics of sex, gender, and sexuality, challenges facing the queer and trans community during pregnancy, birth, and parenthood from prejudice and discrimination to the cost of getting pregnant or adopting children, as well as how to be an ally and make your doula practice affirming and inclusive.

## **Week 4: Trauma Informed Care**

Topics include the six principles of trauma-informed care, how to recognize trauma, the signs of birth trauma, ways in which someone can begin to heal from trauma, and how doulas can help clients with birth trauma.

## **Week 5: Birth (Part 1)**

Topics include conception, pregnancy, care providers, birth locations, interventions, common complications, coping methods, and the immediate postpartum period.

## **Week 6: Caring for Partners**

Topics include strategies for supporting partners during the perinatal period.

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## **Week 7: Birth (Part 2)**

Topics include prenatal visits, comfort measures, labor positions, birth planning, communication during birth, and what to include in your doula bag.

## **Week 8: Nutrition, Food Insecurity & Access**

Topics include unpacking "proper and adequate" nutrition during pregnancy and how access can be difficult because of food insecurity and lack of accessibility.

## **Week 9: Postpartum**

Topics include the postpartum period, the role of a postpartum doula, the needs of a postpartum person, PMADs, and how to help your clients navigate parental leave.

## **Week 10: Infant Feeding**

Topics include the basics of infant feeding and chest/breastfeeding, the benefits and challenges of various options, including using donor milk and inducing lactation.

## **Week 11: Bereavement & Loss**

Topics includes abortion care and access, types of miscarriage and stillbirth, and how to support your clients through it all.

## **Week 12: Adoption & Surrogacy**

Topics include supporting clients through adoption and surrogacy, including the unique challenges that these families and all involved face.

## **Business Strategy Sessions**

During these classes, which happen 3-4 times per year, you'll learn about creating a sustainable, successful doula business!

## **Final Steps**

Includes instructions for turning in all journals and assignments, proof of attendance and assistance forms, book reports, and completing an up-to-date CPR certification!

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