

## DONA International Advantage

Worldwide Recognition  
Original and Largest Doula Association  
Founders are Renowned Experts  
Evidence-Based Research  
Respected Certification  
High Standards of Practice & Code of Ethics  
Professional Development  
Referrals

## Birthing Beyond, LLC Advantage

Affordable Training  
Begin Doula Work Immediately  
Comprehensive  
Nursing Student Friendly  
Continued support after workshop  
Midwife, OB, Nurse and Partner Friendly  
Local Resources  
Experienced and Balanced Instructor  
Comprehensive Training and Materials  
Evidence-Based Practice  
Experienced Doula Crossover Training

*"If a doula were a drug, it would be unethical not to use it"*  
~John Kennel



## Birth Doula (doo'-luh)

The word "doula" comes from the ancient Greek meaning, "a woman who serves" and is now used to refer to a trained and experienced professional who provides continuous physical, emotional and informational support to the mother before, during and just after birth.

### A Birth Doula...

- Recognizes birth as a key experience the mother will remember all of her life.
- Understands the physiology of birth and the emotional needs of a woman in labor.
- Stays with the woman throughout labor.
- Provides emotional support, physical comfort measures and an objective viewpoint, as well as helping the woman get the information she needs to make informed decisions.
- Facilitates communication between the laboring woman, her partner and providers.
- Perceives her role as nurturing and protecting the woman's memory of the birth experience.
- Allows the woman's partner to participate at his/her comfort level.

### Birthing Beyond, LLC

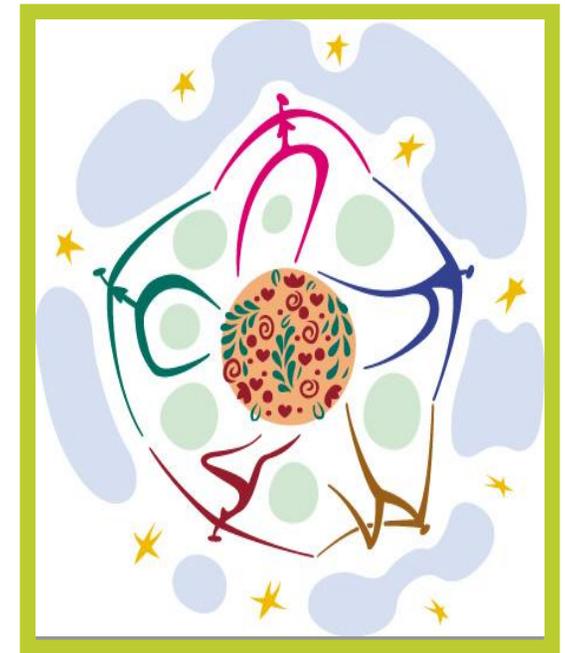
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## Birthing Beyond, LLC Returning Maternal Wisdom

### Vanessa Flood

B.A., LCCE, CD(DONA),  
BDT(DONA), CBE, CHBE

# Birth Doula Training

In today's technological world it is easy to forget how to nurture a laboring woman through her incredible journey of self-discovery. A journey ultimately leading to the birth of a baby and of a family. Her partner, who is her supporter, holds her heart and is placed in a difficult position of caregiver. Responsible for knowing the intricacies of birth, comfort measures, labor positions and pushing strategies while communicating with providers and being a memory keeper. A tough job for anyone not fully trained. This is where a doula is invaluable.

This course is open to anyone with a warm heart, who recognizes that birth is a key life experience that the mother will carry in her heart for all of her life, including both professionals and those with no birth experience. It is designed to give you the framework to support women and their families so they may have a satisfying birth experience.

This dynamic course will give you ideas, information and inspiration to become an amazing birth doula. Graduates will be able to provide labor support to women giving birth in hospitals, birth centers or at home. This training often becomes the foundation upon which many which many childbirth professionals build their career. Completion of this course is an approved step towards DONA International certification.

## Prior to Attendance:

- Attend a DONA approved childbirth class
- Attend a DONA approved breastfeeding class
- Read *Pregnancy, Childbirth and the Newborn* by Simkin, Whalley, and Keppler
- Review certification guidelines at [dona.org](http://dona.org).



## Session Topics Include

Introducing the Doula  
The State of Maternity Care  
The Significance of Birth-Why Birth Matters  
The Significance of Birth-Why Doulas Matter  
DONA International Standards of Practice  
DONA International Code of Ethics & Certification  
Creating Your Doula Business  
Prenatal Client Contact  
Emotional Support in Labor and Birth  
Comfort Measures  
Supporting a Woman with an Epidural  
Supporting a Woman through an Induction  
Supporting a Woman through a Cesarean/VBAC  
Challenging Labors-What's a Doula to Do?  
Welcome to the World Sweet Baby  
Breastfeeding Support  
Postpartum Client Contact  
Doula-ing the Doula  
And much more!

## Optional Add-On Prerequisites

Breastfeeding Basics for the Doula  
Into to Childbirth Education for the Doula  
(Not available at all trainings)

"When we respect the power and knowing- and honor the sensitivity and vulnerability- of every childbearing woman and baby, we help birth a better future and a thriving world."

~Suzanne Arms

## About the Trainer

**Vanessa Flood** created Birthing Beyond, LLC in 2002 to return maternal wisdom lost in today's technological world. She offers comprehensive childbirth education, certified doula and breastfeeding support and DONA International birth doula trainings.

Vanessa earned the following:

- B.A. in Microbiology; University of Kansas
- Certified Childbirth Educator; Lamaze
- Certified Birth Doula; DONA International
- Certified Breastfeeding Educator
- Certified Happiest Baby Educator
- Certified Doula Trainer; DONA International; Trained under Penny Simkin
- Postpartum Doula; DONA International
- DONA International State Representative

She has taught childbirth, breastfeeding and parenting to over 2000 families in both private and hospital settings. Vanessa has welcomed over 250 babies into the world thus far. Experiences include high blood pressure, Eclampsia, HELLP, Gestational Diabetes, Diabetes, blood disorders, suspected/unsuspected abnormalities, prenatal and postnatal loss, loss of a spouse, inductions, VBACS/VBA2C, cesareans, preterm, precipitous and prodromal labors and much more. This experience and wisdom is invaluable during birth doula training.

Vanessa and her husband, Brett, along with their 3 children have made Kansas City their home for the last 12 years. When not supporting families, Vanessa enjoys a good book, family game night and the occasional vacation so she can turn off her phone.