

gentle birth doula training

WITH BARBARA HARPER

OCTOBER 17 – 21
BRECKENRIDGE COLORADO

As a trained Labor Doula, you have the rare and incredible privilege to accompany a woman on the most sacred journey of her life. No other doula training covers the same depth and breadth of topics as you will receive with the five-day Gentle Birth Doula Training. In addition to the skills required as a Labor Doula, we also focus on helping you develop communication skills, examining your own birth “issues,” being with babies before and after birth, hypnosis–relaxation techniques that will apply in all areas of your life. We want to help you achieve your full potential, so you in turn, can help other women achieve theirs.

CERTIFICATION:

After completion of the training you will receive three certificates of completion.
CAPPA Labor Doula Certificate of Training · Waterbirth Certification · Hypnosis Certificate of Training

COURSE TOPICS INCLUDE:

Labor support skills · Childbirth education · Evidence-based practices · Anatomy and physiology
Infant brain development · Psychology of birth · Recognizing and resolving fear · Active listening skills
Values clarification · Dealing with grief and loss · How to be with babies
Using warm water immersion effectively · Supporting women to have a waterbirth
Hypnosis techniques for labor and life · Breastfeeding basics

Guest presenters will participate over the course of the five days. Individual assessment and counseling sessions will be worked into the training for each participant. Class size will be limited to 15 people.

PRESENTED BY SACRED TREE. FOR MORE INFO VISIT SACREDTREE.COM OR CALL 970.453.8558.