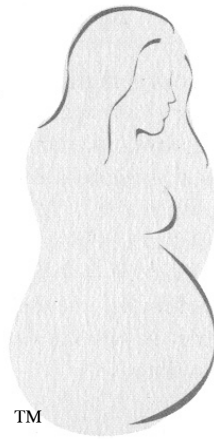


*Seventh Moon™*  
*Perinatal Support Services*

*presents*

*Woman to Woman*  
*A Birth Doula Training Workshop*



*Approved by*  
*Doulas of North America*  
*(DONA®)*

## *Our Philosophy*

- We believe pregnancy and birth are normal, natural and healthy processes.
- We believe that the knowledge of how to birth exists within every woman and therefore seek to instill in the mother confidence in her innate ability to give birth.
- We believe in providing women and their partners with the information necessary to make educated choices regarding labor and birth.
- We believe that women helping women through the childbearing year as mentors and assistants is an ancient tradition, essential to a positive birth experience and positive parenting.
- We believe that becoming a father is an emotional journey; a doula's presence can reassure and guide him to enhance his own style of support.
- We believe that VBAC (Vaginal Birth after Cesarean) is a safe alternative to routine repeat cesarean.

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## *About the Workshop*

Vicki Hedley and Susan Esserman offer Birth Doula Training Workshops several times a year as one step in the process toward certification as a birth doula by Doulas of North America (DONA®). The workshops, which are co-facilitated by Vicki and Susan, offer participants broad based learning experiences as well as opportunities for varied interaction. Since Susan and Vicki share a similar philosophy yet come from different backgrounds with much individual experience, the workshop affords a unique interplay of ideas. Participants have the opportunity to learn in an environment that fosters self-growth while providing didactic and hands-on experience.

Participants will gain an in-depth understanding of anatomy and physiology as well as the emotions and spiritual nature of pregnancy and birth.

Vicki and Susan bring to their teaching a love of pregnancy and birth and a belief in the innate ability of women to birth in their own unique way. At the same time, they respect the pregnant woman's own level of comfort and knowledge. It is their desire to foster this same belief and respect in workshop participants.

If you share these beliefs and would like to work with women and their families to help them have better, more satisfying births, you may want to consider becoming a birth doula, providing continuous physical, emotional, and informational support to the family before, during and just after childbirth.

Vicki and Susan continue to mentor and support the participants of their Birth Doula Training Workshops through bi-monthly doula apprentice meetings, on line mentoring and peer support, a DONA-approved Postpartum Doula Training Workshop, advanced doula training workshops and a Birth Doula Apprentice Program.

*Our three-day and series format trainings consist of the following topics:*

- Beliefs and Philosophies of Childbirth
- The Value and Purpose of Labor Support
- Anatomy and Physiology of Pregnancy and Birth
- Labor – Not Just a Physical Process – Emotions of Labor
- Pregnancy and Birth Complications and Procedures
- Comfort Measures and Positions for Labor
- Active Listening and the Importance of Verbal Encouragement
- Epidural Anesthesia – The Doula’s Role
- Cesarean Section/VBAC and the Doula’s Role
- Grieving and Healing
- Newborns and Breastfeeding
- DONA® Information and Certification Requirements
- Business Aspects of a Doula Practice
- How to Conduct Prenatal and Postpartum Interviews
- Taking Care of Yourself, and more...

*Prerequisites*

We have two prerequisites for taking the course. The first is a strong desire to help women and their partners through the birth process. Secondly, you should have completed reading *The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth* by Klaus, Kennell, and Klaus by the time of the workshop. We strongly suggest that prior to the workshop participants complete at least part of the additional DONA® required reading and have some working knowledge of childbirth.

*Our upcoming Doula Training Workshops are as follows:*

February 3, 10, 11, 2006 (registration closes 1/25/06)

July 9, 10, 11, 2006 (registration closes 6/28/06)

Registration Fee - \$450

*Registration is on a first-come, first-served basis. Payment must accompany the registration form. If you need to cancel for any reason, we must receive notification at least 14 days prior to the start of the workshop. A refund of your deposit will be made less a processing fee of \$50. Cancellations within 14 days of the beginning of the Workshop are not refundable and will be credited with transfer coupons redeemable within the next 12-month period. Coupons cannot be exchanged for a refund. If no notification of cancellation is received, the entire fee is forfeited. A \$10 fee will be charged for Certificate replacement. **\*\* Please note that you MUST attend all sessions in order to receive a certificate of attendance. Missing any portion of the workshop will result in your forfeiting your certificate of attendance.***

## *About the Trainers*

*Susan Esserman* and *Vicki Hedley* are the co-founders and directors of Seventh Moon ~ Perinatal Support Services™ which was founded in 1997. Susan directs the Parenting Center and Vicki directs the Birth Services Program. **Susan Esserman** and **Vicki Hedley** are certified by DONA® as birth doulas and birth doula trainers. DONA® is a national organization of doulas who uphold high standards of practice and excellence. As doulas, we accompany women in labor to help ensure a safe and satisfying birth experience. Additionally, Susan and Vicki are certified by DONA® as postpartum doulas and postpartum doula trainers.

*Susan Esserman* is a licensed clinical social worker (MSW and LCSW) who has worked as a perinatal social worker (working with women around issues of pregnancy, birth and parenting) since 1987. Susan counsels individuals and couples prenatally and postpartum on issues relating to pregnancy, birth and parenting. She also runs a postpartum support group (New Mom's Circle) for new mothers and their babies and teaches parenting classes, with the focus on an attachment style of parenting and breastfeeding. Susan is a certified birth and postpartum doula. Susan is also a Board Certified Lactation Consultant (IBCLC) as well as an accredited Breastfeeding Counseling Specialist for La Leche League International. She is also certified as a Lamaze and Birth Works childbirth educator. Susan's parenting groups are affiliated with Attachment Parenting International. She is the mother of three children and two stepchildren.

*Vicki Hedley* is a certified childbirth educator through Lamaze as well as Birth Works®. Vicki has been teaching childbirth education and attending births since 1996. Vicki is also a certified birth and postpartum doula. She teaches infant massage to new mothers and fathers. Vicki is currently enrolled in the National College of Midwifery looking forward to attending births in the home setting as a Certified Professional Midwife. She is the mother of five children.

## *Research*

There have been over twenty research studies to date that demonstrate the benefits of having a doula present at birth. Doula care lowers the rates of medical interventions, including epidurals, oxytocin use, and cesarean deliveries. Postpartum outcomes improve as well. Women assisted by doulas have better breastfeeding experiences, improved maternal-infant interaction, lower incidence of postpartum depression and anxiety, higher self-esteem and more satisfaction with the birth experience.

*The training will be held in Bergen County, New Jersey.*

*For more information, please call*

*Seventh Moon ~  
Perinatal Support Services™*

*Vicki Hedley, LCCE, CD, PCD,  
Lamaze, DONA & BirthWorks  
at (201) 505-1214.*

*Visit us on-line at [www.seventhmoon.net](http://www.seventhmoon.net)*

*Women have known these things since the beginning of time.  
We just forgot to tell each other for a while.*



## *Certification Information*

Almost anyone who has a desire to be with birthing women can become a DONA-certified doula. There are a number of possible routes to becoming certified. It is DONA's intention to encourage diversity and to accommodate special needs and limitations by recognizing a variety of training programs. Becoming a member of DONA® is the first step. You can order a complete certification packet, which describes the specific requirements and contains all the necessary forms. The certification process consists of the following general steps:

- Be a member of DONA®
  - Read DONA's Birth Doula Position Paper "*The Doula's Contribution to Modern Maternity Care*"
  - Read five books from the DONA® reading list including:
    - Klaus, Kennell, & Klaus, *The Doula Book*
    - Simkin, *The Birth Partner: Everything You Need to Know to Help a Woman Through Childbirth, 2<sup>nd</sup> Edition*
- At least one of the following:
- Douglas, *The Mother of all Pregnancy Books: The Ultimate Guide to Conception, Birth and Everything In Between*. (US or Canadian Version)
  - Kitzinger, *The Complete Book of Pregnancy and Childbirth*, revised
  - Simkin, Whalley & Kepler, *Pregnancy, Childbirth and the Newborn, The Complete Guide*, revised
- At least one of the following:
- Harper, *Gentle Birth Choices: A Guide to Making Informed Decisions About Birthing Centers, Birth Attendants, Water Birth, Home Birth, Hospital Births*
  - Gaskin, *Ina May's Guide to Childbirth*
  - Peterson, *An Easier Childbirth: A Mother's Guide for Birthing Normally*
  - Goer, *The Thinking Woman's Guide to a Better Birth*
- At least one of the following:
- Mohrbacher, Stock, & Newton, *The Breastfeeding Answer Book, 3<sup>rd</sup> Edition*
  - Newman & Pitman, *The Ultimate Breastfeeding Book of Answers* (Available in US)
  - Newman & Pitman, *Dr. Jack Newman's Guide to Breastfeeding, Revised* (Available in Canada)
  - Huggins & Lawrence, *The Nursing Mother's Companion – 4<sup>th</sup> Edition*
- Attend a DONA-approved Labor Support (birth doula) training course.
  - Copies of good evaluations from at least three clients to whom you've provided labor support. Evaluations from three primary-care providers. For every doctor/midwife evaluation, there must also be a nurse evaluation. *To be completed after the workshop.*
  - Copies of documentation from three births where you provided continuous labor support. (A minimum requirement of 15 total hours of active labor support required) *To be completed after the workshop.*
  - Written essay (500-1000 words) on the value and purpose of labor support.
  - Training as a childbirth educator, labor nurse, or midwife, or attendance at a childbirth education series as a non-pregnant person.
  - Signature on the DONA® Code of Ethics and Standards of Practice.
  - A certification application fee is to be included with packet when it is sent in for evaluation.
  - For more information or answers to any questions about the certification process, please contact DONA's Certification Committee at (801) 756-7331 or [Certification@DONA.org](mailto:Certification@DONA.org) .

## *What is Support?*

ANONYMOUS

*Support is Unconditional.*

*It is listening...*

*not judging, not telling your own story.*

*Support is not offering advice...*

*it is offering a handkerchief, a touch, a hug...caring.*

*We are here to help women discover what they are feeling...*

*not to make the feelings go away.*

*We are here to help a woman identify her options...*

*not to tell her which options to choose.*

*We are here to discuss steps with a woman...*

*not to take the steps for her.*

*We are here to help a woman discover her own strength...*

*not to rescue her and leave her still vulnerable.*

*We are here to help a woman discover she can help herself...*

*not to take that responsibility for her.*

*We are here to help a woman learn to choose...*

*not to make it unnecessary for her to make difficult choices.*

*We are here to help a woman believe in herself, in her strength,*

*in her power, in her love.*



*Seventh Moon ~  
Perinatal Support Services™  
Birth Doula Training Workshop*

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*Registration Form*

Name:

Address:

Phone:

E-mail:

*To help us know you better, please answer the following questions.  
(feel free to use additional paper)*

1. What background and/or experience, if any, have you had helping other people?
2. What kind of experience do you have with childbirth?
3. If you have children, what was most helpful to you during your pregnancies and while you were raising them?
4. What do you hope to get out of this workshop?

Circle the workshop you are interested in taking:

February 3, 10, 11, 2006 (registration closes 1/25/06\*)

July 9, 10, 11, 2006 (registration closes 6/28/06\*)

\* Registration closes as of this date. No registrations will be accepted after this time. Registration is considered complete upon receipt of registration form and payment in full.

Please enclose a check made out to:  
Vicki Hedley – 38 Highland Road, Montvale, NJ 07645

Registration Fee      \$450

TOTAL ENCLOSED: \_\_\_\_\_