

# Postpartum Doula Skills Workshop

## Attend this training and begin supporting families now!

Use your working knowledge and gain new skills in supporting families in the postpartum period and begin the process of certifying\* as a Postpartum Doula with DONA International, the world's premier international doula organization!

### What is a Postpartum Doula?

A Postpartum Doula offers education, companionship and non-judgmental support during the postpartum period. The doula assists with newborn care, family adjustment, meal preparation, and light household tidying. The Postpartum Doula offers evidence-based information on infant feeding, emotional and physical recovery from birth, infant soothing and coping skills for new parents and makes appropriate referrals when necessary.

*\*For certification requirements and prerequisites, please visit:  
[http://www.dona.org/develop/postpartum\\_cert.php](http://www.dona.org/develop/postpartum_cert.php)*

### Cost to Attend: \$450\*\*

*Cost includes a DONA Postpartum Doula manual*

*\*\*Register and pay in full by February 9 and receive \$50 off.*

For detailed information regarding this training, including prerequisites and to register, go to [www.gratefuldoula.com](http://www.gratefuldoula.com) or contact Angie at 206.898.9793.

### Facilitator:

Angie Dobbins Frisbie, PCD(DONA&NAPS), CD(PALS), ICCE, BFWM

Angie is a DONA & NAPS Certified Postpartum Doula, a DONA Approved Postpartum Doula Trainer, Adjunct Faculty at the Simkin Center at Bastyr University as a Postpartum Doula Instructor, an ICEA Certified Childbirth Educator (since 2005), a Birthing from Within Mentor (since 2006) and a PALS Certified Birth Doula (since 2004). Angie has been teaching childbirth education and a practicing birth doula in the greater Seattle area since 2003, and officially practicing as a Postpartum Doula since 2008. Angie began Guest Lecturing at the Simkin Center in 2008 and became Adjunct Faculty in late 2009. Angie is also in the process of certifying with CAPP as a Lactation Educator. She is the Secretary for NAPS Doulas, Seattle's postpartum doula membership and referral organization.

## Thursdays

March 1 – April 5, 2012  
9:30 to 3:30 pm

Location:

## Big Belly Services

2366 Franklin Ave. E., Suite 428  
Seattle, WA

## DONA International Approved 27-Hour Postpartum Doula Skills Workshop

### Core Topics include:

- The role of the doula
- The role of the doula in breastfeeding support
- Listening and communication skills
- Physical and emotional transitions for mother and infant
- Integrating the birth experience
- Postpartum mood disorders
- Working with multiples
- Values clarification
- Prenatal contact
- Referrals and resources
- Business aspects of being a doula
- DONA's Standards of Practice and Code of Ethics
- DONA's Postpartum Doula Certification process