

✦ Birth Arts International ✦

Doula Training Workshop

Two-Day Intensive | 9:00 AM – 4:00 PM

DAY ONE · Foundations, Communication & Prenatal Support

9:00 – 9:45	Welcome & Orientation	Introductions, course goals, group agreements, and doula role overview
9:45 – 10:45	Foundations of Doula Work	History, scope of practice, ethics, cultural humility, BAI philosophy
10:45 – 11:00	— Break —	
11:00 – 12:00	Communication & Relationships	Active listening, open-ended questions, informed consent, professional boundaries
12:00 – 1:00	— Lunch —	
1:00 – 2:15	Pregnancy & Prenatal Support	Prenatal visits, client interviews, birth preferences, partner support, practice building
2:15 – 2:30	— Break —	
2:30 – 4:00	Interventions & Medical Context	Common procedures, pain management options, shared decision-making, provider collaboration

DAY TWO · Labor, Postpartum & Professional Well-Being

9:00 – 10:30	Labor Support Techniques Pt. 1	Breathing, positioning, movement, environment, early & active labor, partner coaching
10:30 – 10:45	— Break —	
10:45 – 12:00	Labor Support Techniques Pt. 2	Transition support, fetal positioning basics, cesarean support, unexpected plan changes
12:00 – 1:00	— Lunch —	
1:00 – 2:30	Postpartum & Newborn Care	Immediate postpartum priorities, feeding support, newborn basics, family adjustment
2:15 – 2:30	— Break —	
2:30 – 4:00	Self-Care & Professional Well-Being	Burnout prevention, sustainable practice, healthy boundaries, practice integration & role-play

Throughout both days, students engage in hands-on practice, role-play scenarios, and peer feedback guided by BAI's core values:

Compassion · Respect · Cultural Humility · Ethical Care · Sustainability

