

## Who Should Attend?

Ideally participants for the doula training should have one or more of the following before the workshop:

1. Attend a childbirth education class as an observer; observe for class content, group dynamics and adult learning principles.
2. Have training or certification as a childbirth educator.
3. Be a nursing student or registered nurse.
4. Be a midwifery student or midwife.

All participants should be familiar with anatomy of the reproductive system and breasts; physiology of pregnancy, birth, postpartum and breastfeeding; definitions of medical terms regarding labor; common procedures and tests used during normal birth, their risks and benefits; pain medications and their administration/side effects; cesarean birth; VBAC; normal newborn appearances and procedures; basic relaxation techniques breathing patterns and breastfeeding. A pre-workshop study guide will be provided upon registration and must be completed prior to the training and brought to the training.

# THE Birth SURVEY

**SHARE**  
your pregnancy  
care experience  
give feedback now

[www.thebirthsurvey.com](http://www.thebirthsurvey.com)



In the Doula Training Workshop, you will receive a wealth of evidence-based information from objective sources.

And you will have local, national and international resources from which to learn also!

Perinatal Education Associates, Inc.

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45424

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E-mail: [info@birthsource.com](mailto:info@birthsource.com)



## Childbirth Today ~ Doula Training Workshop

Enhancing The Childbirth  
Experience...

Begin the Journey Today!

DONA International Approved Workshop



[www.birthsource.com](http://www.birthsource.com)

## Registration Form

### Becoming A Doula

Birth Doulas nurture the mother and the expectant family. Over twenty-five years of research studies and over 3000 years of artifacts substantiate a woman's need for knowledgeable companionship during labor and birth; that when trained labor support persons or doulas attend births, labors may be shorter, there is less need for medication to speed labor, less need for a forcep delivery, pain medication, epidural medication or cesarean section. It has also been shown that babies may breastfeed more easily. Doulas do not take the place of nurses or physicians ~ they do no clinical tasks. Over 20 years of research by physicians such as Drs. Marshall Klaus and John Kennell show that it is the continuous social support that reduces statistics.



### About The Training

Fees include a training binder, course materials, refreshments and continental breakfast. Hours are 8:30 am to 5:30 pm both days. Register early to guarantee your space in the training! The deadline for registration is five days prior to the first day of training. Any registrations received after the deadline will be accepted only if space still exists in the training. All late registrants must register online, by phone or fax to be admitted to the training. No walk-in registrations please as we may not have sufficient supplies available.

Cancellations made 10 days or more in advance of the training will be assessed a \$50 cancellation fee. Any cancellations received after that date will not be refunded however an alternate may attend or you may choose another training offered by Perinatal Education Associates, Inc.

Children are not permitted to the training unless they are breastfeeding. Please arrange for alternate child care arrangements while the child is not nursing.

### About The Workshop Faculty

#### Connie Livingston, RN, FACCE, CD(DONA)

Connie Livingston has been a Lamaze International Certified Childbirth Educator 30 years, is a certified doula, a DONA approved doula trainer and faculty member for Advanced Birthing Concepts. She has served on the Board of Directors for ASPO/Lamaze, ICEA, , and DONA . Connie is also the president of Perinatal Education Associates, Inc. She is an internationally known author, speaker, and consultant to childbirth education and hospital-based doula programs. In 2009, she serves as editor of the *International Journal of Childbirth Education*. She is also the webmaster of two sites: [www.birthsource.com](http://www.birthsource.com) and [www.thebirthfacts.com](http://www.thebirthfacts.com) plus the blog [www.childbirthtoday.blogspot.com](http://www.childbirthtoday.blogspot.com).

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip Code \_\_\_\_\_  
Phone (Home/Work) \_\_\_\_\_

**Training Dates:**  Nov 21/22, 2009, Columbus, OH  
 Dec. 10/11, 2009, Cincinnati, OH  
 February 11/12, 2010 Dayton, OH  
 Spring 2010 (TBA), Columbus, OH

Visit [www.birthsource.com](http://www.birthsource.com) for a current list of trainings

Profession \_\_\_\_\_  
Certified Childbirth Educator? \_\_\_\_\_ Yes \_\_\_\_\_ No  
If so, which organization? \_\_\_\_\_

Member of DONA? \_\_\_\_\_ Yes \_\_\_\_\_ No

**Cost of Workshop \$350 US**

*Early bird registration (before 12/31/09) \$300.*

#### Payment method

Check or Money Order:  
Payable to Perinatal Education Assoc., Inc.

Credit Card  
 Visa  MC  Discover

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Payment by credit card may be made online, by phone or mail. Mail payments to:

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937.312.0544 (local)