

Birth Coach Method Doula Training Program

Comprehensive Doula & Birth Support Certification Syllabus

Program Overview

This training provides a comprehensive foundation in birth support, combining evidence-based knowledge, practical skills, and transformational coaching methodologies for both birth and initial postpartum support. The program includes online coursework, live mentorship, and hands-on practice to prepare participants for professional doula practice.

A. Online Course Component

Total: 15 Classes | 60 Hours

Course Modules

Module 1: Foundations of Birth Support

- Introduction to Birth Support: Historical and Cultural Perspectives

Module 2: Physiology and Anatomy of Birth

- Stages and Phases of Labor

Module 3: Prenatal Care and Common Complications

Module 4: Labor Support during the Early Phase - Theory and Practice

Module 5: Labor Support during the Early Phase - Theory and Practice

Module 6: Labor Support during the Transition Phase- Theory and Practice

Module 7: Labor Support during the Second Stage - Theory and Practice

Module 8: Medical Context of Birth

- Common Medical Interventions in Labor I
- Common Medical Interventions in Labor II

Module 9: Relational & Emotional Dynamics

- Relationships in Labor and Delivery

Module 10: Postpartum Care

- The Newborn: Birth Through Early Postnatal Period
- The Postpartum Mother: Recovery and Support

Module 11: Feeding & Early Parenting

- Breastfeeding Basics

Module 12: Business Development

- Establishing Your Doula Practice:
 - Certification
 - Business license
 - Liability insurance
 - Client contract
 - Reimbursement - NPI, Medi-Cal, Kaiser, Carrot, and more
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B. Live Mentorship Sessions

Total: 6 Sessions | 18 Hours

These live, interactive sessions foster a sense of community while offering case-based learning, hands-on coaching practice, and real-time mentorship. Their purpose is to support students in translating theoretical knowledge into confident, effective application within their doula practice.

Session Topics

- Agents, Roles, and Approaches in Birth Support
- Historical, Contemporary, and Lifestyle Challenges Faced by Expectant Individuals
- Pre-Labor Signs and Membrane Rupture
- Communication Strategies Before Arriving at Client Homes
- Fetal Presentations and Positions: Practical Doula Support
- Assessing and Promoting Labor Progress
- Supporting Clients in Early Labor
- Labor Induction: Prevention and Informed Decision-Making

- Medical Induction Methods and Alternatives
 - Supporting Clients During Active Labor
 - Supporting Clients During the Transition Phase
 - Scenario-Based Practice
 - Informed Consent in Birth Settings
 - Supporting Clients During the Second Stage of Delivery
 - Introduction to Perinatal Coaching
 - The Doula Practice A–Z (Business, Liability Insurance, Reimbursement, and More)
 - Guest Lecture: Labor & Delivery Nurse – Collaboration and Relationships in L&D
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C. Hands-On In-Person Workshops

Total: 2 Workshops | 10 Hours

Workshop Focus

- Practice of Labor Support Techniques
 - Comfort Measures for Each Stage of Labor, integrating support props: Physio ball, Peanut ball, Rebozo, Massage tools, TENS unit, and others.
 - Hands-on Skill Building (Positioning, Movement, Touch, and Partner Support)
 - Integration of Verbal Coaching and Physical Support Tools
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D. Practical Experience (Clinical Integration)

Hands-On Client Experience with Professional Mentorship

As part of the certification pathway, a structured matching program is offered in collaboration with medical birth practitioners, bridging training and real-world practice by facilitating students' placement with their first clients in a guided, supportive environment that includes on-site mentorship from participating providers.

Program Components

- Matching up to two clients to support continuity of care from prenatal through postpartum
- Collaboration with affiliated medical birth providers (e.g., L&D nurses, midwives, physicians)
- On-site mentorship and observational learning within clinical and birth settings

Learning Objectives

- Apply theoretical knowledge and practical skills in real-life birth scenarios
 - Develop confidence in providing continuous labor support
 - Practice communication and collaboration within interdisciplinary care teams
 - Strengthen professional identity and scope of practice as a doula
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Overall Learning Outcomes

By the end of this program, participants will be able to:

- Demonstrate a comprehensive understanding of the physiology of birth
 - Provide informed, evidence-based labor support
 - Apply practical comfort measures and labor techniques
 - Support informed decision-making and client autonomy while maintaining collaboration with medical teams
 - Support new parents during the initial postpartum period
 - Integrate coaching strategies into birth support practice
 - Establish and manage a professional doula business
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Program Structure Summary

- **Online Classes:** 60 hours
- **Live Mentorship:** 18 hours
- **Hands-On Workshops:** 10 hours
- **Practical Experience:** supporting 2 persons prenatally, throughout their birth, and in the PP period.