



COLLEGE OF THE  
**ROCKIES**

## COURSE OUTLINE

### Birth Doula Studies - Online Certificate Program

#### Module 1 – The Doula as a Holistic Birth Practitioner

**Course Description:**

A Doula is a trusted birthing companion who provides physical, emotional, information and often spiritual support to a woman before, during and just after childbirth. As a doula, you draw upon your knowledge and experience to help provide the information necessary for your client to make informed choices throughout the birth process. This module is an introduction to the role of a doula. You will learn more about yourself and how you can use this self-knowledge to support your clients. In this module you will also learn about the scope of practice of a doula, how you can best support a woman in birth within your scope of practice, and how to assist your clients during the stages of natural birth as a member of the maternity care team.

**Pre-requisites:**

No academic prerequisites are required; however, students should

- Have basic experience with computers, word processing, and internet
- Have a genuine desire to support childbearing families
- Feel comfortable discussing all aspects of childbirth.

**Birth Doula Studies Certificate:**

If you are planning to complete the entire Birth Doula Studies program and earn your Continuing Education Certificate, you must complete ALL of the following:

- Modules 1, 2 & 3 of the online Birth Doula Studies program
- A minimum of 20 hours of practical volunteer experience (within 6 months of program start date)
- Read and report on 2 books from the required reading list (within 6 months of program start date)
- Attend and report on 2 births (within 1 year of program start date)

**For Further Information:**

Contact: [Kimberley Campus](#)

Phone: 250-427-7116

Fax: 250-427-3034

Email: [cpeet@cotr.bc.ca](mailto:cpeet@cotr.bc.ca)

Manager: [Mike Flowers](#)

The Implementation Date for this  
Outline is:

September 13, 2010

**Days and times:** *on-line*

**Location:** *online; e-office*

**Instructor:** Carmen Schultz

**Location:** Kimberley Campus

**Required texts or Materials:**

A required reading list will be supplied to each student at the commencement of the program. Most books can be borrowed through your local library.

**Course Costs:**

\$649 for full program or \$239 per module

**COURSE LEARNING OUTCOMES:**

Upon successful completion of this course, you should be able to:

- Understand the role of a birth doula
- Confidently conduct an interview with your client
- Identify the stages of labour
- Recognize the impact of the birth doula as part of the maternity care team
- Understand how to support clients with ideals that are different than your own
- Select and provide well balanced information to your clients
- Recognize the limits of your scope of practice and remain within them
- Know a variety of comfort measures for your client
- Understand how to support your client's partner
- Respect the spiritual dimension of childbirth and support the spiritual diversity of your clients

**COURSE CONTENT SCHEDULE:**

- Unit 1: What is a birth doula, anyway?
- Unit 2: Understanding the doula client and understanding yourself
- Unit 3: Understanding the Stages of Labour and the birth environments
- Unit 4: Spiritual Aspects of Birth

**EVALUATION:**

Students' overall success will be measured through online assignments, participation in the discussion forums, reviews of reading assignments, and short written assignments.

Participation	25%
Beliefs around Birth	15%
Birth Stories	35%
Creating a Birth Plan	25%
Total:	100%

**COURSE CHANGES:** Information contained in this course outline is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor will endeavour to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses. The timetable may also be revised.