

Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone (h) \_\_\_\_\_

(c) \_\_\_\_\_

(w) \_\_\_\_\_

Fax # \_\_\_\_\_

E-mail \_\_\_\_\_

Credentials \_\_\_\_\_

Reason for attending: \_\_\_\_\_

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# DONA, Int. Approved Birth Doula Workshop

Sponsored by:

<sup>SM</sup>

**“Heart & Hands” Doula Service**  
**Jan Mallak, 2LAS, ICCE-CD-CPD-AT,**  
**CD-PCD-BDT(DONA), CPD(CAPPA)**



**February 9/10, 2012**  
**(Thursday and Friday)**

**Holiday Inn Express**  
**Delmont, PA**  
**(near Pittsburgh)**

## GOAL

The intent of this DONA, Int. approved workshop is to provide participants with the knowledge and skills to begin their career as a professional birth doula. Childbirth educators, nurses and others interested in being in service to pregnant women are invited to attend.

## OBJECTIVES

At the end of the workshop, participants will be able to:

- Describe DONA, Int.'s philosophy, standards of practice and code of ethics.
- Summarize the professional doula's various roles, responsibilities and possible challenges she may face.
- Demonstrate techniques and/or give examples from the 5 areas of support provided by birth doulas.

## INCLUDED

1. DONA, Int. manual
2. Certificate of Attendance
3. *Doulas' Guide to Birthing Your Way* (written by Jan Mallak and Teresa Bailey)
4. Snacks – lunch on own

## COURSE OUTLINE

### Day 1 – 9 am to 6 pm

Introduction to the Topic  
Research & Applications  
DONA, Int.  
Responsibilities  
L & D Overview  
Tips, Tools & Techniques  
Hands-on Practice  
Quick Survey

### Day 2 – 9 am to 6 pm

Unexpected Outcomes  
Newborn  
Breastfeeding  
Postpartum  
Various Support Role Plays  
Scenario Discussions  
Closing and Evaluations

## FEE

No cancellations but a substitution may be made. Please send check or money order for \$450 made out to:

JAN MALLAK  
2244 Manordale Drive  
Export, PA 15632  
(\$50 late fee after January 26<sup>th</sup>)

For further info or to register, contact  
Jan at **724/327-6063**  
or by e-mail/web at  
**jan@heartandhandsdoula.com**  
or **heartandhandsdoula.com**.

## WAYS TO PREPARE

1. Go to DONA.org and look over certification requirements. This workshop partially fulfills the requirements.
2. Look at the required and suggested reading lists and begin reading the books.
3. Attend a complete childbirth class if you are not a certified childbirth educator, L&D nurse, midwife, midwifery student, resident or doctor. Attend a breastfeeding class. These are also DONA requirements.
4. Start compiling local birth resources (a DONA requirement as well).
5. View birth videos/shows or attend births if possible.
6. Go on hospital tours.
7. Read Jan's book.

## TRAINER

Jan Mallak, 2LAS, ICCE-CD-CPD-AT, CD-PCD-BDT(DONA), CPD(CAPPA) has over 31 years of experience in the birthing field. Jan is a certified birth doula through both ICEA and DONA, Int. and is an approved trainer for DONA as well as being an approved trainer for ICEA. She is also a certified postpartum doula through ICEA, DONA and CAPPA.