

Fourth Trimester Journey Course
Ignite the Postpartum Doula Within
***Soulful *Experiential *Interactive**

Teacher: Betsy K. Schwartz, MMHS, PCD, CC, Reiki Master

This course is for you if:

- You are seeking a fulfilling career that is purpose driven; and meant to create a shift in the way our culture treats mothers, fathers, and babies after birth
- You are a certified doula or postpartum doula or not, and you want to expand your knowledge about the fourth trimester of birth
- You want to create a business sharing what you know and living your passion for nurturing new families
- You would love to see a smiling baby each day, and call that work
- You desire to earn anywhere from \$600 - \$2000+ per month contributing to the foundation of a new life
- You want to contribute financially to your own family
- You want flexibility and freedom to work where, when and with whom you choose

You will get:

- Unlimited lifetime access to the online course
- Mentoring from a seasoned postpartum doula trainer
- Extensive business module
- Weekly email pep talk
- Troubleshooting with clients
- Accountability buddy (optional)
- Resources
- Monthly live chat (recorded for future viewing)

During this course you will:

- Assess your knowledge
- Explore modern and ancient traditions for healing after birth
- Navigate the current maternity care system
- Analyze current birth language
- List common breastfeeding challenges and strategies for support
- Discover the world of the newborn
- Define the role of the postpartum doula
- Interpret the research and resources
- Create a business plan
- Decipher your target or niche market
- Develop long term and short term business goals
- Access local and national resources

BONUS

- Downloadable articles for your clients
- Postpartum Doula Biz Packet (Business forms you can tailor for your needs)
- Discount on future courses
- Access to private student Facebook group for ongoing encouragement, sharing, and support

Class Format:

Option 1: 1 ½ days live with 9 module online course

Cost: \$540.00 (includes all materials for live workshop, online class, mentoring, and certification)

Option 2: 9 module online course only (includes mentoring and certification)

Cost: \$575 (course only is \$500)

You will receive a lifetime certification from [Contemporary Doula International](#) when you have completed your course and the other requirements on the next page.

You will have the tools, and access to the resources required for success. It will be up to you to stay current with the latest research and happenings in birth and beyond through workshops, online and live classes, webinars, and conferences, to be the best you can be in serving new families; protecting the mother/baby dyad.

Postpartum Doula Certification Requirements Contemporary Doula International

1. 1 ½ days live training and nine module self -study course on-line at www.birthintheknow.teachable.com to be completed within 4 months. Or online course only.
2. pass multiple choice/true-false posttest with 85% or above
3. work with three clients, which includes troubleshooting challenges
4. Submit three client feedback letters
5. CPR/First Aid
6. Sign doula oath
7. Read the following books

Mother the New Mother: Women's Feelings and Needs After Childbirth by Sally Placksin

Safe Infant Sleep, by James McKenna

Breastfeeding Made Simple by Nancy Mohrbacher, Kathleen-Kendall Tackett, and Jack Newman

For more information contact betsy@birthintheknow.com, or call (352) 228-1022.