

relaxed™
birth &
parenting

Professional Doula
and
Childbirth Educator Training



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Please 'drop' by www.relaxedbirthandparenting.com for more info

About our Professional Training starting July 2011

Dom & Louise are proud to announce the newly revised Relaxed Birth & Parenting Training. The new training is modular allowing students to 'pay as you go'; something we felt important in light of the current economic climate.

This enables women and men wishing to train with us to make the most appropriate package that gives them high quality accredited training in an affordable and viable form.

We are also excited that Relaxed Birth and Parenting is now offering the training to men as well as women, and we have our first man signed up on the next training! If you are a man who works with parents or dads and want to support and gain an understanding around birth please consider training with us.



The way the new training is structured means that the first two modules stand alone as an accredited qualification, allowing you to work as a Doula or therapist who works in the arena of birth. This could be body workers and counselors who want to add pregnancy and birth knowledge as a specialty to their practice, it could be family support workers, childbirth educators and midwives who want to add to their skills. It may be birth workers who want to get the Relaxed Birth and Parenting tools and skills, and to join a growing circle of men and woman who are creating a community of support for families around birth.

After the training we offer the opportunity to join Relaxed Birth and Parenting, which would mean that you would receive CPDs, marketing support including brand art work, website space, national and local PR and support through local Relaxed Birth and Parenting Events, and much more.

Why Train with Us?

As in all our trainings our aim is slightly different from other ante and postnatal providers. Experience has told us that information alone can be a source of huge pressure and stress among new parents who are trying to “get it right” or manage fears and expectations. We like to bring about a feeling of wakeful relaxation where we can absorb the information that helps inform choice, but doesn't make it difficult to enjoy the journey. So much of our training focuses on having sound physiological understanding but combining that with an acceptance that we don't “always know” (...the answer, the way forward, how to make it ok...) but we can always access resources (both inner and outer) that help us to find a way forward.



Our Teachers and Doulas are not there to be dogmatic and prescriptive and “fix-it” people. Rather they are trained to work empathetically with the individual, sharing good sound knowledge and with skills that help women and men to explore and develop their own path. So whether this is breast feeding support or pregnancy issues RBP workers have a way of bringing a deep feeling of ok-ness to the situation. Parents can often tie themselves in knots trying to get to grips with such a huge life transition, and having someone who is skilled in

this way can be like getting into a warm bath! So in light of this we want our trainees to be able to relax along the way, enjoy the process and be open to the possibility that training with us might just take you on your own very inspired journey...

Course Structure

Module 1 and 2 are the Foundation of our training and are the beginning modules for anyone who wants to complete all modules and be a Relaxed Birth and Parenting Childbirth Educator. So some trainees may start with these two modules then progress further to do the yoga and group / workshop facilitation modules, and the postnatal modules at a later date.

These first two modules will allow you to;

- Work as an accredited Doula, attending births, or doing ante and postnatal doula work.
- If you already run groups for parents or prospective parents (other child birth classes, social workers and midwives, parenting and family support workers, counselors) then this Foundation course will give you the skills and knowledge to support clients in your practice around pregnancy and birth in great depth and confidence.



Module 1

Date July 16th and 17th 2011 2 days

- Learning the 7 Words of Birth; using the authentic communication system (www.7words.co.uk) we will teach you how to be able to facilitate the transformational changes that need to take place for women to birth their babies, men to be able to understand the process both physically and psychologically. The 7 words system is an incisive exploratory tool that high-lights areas which need attention. It is a tool that allows practitioners to work with great depth and insight, and you will be trained in Active Listening skills that will support this process. We believe that families are best able to access support when they know what they bring to the arena of birth (fears, hopes, patterning etc). They also need to know what birth needs in order to be best supported!

- Looking at fundamentals of Active Birth, birth physiology and the work of Michel Odent, the pelvis, pregnancy and birth hormones.
- Communication focusing on a non-judgmental, non-agenda approach using active listening; clear communication for practitioner, mum, dad and other professionals.
- Relationships; couple relationship, mother-father-baby relationship. Peri-natal psychology validating baby's experience in the womb and at birth.
- Breath, sound, body and mind; the fundamentals of Active Relaxation.
- The role of the birth partner; bringing practicality and heart presence to birth.

Cost £285

Module 2

Date of next training in Bristol Sept 23rd, 24th and 25th 2011
3 days in total.

Days 1& 2

- Learn skills to help parents to manage change, transitions and work with their fears.
- Help couples develop a vision of their birth.
- Help parents to develop responsibility; resolving past wounds that inhibit the pregnant journey and relationships; developing tools for self-forgiveness. (Work around relationship, termination, sexuality, miscarriage, shame etc.)
- Find a sense of deep relaxation within the parenting journey; letting go of stress.
- Develop habits of joy and surrender with parents
- Celebrate the spirituality of pregnancy and parenting; finding authenticity in birth.

3rd day

- Recap on the learning so far
- Sign-posting; networking with others and knowing your professional limits.
- "Tricky situations".....looking at practice challenges and how to manage them effectively.
- Learn how to support yourself and your clients.

Cost for module 2 £350

Course Work outside of study weekends

You will be expected to present a case study (up to 2000 words), and there will be some written work to do with anatomy and the hormones of birth. There will also be some self-reflective journal work. You will need to sit in on one birth preparation workshop and one antenatal yoga class in your area.

The benefits of becoming a Relaxed Birth & Parenting Member

The course is FEDANT accredited. After completing the training you can choose to be insured through FEDANT or us. Membership to RBP will give you access to a listing on our website, our marketing literature, advertising and PR (there is a small monthly fee for this). You will be able to support families wherever you live and if you have a RBP ante-natal class in your area you will have the added benefit of access to couples attending those to offer your Doula services to.



As a RBP member you will receive a number of services, including mentoring/supervision, regular continual professional development sessions and a community of colleagues for support, friendship and business advice.

Continuing your Journey with Relaxed Birth & Parenting Training

Should you wish to continue your training after successfully completing modules 1 & 2 you can continue at any time with Modules 3 and 4

Module 3

Apprentice style learning with Weekend Training.

2 day training

Date for next training in Bristol Jan 14th and 15th 2012

Plus:

- 6 antenatal yoga classes sit-in
- One Birth Prep workshop sit-in

- Learn yoga based positions for pregnant women.
- Learn how to assist and adjust by giving hands on help,
- Finding the spine; directions and release,
- Learn guidelines (contra-indications) and knowledge to teach safe and helpful yoga -based postures for women of all stages of pregnancy,
- Continue to learn about pregnancy and birth especially by sitting in and experiencing "real live pregnant women" and their questions.
- Learn how to set up classes and manage the practicalities of your business.

Module 4

3 days training

Next training date in Bristol April 13th, 14th and 15th 2012

Plus:

- 6 antenatal class sit-in's
- One birth preparation 1 day workshop sit -in

- More yoga learning; positions.
- Breath and grounding; how to let go without collapse.
- Finding the spine.
- Active relaxation/ relaxing the nervous system
- Remembering baby; developing baby advocacy.
- How to create class plans.
- Group facilitation/group dynamics.

- Running Birth Preparation workshops/ couples workshops.

From Module 3 and 4 you will be able to run workshops for couples and parents, antenatal yoga classes and offer one to one birth preparation. Previous students have taken this work into the NHS, (Sure Start Children's Centre's), as well as setting up their own private practice.

There will also be space given on this module to look at setting up classes and visionary marketing.

There will be a gap between module three and four, giving people time to sit in on existing ante-natal classes. People on this training would be expected to be in a weekly yoga class (preferably Scaravelli yoga style as this is what your training will be in). You would also be expected to do your own yoga practice at home.

Costs for Module 3 and 4 is £795 including all the sitting in.

These modules would allow you to be an accredited Relaxed Birth and Parenting Childbirth Educator and Ante-natal Yoga teacher.

Module 5

July 2012

The Postnatal Period; 3 days



We live in a culture where so many families do not have the local support of extended family. Add to this that many women are having babies later in life, and have had experience of being in control of their lives, and the chaos and demands of a new baby can make the transition a difficult one. So many books are telling women "how to parent". We aim to

facilitate parents in such a way that helps them to find their own authentic way in the unfolding postnatal period. Without forcing differing styles of parenting on families we aim to help them to find a relaxed way forward at a time of huge change.

In this module we explore changing relationships and how to support that. We look at supporting the baby as it arrives into the new family, supporting mum to find her way while looking after herself, body and mind, and dad as he finds his role. We resist 'fix-it' tendencies that proliferate in our culture and look to individual wisdom and preference. We use the 7 words exploratory tool to help us to gauge what would be the most effective way to support the new family.

With Relaxed Birth and Parenting you will learn sound physiological information around the postnatal period and breastfeeding and baby development, while also learning skills that help you to nourish and support growth and change rather than fix it.

- Understanding the physiology and hormones of breastfeeding as well as the concept of 'laid back breastfeeding'.
- Learn how to support the postnatal relationship of baby, mum and dad.
- Managing change; understanding the changing family dynamics.
- Supporting healing developing tools for resolving birth trauma.
- Postnatal yoga exercise

Cost £385

After this training you could;
Run postnatal support groups, postnatal yoga and relaxation classes, offer one to one postnatal and breastfeeding support. You will have needed to have completed the first 4 modules before doing this one.

For any more information about training with us please don't hesitate to contact us via the details on the front.