

ANTENATAL WISDOM

Bringing Antenatal
Teaching Home

 Welcome World & relaxed[™]
birth & parenting

Prospectus for Antenatal Wisdom - an
accredited Antenatal Teacher and Doula
distance learning qualification

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If you are passionate about the parent and child relationship

Then this course is for you! Antenatal Wisdom is an innovative and inspiring approach to working with pregnant women and babies. This will support you in working from a place of trust and confidence in pregnancy, birth and the postnatal period.

Many practitioners speak of the desire to work in this arena, yet feel their professional training did not cover it in enough depth. There can also sometimes be the thought that for practitioners to work with pregnancy, they need the experience of being a parent themselves. This is not a thought we share at Antenatal Wisdom, believing the recognition of the limitless potential of the parent and child relationship can be communicated by all of us willing to open our hearts and minds.

Antenatal Wisdom is able to offer you the confidence and inspiration to step fully into this arena: As you would expect the course offers tools of focus and an in-depth knowledge of pregnancy and beyond.

Yet the most profound and it also has to be said the most practical offering from this course, is the recognition of love. Throughout the course students are reminded that all any child, any mother and of course any practitioner yearns to know, is that they are loved, loveable and capable of loving others.

This course supports students to experience directly for themselves that it *is* safe to trust, to let go of self-doubt and to work with a sense of ease and joy. This enables a communication between clients and practitioner to flourish and that affirms trust and relaxation within the parent and child relationship.

Love becomes the foundation of your practice when working with pregnant women or mothers and babies. We have discovered that this quiet confidence in the healing balm of love enables symptoms and diagnosis to be attended to by your practitioner expertise which also communicates your trust in her as a mother.



Antenatal Wisdom is an in-depth distance learning course covering the antenatal period including birth and postpartum. All aspects of this extremely important life event including emotional, psychological, physical and spiritual developments that many people move through in becoming parents are explored. You will learn how to support women through this exciting and sometimes challenging period of their lives.

A high standard of teaching is offered by the two tutors who between them have over 50 years combined experience of working with pregnant and postpartum women and their families as well as many years training antenatal teachers and doulas.

The enthusiasm and passion or the spark of interest that catches your attention in working with pregnancy, birth and everything it encompasses, will be supported, nurtured and explored within the training. The course offers solid support and expertise to enable you to feel confident and relaxed with clients in this wonderful arena.

The distance learning method of studying offers lectures which are broadcast and lessons are conducted by correspondence modules, without the student needing to attend a school or college.

You will be 100% supported by the training in what feels to you an authentic route to communicate with your clients that there is a way to experience pregnancy, birth and postpartum that is loving and relaxed for both mother and child and father and child. There are many opportunities within the training to have direct experiences both of trusting who

you are as a practitioner and to trust in the work you offer to others.

This training will be of assistance to a whole variety of people. Many of our past students are practitioners ranging from counsellors, body workers, and a variety of therapists, doulas, herbalists, mothers and more. Sometimes women, who have experienced giving birth as an event that assisted them in understanding more about themselves, be that as a joyful or challenging experience have wanted to investigate further and also desire to support others embarking on becoming a mother.

This course would also be inspiring and supportive to anyone working in charitable or government organisations where pregnant, postpartum or breastfeeding women are the focus or an aspect of the work.

Within the training programme there is assistance for someone who may of experienced a difficult encounter within themselves related to pregnancy, birth and postpartum. This work has been taken into the world in so many ways, individual practitioners' private practice, NHS, charitable organisations, yoga and other health enhancing groups and women's prisons.

As tutors the extent to which this much needed work has rippled into so many areas of assistance has been beyond our initial expectations and has brought gratitude and inspiration not only to us but the training programme. This is a unique and inspiring opportunity to develop your practitioner practice or embark on a new career.

Our amazing new distance learning course Antenatal Wisdom is fully accredited. When qualified you can work as an Antenatal teacher and Doula

Antenatal Wisdom is offered by two well known and experienced antenatal and postnatal practitioners and tutors who have over 50 years combined direct experience and knowledge. Amanda Rayment, and Dominique Sakoilsky share their wisdom and experience in their gentle, supportive and inspiring teaching style. That continually affirms and supports students to discover that there is a way to work with pregnant women and babies from a sense of deep trust within themselves.

On this course you will be invited to attend to the places within you that have, up to now, limited the potential to meet symptoms with a sense of relaxation, profound curiosity and a way of dropping underneath what is presented so as to widen the possibilities of treatment. What is it that we are healing here?

Antenatal Wisdom will teach you more about communication than you will get on other trainings:

1. Amanda and Dominique have studied communication for over 50 years between them! Running workshops, working with couples and families, individuals and babies, public speaking, we have listened to and communicated with people in an enormous array of settings, all ages, from all walks of life, communication is our passion and our tool.
2. Communicating from a place of notional intelligence, clarity of intention and depth, understanding of birth wisdom enables a dynamic and fun way to reach

There are a host of influences that distinguish Antenatal Wisdom from other courses

clients. How do you do that? Antenatal Wisdom will teach you these skills.

3. Communication is about relationships; it is where we have often felt wounded and misunderstood so getting clear on how we are communicating (both speaking and listening) brings healing and a transformed experience of relationships and the present moment.

Antenatal Wisdom is set apart from others in terms of physiology:

1. At Antenatal Wisdom we are passionate about the wisdom of the body. Our understanding of the role of the hormones as wise messengers supporting the birthing woman's physiology allows those we teach to also become enthused.
 2. We are able to communicate this body wisdom in a way that encourages people to listen and trust their body's innate wisdom.

3. With over 50 years knowledge of working, listening and being with women we understand the connection of the mind, body and spirit and we share this enthusiasm with those who journey with us.



Antenatal Wisdom differs from others in terms of the teaching skills offered to students

1. Teaching from the heart

Students are supported in discovering what makes their heart sing in the arena of antenatal teaching. From this perspective we at Antenatal Wisdom believe that students will be able to support and assist others through the journey of pregnancy and birth with an enthusiasm and passion.

This will offer confidence and assurance to pregnant women and their partners that it is way beyond simply offering information. We believe it communicates a trust in the decision to become parents.

2. Expertise and accreditation

Students are offered the very best of the tutors 50 years combined experience and expertise. The course is fully accredited as a training for antenatal teachers and as an advanced post graduate course for practitioners.

Students benefit from the teaching not being based on one particular tool of focus. They benefit from the three tutor's immense wealth of experience together with the discovery that this particular model of teaching can be adapted to any aspect of antenatal work including the postpartum time.

3. Healing and understanding of our own experiences

This course is set apart from others by its expertise and exploring in the psychological and emotional aspects of pregnancy, childbirth and postpartum.

Students are offered tools to use for healing and understanding their own experiences. From this direct experience for themselves comes a strong confidence in supporting and assisting others.



Students are encouraged and supported in questioning their own beliefs and judgments of the many models and procedures offered to pregnant women today. This enables the students to offer information and explore choices from an open minded and accepting attitude with the pregnant women they will work with as Antenatal teachers, doulas or practitioners.

One of the many aspects that make our course so special is our commitment to ensuring you feel supported throughout your learning experience. We are proud to offer these assurances

Our Vision

Our vision is to offer Antenatal Wisdom as a tool for self-realisation, bringing healing and happiness to the parent-child relationship, so that every parent and every child may remember the invitation that is ever present, to rest in the presence of love.

Our Mission

We will do this by our teaching programme, face to face work, films, writing and talks. It is our intention to have an AW birth practitioner in every county across the UK and on every continent across the world. In this way we will join across the globe to realize the reality of love, bringing peace into our hearts and minds.

Guiding Principles

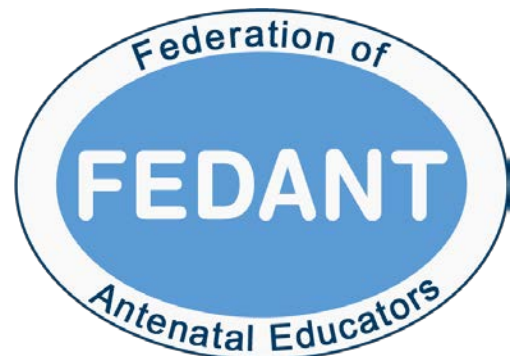
- ♥ To work with complete integrity in every aspect of offering Antenatal Wisdom
- ♥ To communicate clearly with each other and all the students
- ♥ To offer ourselves as assistance to each student
- ♥ No compromise on being who we are

Our commitment

- ♥ To commit to deep self-honesty and self-inquiry in all aspects of work with AW
- ♥ To support each other in feeling safe, honoured and loved
- ♥ To give our full attention and offer attention to detail to every aspect of offering AW
- ♥ To be willing to discover another way of working that serves all three of us
- ♥ To support our livelihood through offering Antenatal Wisdom and those as of our students in a way that benefits everyone

Antenatal Wisdom is an advanced postgraduate course fully accredited by FEDANT*. On completion of this course you will receive accreditation and CPD points.
Course Provider 748324/232

*FEDANT administer the profession standards which Antenatal Educators, Breastfeeding Counsellors and Doulas, are required to meet in their working lives.



Antenatal Wisdom Distance Learning Course Outline

How Antenatal Wisdom is delivered

Antenatal Wisdom is not only accredited by FEDANT but is also the first and only distance learning course for antenatal training and doula training. A lovely aspect of this is that you get to interact with students from all over the UK and rest of the world and share stories and experiences on our regular Skype sessions and forum. Distance learning offers a blended approach to studying in which tutor interactions are broadcast and lessons are conducted by home study modules*, without the learner needing to attend a school or college. Included in the training we have regular Skype tutorials for the students, downloads, distance learning forum, a monthly newsletter, the book 'Seven Secrets of Joyful Birth', broadcasts on our YouTube channel and regular blogs.

How much does it cost and who would benefit?

The cost is £300**

The qualification is aimed at postgraduate students who want to have an accredited training specialising in pregnancy and birth which means they can add doula and antenatal teaching to their existing qualification. These postgrad students may be massage therapists, acupuncturists, craniosacral therapists, osteopaths, reflexologists, counsellors, psychotherapists, herbalists, homeopaths, yoga teachers, antenatal teachers, doulas, midwives, doctors, family support workers (you might check with us if unsure).

Additional support for learners

Learners can request individual Skype sessions on Wednesday mornings any week with the tutors, to check in, ask questions, get support on the course, bring case work etc. They can either call us or email us to request this. We also encourage learners to email us with their questions and join the Forum.

*56 hours over 7 months (advise 1 month per module -7 modules)

**We offer packages to organisations to deliver considerable savings, for example if you enrol 5 students from your organization you will receive 10% off the total price, 10 students from your organization you will receive 25% off the total price.

Course Aim

Antenatal Wisdom is an in-depth training course covering the antenatal period including birth and postpartum. We explore this extremely important life event including emotional, psychological, physical and spiritual developments that many people experience in becoming parents. Students will learn how to support women and their families through this period of their lives. After completing our fully accredited training course students will be qualified to support and assist women and their families during pregnancy, birth and postpartum.

Learning outcomes

Building trust and self-confidence; students will analyse what motivates them in their desire to work with pregnant women. Learning experiences during the course will develop their ability to be both of trusting who they are as a practitioner and to trust in the work they offer to others. They will develop tools to use for healing and understanding their own experiences and from this will come strong confidence in supporting and assisting others.

Exploring the psychological and emotional aspects of pregnancy, childbirth and postpartum; students will be encouraged and supported in questioning their own beliefs and judgments of the many models and procedures offered to pregnant women today. This will enable the students to offer information and explore choices from an open minded and accepting attitude with the pregnant women they will work with as Antenatal teachers, doulas or practitioners.

Developing communication skills; students will practice active listening skills, basic counselling skills and discover the power of communication. Learning from systemic questioning and active- listening skills students will realise how to best provide clients with the support they need. They will also be exploring relationship communication, managing difference of opinion, and communication between mother and baby including ideas from current peri- natal psychology.

Learning about the physiology and psychology of pregnancy; students will learn about active birth and the hormones of birth. Developing a solid understanding of anatomy and physiology offers the teacher/doula a solid ground to explore from. Students will study the mind body journey in pregnancy and how they can best support it. This will include common pregnancy symptoms and how they can best support them. They will discover how support the baby in pregnancy and how to support the mind-body in mother.

Learning to use herbs for pregnancy and postpartum safely; students will learn about herbs that can be used to support pregnancy and birth and making their own medicine bag. Learners will feel confident to share about the use of herbs and nutrition during pregnancy; also in supporting women to prepare their herbal birthing medicine bag.

Specific skills and knowledge learners will take away

- Communication skills: listening techniques, active listening and how to listen effectively, questioning skills and empathetic language
- Reflective practice
- Building relationships - clients, peers, other caregivers and family
- Professional language of antenatal teacher and doula, and health professionals
- Business Skills
- Using herbs and nutrition in pregnancy and postpartum
- Physiology of birth
- Role of the antenatal teacher and doula
- Teaching skills and class planning



How learners will be assessed

Students will find questions in the modules; some are about physiology and birth info and some are reflections about aspects of themselves and their ideas and experiences around birth. Learners need to put any of these answers into a word document and send them to the tutors module by module. We mark them and respond. We also conduct face to face assessment by Skype.

We ask that students must attend 2 births unpaid should they want to work as a doula and we can support them through this process. We suggest they don't attend a birth until they are finished (or almost finished) the modules. They can receive support from us as they take on this role.

Learners are required to complete two case studies. This can be supporting at births (the 2 births attended if training to be a doula can be used). Or an experience of supporting women or couples during pre-conception, antenatal or postpartum periods; clients from your private practice can be used.



Distance Learning Modules

Module 1: Prayer of the Heart

This module is offered as a nurturing space in which students can explore and inquire within as to what their true purpose in working with others is and how they can offer this with a sense of ease and happiness.

What brings you to this path?

We believe that being clear in your intention as either a doula, teacher and practitioner enables you to work from a place of trust and confidence. That is because when you are clear about why you are doing what you are doing you can let go of defensive practice and connect more deeply with your teaching. This communicates deep trust to the pregnant woman which invites her to communicate that trust to her baby.

Module 2: Active Birth and pregnancy and birth physiology

This module will give you a good ground for understanding the physiological process involved in birth, so that we can get a sense of how best to support that in others.

We will be learning about Active Birth and the hormones of birth. This will help us to see the miraculous way that physiology brings anatomy to life. Having a good grasp of anatomy and physiology offers the teacher/doula a solid ground to explore from. We need to have a solid grasp of anatomy and physiology to help women to inhabit that physiology for themselves.

Module 3: Communication

We will look at Active Listening skills, basic counselling skills and the power of communication; learning from systemic questioning and active listening skills we will see how to best provide clients with a space where they can find their own authentic way forward, enabling deep personal connection and knowing. We will also be exploring relationship communication, managing difference of opinion, and communication between mother and baby including ideas from current peri natal psychology. Words give form to our thoughts. When our thoughts and words are in alignment.

Module 4: The state of pregnancy

Looking at the mind body journey in pregnancy and how we can best support it. This will include common pregnancy symptoms and how we can best support them. How do we support the baby in pregnancy? How do we support the mind-body in mother? We also explore ways to consider "symptoms" as being a welcome expression of something important about this woman's journey, and ways of working in the light of this consideration.

Module 5: Herbs for pregnancy and birth

You will be learning about herbs to support the pregnancy and birth, making your own medicine bag and birthing your own project as a symbol of learning to work with pregnancy and birth. You will feel confident to share about the use of herbs and nutrition during pregnancy; also in supporting women to prepare their herbal birthing medicine bag. There is an opportunity for all students to become part of the Welcome Worlds growing family as an affiliate.



This module will explore and connect you with how you choose to use your medicine bag both with pregnant and birthing women. There is a rich and wonderful legacy of the long established history of using herbal teas and midwifery wisdom.

Within the module we will cover using herbs in our medicine bags while also recognizing our medicine bag can hold whatever we desire. What is of more importance is why we are using the medicine bag. The content of the module includes;

1. The purpose of our medicine bag
2. Herbs for assistance during pregnancy and birth
3. Healing foods that can be used to support nutritional wellbeing during pregnancy
4. You will learn of the nutritional properties of herbal teas for use during pregnancy
5. Herbal remedies and the use of healing foods for familiar pregnancy symptoms
6. Students will have the support of Master herbalist Amanda Rayment
7. You will feel confident in recommending herbal teas and healing foods to the women you work within the context of supporting them to be self-reliant in terms of their wellbeing

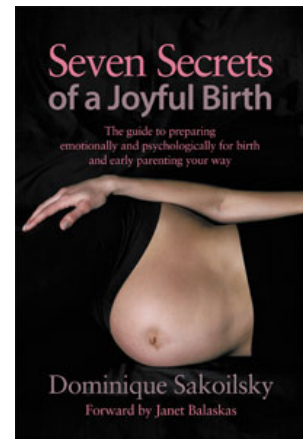
Module 6: The Seven Secrets of Joyful Birth

This module is born out of the book written by Dominique Sakoilsky, forward by Janet Balaskas. It was published in March 2012 and has been getting good reviews. You will receive a copy of this book when you enrol.

Working through the seven secrets is a brilliant way to address the deeper issues within yourself in a safe and simple way. It will free you to enjoy the unfolding, the transformation, the growing that is happening inside you.

This process never stops in life. Yet in pregnancy it happens so profoundly and intensely as we integrate enormous changes, in our bodies, our feelings and our relationships in a relatively short span of time.

Each of you – mother, father and baby – has a different set of challenges. The baby to be born from the womb into the world, the mother to be the giver of birth and the nurturer, the father to be the companion and protector, couple or single parent to become a healthy loving family.



Module 7: Teaching from the heart

How do we run groups, one to one sessions, find form and structure for our work? How do we know if we want to be a doula, antenatal teacher or both? How do we support our own authentic way while giving our clients what they need? What does it mean to teach from the heart?

What gets in the way of teaching from the heart? Having the ability to self-reflect is vital in this arena and we will be exploring ways to understand your "trigger points" and projections so that you are able to keep a clean space for your women to rest in, whilst also refining your own growth.



If you would like to know more why not talk to us or check out our websites;

♥ Amanda

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www.relaxedbirthandparenting.com



If you feel you want to expand your practice or develop a new one and your confidence in this arena, and be able to be part of a growing circle of women who are working to heal family relationship through whatever modality you are trained in, then we welcome you to find out more.

We have a wealth of experience between us and realize the limitless potential for supporting clients by attending to them in this way.

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