



## **HOLISTIC DOULA PRACTITIONER INTERNSHIP REQUIREMENTS**

*Purpose: To collect experiences that will further your ability to counsel and educate clients.*

A total of **100 hours** is required for graduation from the Holistic Doula Practitioner Program.

### **Core Requirements (50 Hours from at least three different families)**

- 10 hours Pregnancy consultation
- 20 hours Labor in a home setting
- 10 hours Labor in a hospital setting or birthing center
- 5 hours Birth/Postpartum care for mother
- 5 hours Newborn Infant care

### **Remaining 50 Hours: May include but is not limited to the following activities:**

- Pregnancy, Labor, Birth, Postpartum and Newborn care in addition to above
- Midwife Observation – Limit 10 hours
- Labor or Postpartum Doula Observation – Limit 10 hours
- Allopathic Medicine (obstetric nurses, obstetrician, pediatrician) – Limit 5 hours
- Breastfeeding Support Groups or La Leche League classes – Limit 5 hours
- Lactation Consultation Observation – Limit 5 hours
- Birthing preparation classes (Bradley Method, Lamaze, etc.) – Limit 5 hours
- Midwifery conferences and Birthing Seminars – Limit 5 hours
- CPR/First Aid training for infants – Limit 5 hours
- Natural Birthing Political Awareness – Limit 5 hours
- Marketing/Promotion – Limit 5 hours
- Bodywork Therapies – Limit 5 hours

You are welcome to spend more time in any of the above areas that interest you; however they cannot count toward your 100-hour total.

### **Recommended people to shadow:**

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