

# Birth Professionals Level 1 Workshop

## *Introduction/Promotional Content:*

This is our one day introductory workshop for birth workers to become affluent in being present in supporting families experiencing pregnancy and infant loss.

## Subjects we will explore:

- Definitions and interpretations of life.
- Definitions and interpretations of death.
- Definitions and interpretations of grief.
- How to integrate these systems of belief to holistically support families.

## What you will gain:

As a birth professional, attending a healing session for mothers may otherwise seem inappropriate to you. Here, you can explore the awesome power of presence, validation and support in the first person, in a trusting environment that is uniquely prepared and created especially for us birth professionals.

Here we'll explore what it means to support families giving birth in any trimester, including supporting in subsequent pregnancies and "red flags of grief" that might otherwise be overlooked, including bonding issues in pregnancy, dystocia in labor and attachment issues postpartum.

You will identify similarities and differences in loss to other traumas a family may experience, you'll strengthen your understanding of the connections between events in a mother's obstetrical history, you'll learn the importance of being supported yourself, and you'll see how your trust in your own support network will impact your response to your client. You'll begin to build a strong foundation of support for yourself that you need to be the best you can be, for your clients, and for yourself.

You will spend time in reflection, evaluating your own values and interpretations of life and death. Workshops are an intimate gathering intended to enrich and inspire. More than just a checklist of things to make sure you do or say for bereaved families, the workshop environment will slow you, deepen you, and connect you with the families you serve in a profound way. The workshop is a safe environment. Please open yourself to being gently challenged.

You'll also receive handouts that will cover what we won't have enough time to during the workshop, including information on practical support and supplies that can benefit bereaved families, including keepsake building. Often birth professionals seek a "check list" of things to do and say for families. It is because families do benefit from these things but need someone who is engaged with them in their experience, that it is highly recommended that birth professionals attend this workshop and/or take our online training.

# Birth Professionals Level 2 Workshop

## *Introduction/Promotional Content:*

This is a one day workshop for birth workers to learn how to provide compassionate, comprehensive support to families enduring loss, including why and how to establish strong support resources for yourself.

If you are an aspiring doula, birth doula, postpartum doula, monitrice, doctor, midwife or nurse, this workshop is right for you.

## Subjects we will explore:

- Providing support prior to loss.
- Providing support during the actual physical event of loss.
- How to be supported.
- How to support after a loss.

## What you will gain:

This is a hands on, interactive and informal workshop. Having between 20 to 40 registrants is recommended to make a vibrant and wonderful workshop.

Using demonstrations, examples, projects and discussion, you will leave with tools you need to be better prepared in all birth situations.

We will practice labor support when there is a known or a sudden change of outcome. We'll explore the 6 stages of labor and the 5 seasons of the healing journey. We'll learn the 4 "tasks" of a birth & bereavement doula.

With the help of Sam, our medically accurate mannequin baby, and the creativity of your workshop guide, we'll practice touching, holding and bathing a baby born not alive. We'll practice gathering keepsakes and creating rituals, and drawing from our Level 1 workshop, begin to see the application of really "going deep" in supporting families who meet with both birth & bereavement.

Because the realms of birth and of bereavement are each vast and together enormous, all attendees enter the workshop with at least one question written onto paper that is explored in the session, and there is a Q&A session at the close of the workshop. In this way, each workshop has its own unique course based on the needs of the attendees.

Each attendee will receive a Supporting Birth & Bereavement as a Doula guidebook, which contains the most viewed pages of the website stillbirthday, and which contain many practical insights including instructions on bathing a baby not alive, as well as information on the history of the doula, poignant articles published on our early website, and space for notes from the workshop.