



Statement of Beliefs

Birth Works International believes that:

1. The knowledge about how to give birth already exists inside every woman. Women's bodies are designed to give birth.
2. The nutrition of a pregnant woman has a great impact on the health of her baby from its life as a fetus through adulthood and that breast milk provides the optimum nutrition for the newborn baby.
3. A woman will labor the best wherever she feels the safest and most secure. For some that may be a hospital. For others it may mean at home or in an alternative birthing center.
4. Birth is one of the greatest challenges life has to offer and provides an opportunity for personal growth.
5. While a cesarean section may be necessary at times, the current rate is too high.
6. In most cases, VBAC (vaginal birth after cesarean) is a safer alternative to routine repeat cesarean.
7. BirthWorks is a process, not a method. BirthWorks seeks to facilitate a woman's or a couple's personal process in childbearing, not to impart a preconceived method of labor and birth. There is not one right way to give birth; each birth is unique.
8. A woman in labor deserves an environment in which her privacy, autonomy, and emotional security is protected, and her mobility is encouraged.
9. Expectant parents should have access to information they need about obstetrical procedures. They should participate in decisions regarding the judicious use of obstetrical medications and procedures.
10. A woman's beliefs influence her birth. Exploring beliefs heightens self-awareness, serving as a catalyst for positive change.
11. The emotions of a birthing woman have profound effects on the birth outcome. Women must be allowed to express all their birth-related feelings.
12. The practice of Human Values builds character and instills confidence in birth and life.
13. Love is the foundation upon which positive birthing begins, and that one must have love of oneself before being able to love others.

Ideals of a BirthWorks Postpartum Doula

BirthWorks

1. Believes that birth is a deeply spiritual and joyful experience that impacts a woman's entire life.
2. Recognizes that integration of the mind, body, and spirit generates a more positive postpartum experience.
3. Assists in the care of the new baby and keeping talk to a minimum, so the mother can rest and relax to recover from her birth. Sees birth as a rite of passage in a woman's life, honoring and respecting the work she has done to give birth.
4. Respects the privacy of a laboring woman and her family.
5. Understands the language of hormones and postpartum physiology, and is able to recognize stress and signs of depression, making appropriate referrals as needed.
6. Believes that good nutrition and hydration are essential for a healthy mother in the postpartum period and in life.
7. Believes that breast milk provides optimum nutrition for the newborn baby, and encourages breastfeeding whenever possible.
8. Knows that her role is to support the social structure of the family environment respecting the ethnicity and traditions of the family. Her role is not to provide medical support or to make decisions for the new parents.
9. Trusts her own conscience when responding to events surrounding the postpartum period, encouraging the new mother and partner to express any fears and expectations of this important time in their lives.
10. Fills her heart with compassion, knowing babies are beings of love and should be met with only one language, the language of the heart.
11. Realizes that it is important to limit her number of clients so as to create a balance between her own responsibilities to her family and to those she serves in birth.
12. Strives to see good, think good thoughts, speak kind words and listen to what is good, knowing these feelings can only come out of love.
13. Believes that the ability to love is essential for the health of the body, peace of the mind, and joy of the spirit.

Postpartum Doula Certification General Policies

The BirthWorks Postpartum Doula Online Certification Program consists of the following:

1. Register for the 12-month Postpartum Doula Certification Program
2. Be a current member of BirthWorks International (\$45/year)
3. Complete all requirements on the Certification Checklist including book reports, lactation education, infant CPR/First Aid Certification, mock interview, and essays.
4. Provide postpartum care for a minimum of eight hours for each of two clients (can be

completed in more than one visit). Infants must be less than 12 weeks old. Have the families complete the postpartum support evaluation form and submit to your Mentor. Postpartum care must take place after enrollment in the certification program.

Full Certification

Full certification as a Certified Postpartum Doula for BirthWorks, PD(BWI) is granted only after all requirements in the certification program are successfully completed.

Denial of Provisional or Full Certification

The BirthWorks Board of Directors has the right to deny provisional or full certification only if the following applies:

- There is a direct conflict with the BirthWorks Statement of Beliefs and Ideals of a BirthWorks Postpartum Doula.
- The student is not willing to work on resolving problems occurring with requirements.
- There is a known violation in the BirthWorks Postpartum Doula Certification Policies.

Fees for the BWI Doula Certification

The Certification Program registration fee is \$495 US for both domestic and international.

Payment is accepted by credit card, money order, personal check, or bank check, or online. Please allow 7-10 days for personal checks to clear before the training packet is sent.

What you will receive

- Upon registration for the BirthWorks Postpartum Doula Program you will be assigned to a Mentor who will support you throughout your training.
- 10% discount on BirthWorks conferences, books, and videos
- Website listing on the BirthWorks online referral directory
- Monthly Enews
- National/International recognition as a certified Postpartum Doula for BirthWorks International CD(BWI)

Note: As this is an online program, no written materials will be sent except for your certificate upon certification.

Certification Program Refunds

There is a \$75 non-refundable processing fee upon receipt of the program payment. Refund requests must be made in writing and received within 30 days of entry into the BirthWorks Postpartum Doula Certification Program.

Training and Membership Options

1. Membership

BirthWorks offers you a variety of ways in which to be part of our organization.

- a. **Active status:** Certified BirthWorks educators, doulas, and students receive full benefits including website listing, quarterly newsletter, 10% discount on products, and reduced fees at conferences.
- b. **Resigned Status for Students:** Any student who wishes to discontinue the training process will be taken off the mailing list and the training roster. Such a student may return to the program in the future. *Resigned Status does not alter the 3 year workshop attendance requirement.*
- c. **Extended Status for Students:** For a payment of \$100/year, a student extends her training period and is given a new Date of Completion. All student benefits continue. *Extended Status does not alter the 3 year workshop attendance requirement.*
- d. **Leave of Absence:** We recognize that on occasion a student may require a leave of absence from the training program due to extenuating circumstances. Such a request must be sent in writing to the BirthWorks office and may not be made over the phone. Granting a leave of absence is at the discretion of the BirthWorks Program Manager and President of BWI. If a leave of absence is granted for a reasonable time frame, not to exceed one year, the new Date of Completion will be determined. *Leave of Absence Status does not alter the 3 year workshop attendance requirement.*

2. Re-Entry Policy for Resigned Postpartum Doula Students

- a. **Resigned Student for three years or less:** Must pay a re-entry fee of \$200 plus back memberships to re-enter the training program.
 - b. **Resigned Student for more than 3 years:** Must pay current program fee plus back memberships to re-enter the training program.
3. **Re-Entry Policy for Resigned Certified Postpartum Doulas:** Re-instatement is the process by which a resigned doula can reinstate her certification to become a BirthWorks member in good standing and provide Postpartum Doula services.
- a. **Resigned certified Postpartum Doula for three years or less:** Must pay missed re-certification fees plus a \$45.00 reinstatement fee and submit a one-page report on two hbirth-related books to the BirthWorks office.
 - b. **Resigned certified educator/Postpartum Doula for more than 3 years:** Must pay the current Program fee plus a \$45.00 reinstatement fee.

Re-certification: Re-certification fee of \$95 is due two years after full certification is granted and thereafter every two years. Re-certification is a requirement to maintain professional status as a Certified BirthWorks Postpartum Doula and to remain on our on-line and phone referral lists. Re-certification includes the submission of paperwork documenting continuing education and professional growth.

Credentials: Upon certification, it is required to state your credential with BirthWorks International as PD(BWI)

*Prices and policies are subject to change at the discretion of
the Board of Directors of BirthWorks International.*

Professional Standards of Practice

BirthWorks International (BWI) certified Postpartum Doulas represent the organization when they are providing services. It is essential that our image is professional, compassionate, and respectful. We request that all active members of the BirthWorks Postpartum Doula Program, agree to the following Professional Standards of Practice:

A BirthWorks Doula:

1. Maintains integrity by practicing unity in thought, word, and deed.
2. Upholds privacy in her relationship with clients, maintaining confidentiality.
3. Keeps communication open and kind, being a good listener and intuitive in responses.
4. Establishes fee structures based on what is reasonable and fair in her local area.
5. Practices human values with doula clients and members of the birth team and puts these into practice through the Ideals of a Postpartum Doula, and the Statement of Beliefs of BirthWorks International.
6. Maintains professional attire, and presents herself with confidence and humility.
7. Practices good health care for herself as she is a role model for those with whom she works.
8. Provides continuous support to a woman and her family in the weeks after birth.

A Postpartum Doula's Scope of Practice

1. A postpartum doula's role is to provide comfort and companionship to a new mother and her family through nonmedical physical and emotional support.
2. It is not in the scope of practice for a BirthWorks postpartum doula to perform any clinical procedures including taking temperatures, blood pressures, or performing examinations of either the mother or baby.
3. A Postpartum Doula must keep in mind her role with the family. She may answer questions asked of her by the parents to the best of her ability but in no way to impact decision making of her clients or be contrary to the wishes of her care provider. Birthing parents need to communicate their decisions directly to their care providers and not through their doula.

4. The use of acupuncture and herbal remedies is beyond the scope of practice of a Postpartum Doula. However, if she is trained and certified in their use, she may use them only with the permission of the birthing parents.
5. A BirthWorks postpartum doula is expected to fulfill her contract with the family, and provide services as outlined in the contract. She is expected to be reliable, trustworthy, and compassionate. If circumstances are such that the doula needs to discontinue providing services to an established client, she must do so in writing. She may suggest a replacement if her client so desires.
6. A BirthWorks postpartum doula must have completed her certification through BirthWorks International and she must fulfill all BirthWorks recertification requirements to serve birthing families in order to carry the credentials of “Certified Postpartum Doula for BirthWorks International” CPD(BWI).

HIPAA Guidelines

HIPAA is the Health Insurance Portability and Accountability Act of 1996, United States legislation, that provides data privacy and security provisions for safeguarding medical information.

Most of us believe that our medical and other health information are private and that they should be protected. We deserve to know who has this information. The Privacy Rule, a Federal law, gives you rights over your health information and sets rules and limits on who can look at and receive your health information.

HIPAA provides federal protections for personal health information held by covered entities and gives patients an array of rights with respect to that information. At the same time, the Privacy Rule is balanced so that it permits the disclosure of personal health information needed for patient care and other important purposes.

To be compliant with HIPAA, BirthWorks International recommends that Postpartum Doulas have their clients sign the *Client Confidentiality Form* before they receive any medical information pertinent to care for the mother and her family at home. Professional Postpartum Doulas should always respect the confidentiality of information obtained from their clients and protect its privacy.

Client Confidentiality Release Form

I, _____ hereby understand that my Postpartum Doula will respect the confidentiality of any medical and personal information related to her during her stay providing Postpartum Doula services after birth. I agree that any pertinent information that would be helpful from my birth experience be disclosed to her. Furthermore, I agree that my birth information can be used anonymously for statistical purposes only by BirthWorks International.

Signature _____

New Parents

Date: _____