



Doula Certification Courseware

Official Course Syllabus and Chapter Index

Course Name	Doula Certification Courseware
Total Chapters	11
Document Type	Official downloadable PDF syllabus

Prepared for online platform upload and learner download.

Course Index

The index below lists each chapter in the Doula Certification Courseware and links to the corresponding section in this PDF.

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Highlighted course name: Doula Certification Courseware

Chapter 1: Doula Certification Program

Syllabus topics covered in this chapter:

- Welcome to your ExpertRating Doula Course
- About the Author
- The Final Certification Test

Chapter 2: Course Basics

Syllabus topics covered in this chapter:

- About Doulas and Job Forecast
- Learning Objectives, Course Outline, and Expectations
- Conclusion
- References and Supplementary Content
- Self-Study Descriptive Questions
- Self-Study Multiple-Choice Questions

Chapter 3: Doula Essentials

Syllabus topics covered in this chapter:

- Doula Basics
- Types of Doulas
- Patient Advocacy
- Informed Consent
- Doula Responsibilities and Standards of Practice Code of Conduct
- State of Maternity Care in the United States
- Conclusion
- References and Supplementary Content
- Self-Study Descriptive Questions
- Self-Study Multiple-Choice Questions

Chapter 4: Emotional Support

Syllabus topics covered in this chapter:

- Empathy
- Empathy Continued
- Active Listening
- Confidence Building and Community Referrals
- Affirmations
- Conclusion
- References and Supplementary Content
- Self-Study Descriptive Questions
- Self-Study Multiple-Choice Questions

Chapter 5: Physical Support

Syllabus topics covered in this chapter:

- Introduction
- Relaxation Exercises
- Breathing
- Visualization
- Deep Muscle Relaxation
- Meditation
- Hypnosis
- Positions
- Optimal Fetal Positioning vs. Spinning Babies
- Miles Circuit
- Hydrotherapy
- Massage
- Aromatherapy
- Nutrition, Hydration, and Elimination
- Maintenance of Therapeutic Milieu
- Conclusion
- References and Supplementary Content
- Self-Study Descriptive Questions
- Self-Study Multiple-Choice Questions

Chapter 6: Informational Support

Syllabus topics covered in this chapter:

- Community Support List
- Motivational Interviewing
- Nonviolent Communication
- Assertive Communication
- Honesty and Respect
- Information About Labor, Birth, and Beyond
- Conclusion
- References and Supplementary Content
- Self-Study Descriptive Questions
- Self-Study Multiple-Choice Questions

Chapter 7: Intrapartum: Labor & Birth

Syllabus topics covered in this chapter:

- Brief Introduction to Anatomy and Physiology
- Understanding Labor Mechanics
- Chemicals of Love and Birth
- Understand the Birthing Process from a Holistic View
- First Phase: Prodromal or Early Labor
- First Stage: Active Phase
- First Stage, Third Phase: Transition
- Second Stage: Pushing and Birth
- Third Stage: Placental Delivery
- Fourth Stage: Breastfeeding and Bonding
- The Perspective and Importance of the Father
- Conclusion
- References and Supplementary Content
- Self-Study Descriptive Questions
- Self-Study Multiple-Choice Questions

Chapter 8: Common Interventions and Obstetric Complications

Syllabus topics covered in this chapter:

- Introduction
- Analgesia
- Induction
- Augmentation
- NPO Status
- Fetal Monitoring
- Cesarean Section
- Cesarean Section Continued
- Newborn Interventions
- Newborn Interventions Continued
- Conclusion
- References and Supplementary Content
- Self-Study Descriptive Questions
- Self-Study Multiple-Choice Questions

Chapter 9: The Prenatal Visit

Syllabus topics covered in this chapter:

- Introduction
- First Visit (or Electronically)
- Second Visit
- Mother's History
- Birth and Postpartum Planning
- Birth Plan Formats
- Difficult Conversations with Providers
- Birthing Classes and Methods
- Conclusion
- Self-Study Descriptive Questions
- Self-Study Multiple-Choice Questions

Chapter 10: Postpartum Doula Care

Syllabus topics covered in this chapter:

- Breastfeeding
- Breastfeeding Continued
- Newborn Care and Safe Sleep
- Postpartum Obstetric, Pediatrician, and Doula Appointments
- Postpartum Obstetric, Pediatrician, and Doula Appointments Continued
- Conclusion
- References and Supplementary Content
- Self-Study Descriptive Questions
- Self-Study Multiple-Choice Questions

Chapter 11: Your Doula Practice

Syllabus topics covered in this chapter:

- Personal Goals Using SMART Goal Setting
- Finding a Doula Group Practice or Volunteer Doula Group
- Private Practice
- Private Practice Continued
- Conclusion
- References and Supplementary Content
- Self-Study Descriptive Questions
- Self-Study Multiple-Choice Questions