

Antenatal Wisdom

2014 Course Structure

Online Home Study Modules

Cost £400

Module 1: Prayer of the Heart

This module is offered as a nurturing space in which students can explore and enquire 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 counseling 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 perinatal psychology.

Words give form to our thoughts. When our thoughts and words are in alignment we are able to communicate effectively and clearly, essential for any teacher and doula.

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 and published in March 2012 and getting good reviews to date. You will receive a copy of this book when you enroll. Learning from the book, what the 7 states are, how to know when to work with a particular state with a woman to facilitate change and freedom to birth, and how to use the 7 states questionnaire.

This module will take you on your own personal journey of exploration so expect to find out something useful about yourself and how you perceive yourself. Understanding your own journey helps you to facilitate another's journey.

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.