

# LOVE YOUR TRAINING ACADEMY

LEARN. OBSERVE. VALIDATE. EMPOWER

## LOVE YOUR TRAINING ACADEMY (LYTA) Doula Certification Guide

### Become a Certified Professional Doula

Love Your Training Academy (LYTA) provides a comprehensive, evidence-informed doula certification program designed to prepare culturally responsive, trauma-informed birth professionals.

Our program combines education, hands-on learning, and real-world experience to ensure you are fully prepared to support families and confidently step into practice

### PROGRAM OVERVIEW

- 200 total program hours, including structured instruction, simulation-based training, and required birth/fieldwork experience
- Flexible timeline (typically completed in 12 weeks)
- In-person + hands-on learning
- Clinical simulation labs
- Structured mentorship and post-training support
- Designed to align with the Indiana Medicaid doula pathway
- Aligned with National Doula Certification Board competencies

# WHAT MAKES LYTA DIFFERENT

At LYTA, we go beyond traditional training.

You won't just learn—you'll practice, apply, and grow.

- Hands-on simulation labs that mirror real birth environments
- Mentorship that continues beyond the classroom
- Real-world readiness for supporting clients
- Focus on trauma-informed, culturally responsive care
- Preparation to work alongside healthcare teams
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## CLINICAL SIMULATION TRAINING

Our simulation labs provide immersive, real-life experiences so you can build confidence before attending your first birth.

You will:

- Practice labor support techniques
- Navigate real-world scenarios and interventions
- Strengthen communication and advocacy skills
- Participate in guided debriefing and feedback

## MENTORSHIP & SUPPORT

You are not doing this alone.

Each trainee is matched with a mentor after completing the midpoint competency assessment. Mentorship continues beyond the program to support your transition into certification and client work.

You'll gain:

- Guidance through your first births
- Ongoing support and feedback
- Confidence in real-world situations

## CERTIFICATION PATHWAY

LYTA prepares you to pursue certification through the National Doula Certification Board (NDCB).

Steps:

1. Complete LYTA training (200 hours)
2. Apply to NDCB (\$50 application fee)
3. Pass the CPD exam (\$350)
4. Earn your Certified Professional Doula (CPD) credential

*LYTA provides a Certificate of Completion. Certification is awarded through NDCB.*

## Curriculum Overview

### Training includes:

- Foundations of doula support & the L.O.V.E. Framework
- Anatomy, physiology, and labor progression
- Comfort measures and labor support techniques
- Communication, advocacy, and trauma-informed care
- Postpartum recovery, lactation, and newborn care
- High-risk and medicalized births
- Business, ethics, and professional practice

## Tuition & Investment

### Program Cost: \$2,000

Includes:

- 200-hour training program
- Simulation labs
- Mentorship support
- Training materials
- Certificate of Completion

### Additional Costs:

- National Doula Certification Board fees (\$400 total)

## SCHOLARSHIPS AVAILABLE

We are committed to increasing access to doula training. Scholarships are available for eligible participants, with priority given to individuals serving underserved communities or demonstrating financial need. We strongly encourage all interested applicants to apply.

### The L.O.V.E. Framework

**Our training is grounded in:**

**Learn. Observe. Validate. Empower.**

**This framework guides how doulas support families—with intention, respect, and confidence.**