



**LOVE YOUR TRAINING  
ACADEMY**

LEARN. OBSERVE. VALIDATE. EMPOWER

## Love Your Training Academy – Doula Certification Program (200-Hour Model)

<b>Week</b>	<b>Topic</b>	<b>Expanded Learning Objectives</b>
1	Foundations of Birthwork	Define scope of practice; distinguish clinical vs non-clinical roles; apply ethics, confidentiality, and professional boundaries; introduce LOVE framework (Learn, Observe, Validate, Empower).
2	Anatomy & Physiology	Explain reproductive anatomy, hormonal changes, and stages of pregnancy; translate physiology into client-friendly education; reinforce informed consent and bodily autonomy.
3	Labor Support Intensive	Demonstrate physical comfort techniques, positioning, breathing, and coping strategies; adapt support plans; promote informed choice during interventions; regulate emotional presence.
4	Communication & Advocacy	Practice trauma-informed communication; apply active listening and reflective language; differentiate advocacy vs advice; maintain scope during provider interactions.
Simulation	Observed Practice Lab	Integrate labor support, communication, and professionalism in supervised scenarios; respond to changes in labor; demonstrate emotional regulation; participate in structured debrief.

5	Postpartum & Mental Health	Identify physical recovery needs; recognize PMAD indicators; provide lactation support within scope; develop referral pathways; support family adjustment.
6	Newborn Care & Safety	Educate on newborn development, safe sleep, and infant care; apply culturally responsive education methods; reinforce safety without fear-based messaging. CPR training and Blood Borne Pathogens Training
7	Grief & Complex Birth	Provide trauma-informed support in cases of high-risk birth or loss; maintain emotional boundaries; support clients with compassionate presence.
8	Diversity & Cultural Sensitivity	Apply cultural humility; identify implicit bias; support diverse family structures; integrate trauma-informed equity-centered frameworks.
9	Business, Ethics & Documentation	Develop ethical business models; apply documentation standards; understand confidentiality principles; implement boundary-setting and client agreements.

<b>Week</b>	<b>Topic</b>	<b>Expanded Learning Objectives</b>
10	Professional Practice & Mentorship	Cultivate professional identity; engage in reflective practice; understand mentorship roles; demonstrate accountability and continuous learning.
11	Sustainability & Systems Awareness	Analyze systemic influences on maternal health; explore community-based doula roles; implement burnout prevention and sustainable practice models.
12	Integration & Capstone	Synthesize knowledge across curriculum; demonstrate readiness for professional practice; apply ethical decision-making; articulate personal doula philosophy.