MNT Training
Birth & Post-Natal Doula Courses

This course is designed for any woman who wishes to become a Doula – this includes women who have not had their own children. A Doula can provide support to a woman ante-natally, post-natally or during birth and as such is a varied role. Students attending the course can elect to attend either the birth or post-natal elements of the course or both parts. The journey to become a Doula does not end with initial training– it is merely the beginning and an important aspect of a Doula's role is taking time to reflect on one's own practice.

The birth course lasts 3 days and the post– natal course lasts 2 days.

Course numbers are limited to allow time for discussion and sharing of personal experiences for those who have had their own children. All students will be required to complete pre & post-course assessments and on successful completion will receive the course certificate.

Course content: **(some items will be specific only to the birth or post-natal sections of the course)**

Role of the doula & journey to becoming a doula
Writing a birth plan
Commitment to natural childbirth/respecting a woman's choices
Birth anatomy and physiology
Optimal foetal positioning
Interpreting signs – recognition of what is/what is not normal and when to call for medical help
Bonding—physiology
Needs of mother and baby in first 6 weeks
Breast/bottle feeding
Working within the NHS
Relationship between doulas and midwives
Researching and knowing local policies and support available for family
Knowledge of relevant literature
Communication/listening skills and diplomacy
Birth debrief
Reflection on own practice
Negotiating contracts and finding work
Support for the working doula

Course Fee: £250 (3 day birth doula course) £175 (2 day post-natal course) or £425 total if attending both birth and post-natal courses.

Venue: University of Reading, London Road Campus

Dates for 2010: Post-Natal Doula dates: 3rd-4th June
Birth Doula dates: 15th-17th July, 28th-30th October

Attendance: 9.30-4.30 pm. A light lunch will be provided - please indicate any special dietary requirements below.

To book your place please complete and return the slip below with either a £50 deposit (the balance is payable no later than 7 working days before the start of the course) or the full course fee made payable to 'MNT' at MNT Training, Unit 10, Rooks Farm, The Street, Rotherwick, Hampshire RG27 9BG. You can also pay by card over the phone - 0844 8268 446 - between 9.30 pm.-1.30 pm.

Once your payment has been received, confirmation details, a receipt and instructions on how to get to the course venue will be sent to you.

Doula Course Reply Slip (2010)

Name:_____

Address:_____

_____Post Code: _____

Contact Tel No:_____ Email Address:_____

How did you hear about the course? _____

I wish to attend the Birth Doula Course on (dates):_____

I wish to attend the Post-Natal Course on (dates):_____ Special Dietary Requirements:_____

I have read the terms and conditions overleaf and agree to them: _____
Signature

DOULA TRAINING COURSE
BOOKING TERMS AND CONDITIONS

1. The total cost of the course is £175 (post-natal including VAT) £250 (birth including VAT) or £425 (both birth and post-natal including VAT). In order to apply for a course, a non-refundable deposit of £50.00 is required along with the completed booking form. (As course places are limited and cannot always be guaranteed, it is recommended that you telephone MNT to determine course vacancies before applying in order to avoid disappointment.) If paying by credit card a 3.7% fee will be charged in addition to the course cost.
2. The balance of the Course fee is payable in full no later than 7 days before the start of the Course you have applied for. Once paid this is also non-refundable.
3. In the event of a student being unable to attend a course or complete a course no refunds will be available, however students may be offered a place on a later course at the discretion of MNT subject to availability.
3. Course fees include tuition and certification fees. Liquid refreshments at break times are also included. All other costs such as travel and accommodation where needed are payable by the student.
4. It is the student's responsibility to ensure that the course is suitable for their requirements. MNT are happy to offer advice but accept no liability in the event that the content of the course does not meet individual requirements.
5. In extreme circumstances it may be necessary for MNT to reschedule a course or cancel a course altogether due to insufficient numbers, upon which a booking has been made. If the rescheduled dates are not convenient to you, MNT's liability will be limited to a refund of the course paid.
6. MNT reserve the right to alter the advertised course venue and trainers.
7. MNT reserve the right to decline applications.
8. All intellectual property rights, including copyright, patents, design rights and know-how relating to the course or course materials provided or made available in connection with the course remain the sole property of MNT. No copies of course materials provided or any usage of or reference to MNT's name may be made unless it has been agreed in writing by MNT.
9. All students are required to observe and abide by all policies regarding health and safety, security, student conduct and any other regulations as set out by MNT and the University of Reading.
10. The course content has been carefully researched and is believed by MNT to be up-to-date and factually correct. Students are welcome to discuss with MNT any information or advice received from elsewhere of a conflicting nature if they wish to do so.

The information on the completed booking form are intended to form a complete statement of the agreement between the course applicant and MNT. Discussions, correspondence, documentations or representations prior to the submission of the completed booking form are deemed not to affect the contractual position of the parties unless otherwise expressly agreed in writing.

MNT Training, Unit 10, Rooks Farm, The Street, Rotherwick, Hampshire RG27 9BG

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