



Doula Training Course

2019

Doula Training with The elbowroom

The first of its kind in Ireland, this doula course will provide all of the training and mentoring necessary for you to support pregnant people and their families and from conception, pregnancy labour birth and the early postpartum in the Irish maternity system.

It will cover the theory of anatomy and hormonal activity during pregnancy labour and birth along with hands-on training on how to support early labour at home and in hospital, how to support active labour, how to support birthing a baby both vaginally and via c birth. It will also look at support during an induction process and the support required in the immediate postpartum including a significant discussion of breastfeeding.

This course is unique in that it will focus entirely on what women and doulas face in the Irish maternity system and is entirely focused around our care models, both in hospital in midwifery-led units and at home. The course will look at how to support not just birthing people but also other families by making choices surrounding interventions and we will also assess why interventions may be necessary. With one-third of Ireland giving birth via C-birth there will be a significant emphasis on C-birth and VBAC support.

Finally, this course will introduce a mentoring program and detail on how to get started and working as a doula in Ireland including listing on an elbowroom recommended doula directory.

THIS COURSE FEATURES

- ◆ Anatomy
- ◆ Maternity Services
- ◆ Interventions
- ◆ C-Section
- ◆ Antenatal Support
- ◆ Pain Coping Strategies
- ◆ Referrals
- ◆ Supporting the doula
- ◆ Breastfeeding support
- ◆ Supporting the partner
- ◆ Support in Early Labour
- ◆ Support in Active Labour
- ◆ Support during birth
- ◆ Postnatal Visit
- ◆ Special Circumstances

THE BENEFITS OF TRAINING WITH US:

- FLEXIBLE PAYMENT PLANS
- 10% OFF THE ELBOWROOM CLASSES, PASSES AND WORKSHOPS FOR THE DURATION OF YOUR TRAINING

OUR INSTRUCTORS



Krysia Lynch

I received my PhD in Science from the University of Durham in the UK. I lectured and researched for 14 years in Trinity College Dublin.

I started training as a birth mentor and doula in 2003 and have since supported many families in achieving healthy happy pregnancies. I am a certified Birthing From Within mentor and doula. In 2006 I became a La Leche League breastfeeding counsellor and in 2014 I trained as a placenta encapsulator. I have done many CPD courses in rebozo work, spinning babies, aromatherapy and massage. In 2014 I started doula training with Midwife Bridget Sheeran and we did our first Birth Know How Training. In 2017 I trained as a Pregnancy Yoga Teacher.

I also work in a voluntary capacity as a birth advocate. In my role as the Chair of the Association for Improvements in the Maternity Services (AIMSIreland), I represent the service user experience at various HSE and Department of Health Committees.



Melissa Curtis

Melissa has been teaching women yoga for over 15 years and is a Mother to 3 children. Having started yoga in her 20's in San Francisco, Melissa's yoga journey has been fairly colourful.

She is a fully trained Bikram, Hatha, Yin, Pre & Postnatal Yoga teacher, Kids yoga teacher, Pilates teacher, Infant Massage Instructor and Cuidiu breastfeeding counsellor.

Melissa is very passionate about birth which led her to start facilitating birth preparation classes, complete a doula and postnatal doula training and a Well Woman/Womb Yoga training with the well-known women's health advocate, Uma Dinsmore-Tuli.

Melissa's passion for women's health is obvious regardless of what style of yoga she is teaching due to her nurturing approach and being able to respond to the needs of women's health issues. Whether in or out of the yoga room and knowing well how challenging life can be, Melissa loves to empower and support women from all walks of life.



Lisa Wilkinson

I left the corporate world in a blaze of glory 15 years ago after reading the idiots guide to managing stress. Idea Number 32 said - if everything else fails run away. And that is

what I did. After being a director of marketing strategy for one of Irelands most profitable start up tech businesses, I ran away to teach yoga in the Bahamas.

My speciality is working with families. Through pregnancy, birth and child development. Using yoga, workshops and individual therapies I have worked with hundreds of families over the last 13 years.

DATES & TIMES | 10AM - 17.30PM

WEEKEND CLASSES 2019

September 7th & 8th

October 19th & 20th

November 16th & 17th

December 14th - Exam Date

FEES & PAYMENT PLANS

Full Price - €1,150

Early Bird - €1,050 (Paid Upfront)

Available until May 2nd 2019

**We can discuss payment plans in order
to spread the costs in a way that is
comfortable for you.**

WHERE WE ARE



Tel: 01 677 9859 | **Web:** www.the-elbowroom.com

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