

Birthing Advocacy

Doula Trainings

Course Catalog



Accessible
Conscious
Culturally-appropriate
Diverse
Action-oriented



2024

TRAININGS & CONTINUING
EDUCATION (CE) COURSES

www.birthingadvocacy.org

At **Birthing Advocacy Doula Trainings**, we take things seriously... but we still have fun. We believe in giving people the space to show up as their whole selves. That means acknowledging the layers of humanity that we all bring with us to every single experience.

In 2021, we embarked on the journey of expanding our offerings by adding a range of continuing education courses to prepare professionals to be equipped to enter sustainably, heart-first, into the work that they do.

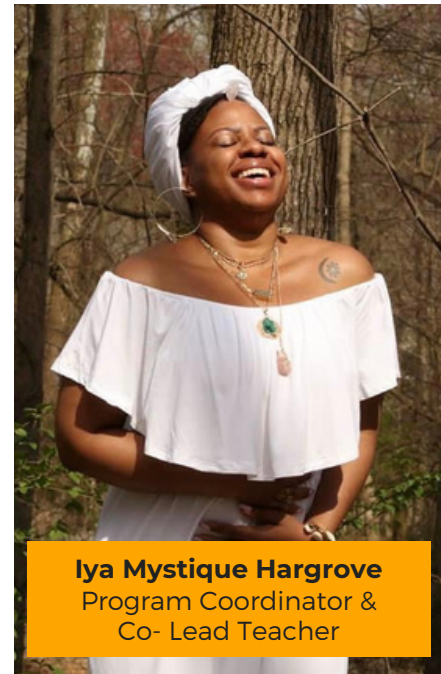
We have trained thousands of birth workers through our online courses, with nearly **30% of students** in our 12-week training programs receiving BADT scholarships to support their access to courses.

BADT courses bring together some of the most powerful professionals in their fields to curate a student experience that is unlike anything you will find elsewhere.

BADT forms and curricula provide community birth workers with the tools needed to serve their communities thoughtfully and sustainably.



Sabia Wade
Founder & Lead Teacher



Iya Mystique Hargrove
Program Coordinator &
Co- Lead Teacher



Whit Williams-Black
Masterclass Teacher



Cheyenne Scarlett
Masterclass Teacher



Moss Froom
Masterclass Teacher

WHAT
WE OFFER

HOW IT ALL WORKS

OUR PROGRAM FORMATS AND OPTIONS

12-WEEK CERTIFYING TRAININGS

BOTH LIVE &
PRERECORDED OPTIONS
ARE AVAILABLE

Our trainings move to a prerecorded format between live offerings, which provides for more flexibility. However, our Full Spectrum Doula training is not currently available in a prerecorded format and takes place live twice per year (March and September of each year).

*Enrolling live includes increased community connection and additional Q&A opportunities. Those who register for our live trainings will have access to recorded replays.



CONTINUING EDUCATION COURSES

ONLY PRERECORDED
OPTIONS ARE AVAILABLE

Continuing Education (CE) Courses are available on a variety of topics in order to assist care workers in filling knowledge gaps and in integrating more culturally humble practices.

These courses do not offer certification.



LIVE EVENTS & WORKSHOPS

BADT's courses and trainings are often complimented by live events to give students the opportunity to engage with the community. These events range from Q&As to our co-working sessions, and registration is an option regardless of course enrollment status. Free live events are also offered several times per year.

FULL-SPECTRUM DOULA TRAINING

-12 WEEKS

(52 HOURS LIVE INSTRUCTION)

BADT's keystone training began in June 2019, and has since trained over a thousand students - with many different backgrounds - from all over the world, including folks from the United States, Europe, Canada, Australia, Africa, and the United Kingdom!

Our 12-week online Full Spectrum Doula Training provides doula education for all stages of childbearing.

Topics include:

- Birth Work & Activism
- Black Perinatal Health and Infant Mortality
- Queer & Trans Birth Support
- Trauma Informed Care
- Birth (Part 1 & 2)
- Caring for Partners
- Nutrition & Food Vulnerability
- Postpartum
- Infant Feeding
- Bereavement & Loss
- Adoption & Surrogacy

This training was designed to be a long-term learning commitment, for new and experienced healthcare professionals to dig DEEP, build community, and integrate over time rather than feeling rushed.

Recordings will be available to those who register. Closed caption (CC) and transcript in English are provided live and with recordings.

Please Note: The listed hours per course account for live instruction and estimated time to complete assignments.

LIVE ONLY
STARTS MARCH & SEPTEMBER
EACH YEAR



Training Format:

- 12 weeks of live sessions
- 6-10 Masterclass sessions with experts who are living and breathing this work
- Additional Q&A and co-working sessions
- Assignments and journals (optional unless certifying)
- Additional requirements for certification
- Quarterly business strategy sessions

Plus:

- Access to our private online community
- A free, lifetime listing in our directory is included

This training is co-taught by Sabia Wade and Iya Mystique, who are joined by our masterclass teachers.

Sessions occur on Tuesdays and Thursdays at 1pm ET.

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CHILDBIRTH EDUCATOR TRAINING

-12 WEEKS

(45 HOURS LIVE INSTRUCTION)

This is a prerecorded online training, with content that is supported by prerecorded masterclasses.

The BADT 12-week online Childbirth Educator Training gives doulas and educators the knowledge and tools necessary to provide inclusive, trauma-informed, comprehensive, and evidence-based education to birthing people in their communities. In addition to the typical topics found in childbirth education, we will also cover the following topics:

- Paths to conception
- Consent, trauma, and boundaries
- Mental health and trauma
- Pregnancy/birth and disability
- Inclusive lactation and infant feeding
- Grief and loss

We want our educators to not only have a basic knowledge of pregnancy, labor, and birth but also an in-depth and inclusive understanding of all aspects and realities of birth and birthing people.

Access to quarterly business sessions, our private online community, and a free listing in our directory are all included.

Certification is available and optional.

Access to the all prerecorded live sessions are available to those who are enrolled in the training. Closed captions (CC) and transcripts in English are provided.

Please Note: The listed hours per course account for live instruction and estimated time to complete assignments.

PRERECORDED



This training is co-taught by Sabia Wade and Iya Mystique, who are joined by our masterclass teachers .

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POSTPARTUM DOULA TRAINING

-12 WEEKS

(32 HOURS LIVE INSTRUCTION)

This training was last offered live in 2022 and is currently offered in a prerecorded format. This 12-week learning experience covers postpartum the BADT way - radical, culturally appropriate, and inclusive.

Topics include:

- Cultural Humility
- Nervous System Awareness
- Trauma-Informed Care
- Physical Healing
- Mental/Emotional Health
- Identity Shifts
- Building Support Networks and Planning
- Infant Care & Bonding
- Infant Feeding
- Nutrition
- Cesarean
- Scope of Practice

As always, you can expect that the material in this course will reflect BADT's core values and that while the course is focused on postpartum support for gestational people who are parenting, the full spectrum of experiences included beneath the umbrella of "postpartum" will be acknowledged.

Access to quarterly business sessions, our private online community, and a free lifetime listing in our directory are included. Certification is available and optional.

Closed captions (CC) and transcripts in English are provided.

Please Note: The listed hours per course account for live instruction and estimated time to complete assignments.

PRERECORDED



BADT's 12-week Postpartum Doula Training is co-taught by a team of core teachers, including:

- Sabia Wade
- Jenna "JB" Brown
- Charlie Monlouis-Anderle
- Raeanne Madison
- Liana Hervas
- Tema Mercado

They are joined by additional masterclass teachers, and supported by the BADT team to ensure an enriching experience for all participants.

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LACTATION EDUCATOR TRAINING

-12 WEEKS

(45 HOURS LIVE INSTRUCTION)

We are excited to announce our upcoming Lactation Educator Training! This newly added training will educate aspiring lactation professionals about the holistic needs of lactation. From the anatomy of human milk to providing inclusive and trauma-informed care education to various communities, this will definitely be a “one-of-a-kind” training that will prepare you to become an inclusive lactation educator.

Topics include:

- Activism
- Disparities & Lactation for everybody
- Trauma-Informed Care in Lactation
- Postpartum
- Physiology (Part 1 & 2)
- Partners
- Infant & Alternative Feeding
- Nutrition & Food Vulnerability
- Bereavement Skills
- Parental & Infant Assessment
- Lactation Business Skills

As always, you can expect that the material in this training will reflect BADT's core values and that the training will be focused on affirmative lactation education for families. The full spectrum of experiences is included and acknowledged underneath the umbrella of "lactation".

Access to quarterly business sessions, our private online community, and a free lifetime listing in our directory are included. Certification is available and optional.

Closed captions (CC) and transcripts in English will be provided.

Please Note: The listed hours per course account for live instruction and estimated time to complete assignments.

LIVE TRAINING OFFERED FOR
THE FIRST TIME EVER IN THE
SUMMER OF 2024



BADT's 12-week Lactation Educator Training is co-taught by core teachers, Sabia Wade and Iya Mystique, along with a variety of masterclass teachers from various lactation professions, and supported by the BADT team to ensure an enriching experience for all participants.

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BIRTH & DISABILITY (CE)

PRERECORDED
(12 HOURS LIVE INSTRUCTION)



**PHOTO: DISABLED
AND HERE, TOJO
ANDRIANARIVO**

This CE course includes six lessons. As doulas and birth workers, we are supporting disabled people - whether or not we know it - and, many birth workers are, themselves, disabled. It is vital to examine the ways in which dominant birth culture exacerbates violence against disabled folks and disabled children, and identity where we are complicit in that harm. This course is available for new doulas and care workers, and experienced professionals. There are no prerequisites to enroll in this course.

Lessons:

- Foundations, Language, Frameworks, and Models of Disability
- Ableism & Sanism: Centering Our Narratives and Experiences
- Intersections Between Disability Justice & Reproductive Justice
- Disability Care and Access-Centered Practices
- Intersections of Race, Crisis Response, and Birth
- Parenting A Disabled Child

BADT's Birth and Disability CE Course is taught through a lens of Disability Justice and led by Stefanie Lyn Kaufman-Mthimkhulu, of Project LETS, who is joined by guest teachers, and supported by the BADT team to ensure an enriching experience for all participants.

CC and transcript in English, as well as ASL interpretation are provided.

Please Note: The listed hours per course account for live instruction and estimated time to complete assignments.

FERTILITY & CONCEPTION (CE)

PRERECORDED
(14 HOURS LIVE INSTRUCTION)



This course includes six lessons, which are suitable for anyone interested in supporting people in their communities who are trying to conceive. The course covers information regarding fertility, as well as context and skills for providing pre-conception support. Community care workers, full spectrum doulas, and those who support others through reproductive transitions of all kinds are encouraged to enroll! This course is available for new doulas and care workers, as well as experienced professionals.

Lessons:

- Physiology of Fertility
- Assisted Reproductive Technologies
- Fertility & Reproductive Loss
- Providing Support
- Midwifery Care for Fertility
- Doula Care for Fertility

Please Note: *The listed hours per course account for live instruction and estimated time to complete assignments.*

BADT's Fertility & Conception CE Course is co-led by Pati Garcia and Josie Rodriguez-Bouchier, who are joined by guest teachers, and supported by the BADT team to ensure an enriching experience for all participants.

CC and transcript in English, as well as ASL interpretation are provided.

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ABORTION DOULA (CE)

**PRERECORDED
(12 HOURS LIVE INSTRUCTION)**



Full-spectrum doula work includes abortion support. In BADT's Abortion Doula Continuing Education (CE) course, we offer an opportunity to explore what it means to support abortion as a part of your practice.

There will be context given for understanding abortion legislation, as well as working in both collective and private practice settings to increase access to safe and empowered abortion in your community.

BADT's Abortion Doula CE course is available in either a US or Canadian context.

US Lessons:

- Policy and Background
- What to Expect
- Emotional Support
- Models of Practice
- Clinical Procedures
- Herbal Abortion 101

Canadian Lessons:

- Policy and Background
- What to Expect
- Emotional Support
- Models of Practice

We recommend this course to both established and new full-spectrum doulas who want to increase their confidence and deepen their knowledge of abortion work.

CC and transcript in English provided.

Please Note: The listed hours per course account for live instruction and estimated time to complete assignments.

REPRODUCTIVE SUPPORT FOR PEOPLE WHO USE DRUGS & THOSE IN RECOVERY (CE)

**PRERECORDED
(12 HOURS LIVE INSTRUCTION)**



This CE course includes five lessons, which are appropriate for birth and reproductive care workers who want to be better prepared to serve people who use drugs (PWUD) and/or those in recovery. Through a harm reduction lens, students will be prompted to consider the needs of people who are impacted by addiction as they move through reproductive health experiences. There are no prerequisites to enroll in this course, and it is open to all experience and training levels.

Lessons:

- Harm Reduction 101
- Supporting People Day-to-Day in Pregnancy and Labor
- Supporting People Day-to-Day in Birth and Postpartum
- Cannabis and the Childbearing Year
- Trauma Informed Care and Harm Reduction

CC and transcript in English provided.

BADT's Reproductive Support for People Who Use Drugs & Those in Recovery is led by BADT core and guest teachers who have lived and professional expertise in the topic, and is supported by the BADT team to ensure an enriching experience for all participants.

Please Note: The listed hours per course account for live instruction and estimated time to complete assignments.

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RACISM AND PRIVILEGE IN BIRTH WORK

PRERECORDED
(6 HOURS LIVE INSTRUCTION)



This CE course prerecorded course outlines the connection between racism, implicit bias, and perinatal health disparities for BIPOC parents, and how birth workers can be aware of the role they play in this dynamic and take steps to improve their practice and advocate for their clients.

Lessons:

- types of racism
- privilege
- white silence
- reproductive justice
- & action steps

CC and transcript in English provided.

BADT's Racism and Privilege in Birth Work is led by Sabia Wade.

Please Note: The listed hours per course account for live instruction and estimated time to complete assignments.

ADDITIONAL CONTENT

LACTATION MASTERCLASS (PRERECORDED)

Our Lactation Education Masterclass is taught by Andrew Givens, Kaytee Crawford, CD, CST, IBCLC, and Janiya Mitnaul-Williams, MS, IBCLC, CLC.

This prerecorded training offers comprehensive training on providing inclusive and affirmative lactation support for queer and trans individuals and their families, helping you to gain knowledge on navigating diverse lactation credentials, understand professional roles in the lactation field, and receive general education and support in lactation.

FROM OUR FOUNDER

BUSINESS ESSENTIALS FOR BIRTH WORKERS (PRERECORDED)

This prerecorded course and accompanying workbook are offered directly from our founder, Sabia Wade, as a guide to help birth workers on their journey through entrepreneurship.

**GROUP AND ONE-ON-ONE
BUSINESS MENTORSHIP
OPPORTUNITIES AVAILABLE, EMAIL
INFO@SABIAWADE.COM FOR
INFORMATION**



ADDITIONAL WORKSHOPS & COURSES

CRISIS RESPONSE FOR BIRTHWORKERS (LIVE ONLY)

A collaboration between Project LETS and BADT, led by Stefanie Lyn Kaufman-Mthimkhulu.

Reproductive and parenting experiences can be transformative and triggering experiences for the folks we work with. Whether or not our clients identify as mentally ill, disabled or neurodivergent, anyone is capable of experiencing a mental health crisis – and it's on us as birth workers and community care professionals to have tools to support them without relying on carceral systems that may further harm our clients.

PRERECORDED FULL SPECTRUM DOULA TRAINING - SPANISH VERSION

Our online Full Spectrum Doula Training will now be available for the Spanish-speaking community regarding all stages of childbearing. This training will continue to be designed as a long-term learning commitment, for new and experienced healthcare professionals to build community in the full spectrum-led capacity of birth work.



ADDITIONAL WORKSHOPS ON FAT PREGNANCY, DISABILITY, LACTATION, AND CO-WORKING SESSIONS ARE PERIODICALLY OFFERED. JOIN OUR MAILING LIST TO STAY UP TO DATE WITH WHAT WE HAVE TO OFFER!

CLICK [HERE](#) TO JOIN
OUR MAILING LIST

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MORE FROM BADT IN 2024

Directory

In late 2020 we launched the BADT Birthworker Directory, an online directory of BADT-trained and BADT-aligned birth workers. Our directory has over 1,000 members and we are excited to see it continue to grow in 2024, as folks from all over the world list themselves and bring shared values to radical birth work.

Forms & Handouts

BADT's packages of forms and handouts provide birth and reproductive careworkers with important resources needed to support their practice. From intake forms to educational handouts to interactive worksheets for doulas and clients alike, we offer packages for a wide spectrum of reproductive services, from advocacy, to birth and postpartum to menstruation,

Curriculum for Childbirth Educators

This curriculum was designed for everyone and anyone who is teaching childbirth education in their communities! If you are just getting started, the complete curriculum offers you confidence and support as you become a strong facilitator. If you have been teaching childbirth education, the complete curriculum will provide you with in-depth, value aligned, original written and graphic content! Slide decks, handouts, and teaching companion guide are included.

WANT TO LEARN MORE?



badoulatrainings.org/faq



info@birthingadvocacy.org



[@birthingadvocacy](https://www.instagram.com/birthingadvocacy)

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