



REDEMPTIVE DOULA CERTIFICATION PROGRAM

WEEKEND INTENSIVE

Holistic Professional Training for Birth Workers

Presented by The Nehemiah Birthing Project
Powered by GO! Educational Services LLC

Event Location:

Maryland: Union Columbia, Oakland Mills Road, Columbia, Maryland --April 2026

Arkansas: Word of Outreach Christian Center Academy & Daycare 3300 Asher Ave. Little Rock, AR 72204-May 2026,

Dates: April and May 2026

Instructor Team:

Dr. Cheryl Washington, Ms. Cynthia Smith, Ms. Anglesi Lambert, Ms. Gwenerviere Hester, Ms. Charice Riggins, Dr. Melony Stokes,

Guest Faculty

Dr. Malika. Clossen, MD, Dr. Marcella Copes, PhD, Dr. Bianca Smith, PhD, Dr. Tope Alaofin, DNP, CNM, (tentative) Eboni Staton, RNP

A Full Three-Weekend Track

SUMMARY: *A three-weekend, competency-based training that prepares doulas in collaborative care foundations, restorative labor support, culturally responsive advocacy, and integrative postpartum service within the maternal health team.*

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AGENDA

Weekend 1

Foundations of Collaborative, Culturally Responsive Doula Care

Focus: History, role clarity, ethics, scope of practice, communication skills, culturally-responsive advocacy, interdisciplinary collaboration principles.

<u>Time</u>	<u>Session Competency & Title</u>	<u>Session Details</u> Weekend 1	<u>Speaker</u>	<u>Duration</u>
Friday 6:00-9:00 pm April 10 & May 15, 2026	<i>Cultural Humility & Implicit Bias</i>			
6:00-7:00 pm	Worldview & Cultural Considerations	1. Faith perspectives on Childbirth 2. Cultural Humility and Responsiveness,	Dr. Cheryl Washington, EdD RNC, CD-L	1 hour
7:00-7:15 pm		BREAK		
7:15-9:00 pm		3. Implicit Explicit Bias	Cheryl Washington	1hr 45 min
Friday COMPETENCY OBJECTIVES:	1) Identifies and respects diverse cultural birth practices. 2) Reflects on personal biases through journaling/discussion. 3) Demonstrates culturally responsive communication in role play. 4) Supports shared decision-making without imposing personal bias.			
ASSESSMENTS	Reflection exercises, journaling.			2 hr 45 min

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Saturday 8:00-6:00 pm April 11 & May 16 2026	<i>Communication & Advocacy</i> <i>Ethics & Professionalism</i>				
8:00-10:00 am	Culturally Responsive con't	1. Documentary 'Aftershock' 2. Prayer & Professionalism meditation & emotional support	Cheryl Washington	2hr	
10:00-10:15 am	BREAK				
10:15-12:00 pm	Role & History of the Doula /	3. Role, History, Scope of Service	Cynthia Smith, MA, CD-L	1hr 45 min	
12:00-1:00 pm	LUNCH				
1:00-3:00 pm	Communication & Emotional Support	4. Ethics & advocacy 5. Empathy, boundaries, active listening, 6. Communication & Emotional Support	Cynthia Smith	2hr	
3:00-3:15 pm	BREAK				
3:15-6:00 pm	Collaboration Principles	7. Interdisciplinary teamwork 8. Shared decision-making informed consent	Dr. Melony Stokes, DNP, RNC or Ms. Anglesi Lambert MSN, RNC	2hr 45 min	
Saturday COMPETENCY OBJECTIVES:	1) Demonstrates active listening & empathy in client role play 2) Communicates client wishes respectfully with the healthcare team 3) Explains informed consent and client rights to families. 4) Signs & adheres to the Code of Ethics. 5) Explains the doula's scope of practice (non-clinical role). 6) Demonstrates confidentiality and HIPAA awareness. 7) Maintains professional boundaries				
ASSESSMENTS	Discussion, Case Study, Journaling, Role play				8hr 3 min

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<u>Time</u>	<u>Session Competency & Title</u>	<u>Session Details</u> Weekend 1		<u>Speaker</u>	<u>Duration</u>
Sunday 2:00-9:00 pm April 12 & May 17, 2026	<i>Postpartum & Newborn Support</i>				
2:00-3:30 pm	Post partum Infant Care	5. Cultural and Faith perspectives of Post Partum & emotional physical support	Cheryl Washington	1hr 30 min	
3:30-5:00 pm	Case Studies & Reflection Labs	6. Post Partum & Newborn Care, Edinburgh 7. PP Warning Signs	Charice Riggins, MSN, RNC	1hr 30 min	
5:00-6:00 pm	DINNER				
6:00-7:00 pm	Mental Health & Wellness	8. Post Partum Panel Malika Closson MD, Bianca Smith PhD, Marcella Copes, PhD, RN, Eboni Staton, MSN, RN-NP	Charice Riggins Moderator	1hr	
7:00-7:15 pm	BREAK				
7:15-9:00 pm	Lactation/feeding	9. Lactation Support Part I	Charice Riggins	1hr 45 min	
Sunday COMPETENCY OBJECTIVES:	<ol style="list-style-type: none"> 1) Provides emotional support during postpartum transition. 2) Assists with basic newborn care and soothing techniques. 3) Educates family on postpartum warning signs and when to seek medical help. 4) Screens for postpartum mood concerns (recognizes when to refer). 5) Demonstrates basic latch and positioning guidance. 6) Provides reassurance about normal breastfeeding patterns. 7) Offers referral to a lactation consultant if complications 				
ASSESSMENTS	Mentor Observation <input type="checkbox"/> Role Play <input type="checkbox"/> Written Assignment Client Feedback				5hr 45min

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Weekend 2

Restorative Support Techniques & Evidence-Informed Care

Focus: Hands-on labor support strategies, physiologic birth principles, comfort measures, emotional regulation, shared decision-making, trauma-sensitive support.

<u>Time</u>	<u>Session Competency & Title</u>	<u>Session Details</u> Weekend 2		<u>Speaker</u>	<u>Duration</u>
Friday 6:00-9:00 pm April 17 & May 22, 2026	<i>Physical Labor Support</i>				
6:00-7:30 pm	Physical Labor Support	1. Non-medical vs. medical support, Aromatherapy, Herbal Preparation,	Gwenerviere Hester, MEd, RNP	1hr 30 min	
7:30-7:45 pm	BREAK				
7:45-9:00 pm	Comfort Measures	2. Therapeutic touch, Comfort techniques. 3. Massage therapy, Hydrotherapy, Body work	Cheryl Washington	1hr 15 min	
Friday COMPETENCY OBJECTIVES	<ol style="list-style-type: none"> 1) Provides counter-pressure, massage, or touch support effectively. 2) Guides client in breathing and relaxation techniques. 3) Supports the client using hydrotherapy, aromatherapy, or other non-medical methods 				
ASSESSMENTS	Return demonstration, Partner Practice				2hrs 45min

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Saturday 8:00-6:00 pm April 18 & May 23 2026	<i>Physical Support con't</i>				
8:00-9:00 pm	Bodywork & Movement	1. Fetal positioning, Where's baby, Pelvis location & Maternal movement	Cheryl Washington	1hr	
9:00-10:30 am		2. Pelvic inlet maneuvers 3. Mid-pelvis maneuvers 4. Outlet maneuvers	Cheryl Washington	1hr 30 mi	
10:30-10:45 am	BREAK				
10:45-12:00 pm		5. Body fitness for Labor = Bones ligaments, joints, muscles	Cheryl Washington	1hr 45 min	
12:00-1:30 pm	LUNCH				
1:30-3:00 pm	Integration Physical Doula Skills	6. Stalled labor movements. <ul style="list-style-type: none">• Body Balance• birthing ball, hands-on partner practice.• Nourishment, hydration, environment	Cheryl Washington	1hr 30 min	
3:00-3:15 pm	BREAK				
3:15-6:00 pm	Lactation	Lactation Part 2	Cynthia Smith Cheryl Washington	2hrs 45 min	
Saturday COMPETENCY OBJECTIVES	1) Describes maternal physiology of labor and correlation to cardinal movements 2) Demonstrates at least 3 positioning techniques for comfort/progress of labor. 3) Offers referral to a lactation consultant if complications				
ASSESSMENTS	Hands On-Return demonstration, Partner Practice Observation by mentor				8hrs 30 min

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<u>Time</u>	<u>Session Competency & Title</u>	<u>Session Details</u> Weekend 2		<u>Speaker</u>	<u>Duration</u>
Sunday 2:00-9:00 pm April 19 & May 24, 2026	<i>Emotional and Informational Support</i>				
2:00-3:30 pm	Emotional Support During Labor & Birth	1. Emotional Support-Prenatal Care Doula =Presence, Power, Peace Client= Fears, Trauma, Peace	Cheryl Washington	1hr 30 min	
3:30-5:00 pm	Emotional support and cultural habit sensitivities	1. Journaling, prayer, meditation 2. Music, “Childbirth in the Glory” 3. Christian Hypnobirthing	Cheryl Washington	1hr 30 min	
5:00-6:00 pm	DINNER				
6:00-7:00 pm	Emergency Awareness & Support	1. Early Warning Signs Prenatal, Labor, Post Partum 2. Teach Risk “BRAIN” 3. Emergency response, Emergency Delivery,	Anglesi Lambert	1hr	
7:00-7:15 pm	BREAK				
7:15-9:00 pm		8. CPR, First Aid Training Or Maternal Morbidity Concerns	Anglesi Lambert	1hr 45 min	
Sunday COMPETENCY OBJECTIVES	<ol style="list-style-type: none"> 1) Recognizes red flags: heavy bleeding, prolonged labor, fetal distress. 2) States correct emergency response steps (call EMS, notify provider). 3) Provides emotional support while facilitating referral 				
AASESSMENTS	Skills check, test, Birth demonstration, or CPR certification				5hrs 45 min

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Weekend 3

Integrative Birth Practice, Art & Science Continuity & Community-Based Service

Focus: Assisting during labor and birth, postpartum recovery support, breastfeeding foundations, continuity of care, referrals, documentation, ethical practice, and community caregiver models.

“Integrative” signals **team alignment** and continuing care across settings.

<u>Time</u>	<u>Session Competency & Title</u>	<u>Session Details</u> Weekend 3		<u>Speaker</u>	<u>Duration</u>
Friday 6:00-9:00 pm April 24 & May 29, 2026	<i>Anatomy & Physiology Childbirth Education</i>				
6:00-7:30 pm	Anatomy	1. Anatomy of the Female pelvis	Cheryl Washington	1hr 30 min	
7:30-7:45 pm	BREAK				
7:45-9:00 pm	Physiology & Control Center	2. Endocrine and Central Nervous System	Cheryl Washington	1hr 15 min	
Friday COMPETENCY OBJECTIVES	1) Identifies common discomforts of pregnancy and provides comfort measures. 2) Identify the anatomical structures of the female pelvis that form a synergy for labor.				
ASSESSMENTS	Integration skill lab, knowledge check				2hrs 45 min

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<u>Time</u>	<u>Session Competency & Title</u>	<u>Session Details</u> Weekend 3	<u>Speaker</u>	<u>Duration Contact hours</u>
Saturday 8:00-6:00 pm April 25 & May 30 2026	Pregnancy, Labor & Emergency Awareness			
8:00-9:00 am	Labor and Physiology (Part I)	<ol style="list-style-type: none"> 1. Mechanism of Labor onset <ul style="list-style-type: none"> • Natural Induction • Medical Indications • Risk of inductions • Medical Induction Methods • Use of Synthetic Oxytocin vs. natural 	Anglesi Lambert	1hr
9:00-10:30 am		<ol style="list-style-type: none"> 2. Signs & Stages of Labor <ul style="list-style-type: none"> • False Labor & Preterm Labor • Early labor vs Prodromal Labor • Active labor vs Arrest of Labor • Transition vs Precipitous Lab 	Anglesi Lambert	1hr 30 min
10:30-10:45 am	BREAK			
10:45-12:00 pm	Labor and Physiology (Part II)	<ol style="list-style-type: none"> 3. Identifying Emergency Care needs CPR Prenatal alert <ul style="list-style-type: none"> • Emergency medical care • Emergency Delivery 	Anglesi Lambert	1hr 15 min
12:00-1:00 pm	LUNCH			
1:00-3:00 pm	Childbirth Education	<ol style="list-style-type: none"> 4. CBE- Principles of Adult learners 	Cheryl Washington	2hrs
3:00-3:15 pm	BREAK			
3:15-5:15 pm		CBE-Methods of CBE	Cheryl Washington	2hrs
5:15-6:00 pm		CBE-Principles of redemptive CBE	Cheryl Washington	45 min
Saturday COMPETENCY OBJECTIVES	<ol style="list-style-type: none"> 1) Describes Maternal physiology of labor (hormones, contractions, cervix changes). 2) Educates client on warning signs requiring medical referral 3) Describe the relationship between CBE and role of the doula 4) Correlate the basic principles of CBE with the family autonomous needs. 			
ASSESSMENTS	Demonstration, Skills Checklist,			8hrs 30 min

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Sunday 2:00-9:00 pm April 26 & May 31, 2026	<i>Ethics, Professionalism & Business Practice</i>			
2:00-3:30 pm	Business & Ethics	1. Starting an independent service 2. Self-care, burnout prevention, 3. Journaling, 4. Medicaid readiness, insurance, 5. Starting a private Doula, Fee-for-Service	Eboni Staton MSN, NP	1hr 30 min
3:30-5:00 pm	Service	6. The Nehemiah Birthing Project & Ethics 7. Doula in good standing- Coalition, Collaboration, Work	Cheryl Washington	1hr 30 min
5:00-6:00 pm	DINNER			
6:00-7:00 pm	Certification	1. Redemptive Childbirth Doula Certification 2. Supervised Clinical Experience & Competency	Cheryl Washington	1hr
7:00-7:15 pm	BREAK			
7:15-9:00 pm		Q&A – Knowledge Check	Cheryl Washington	1hr 45 min
Sunday COMPETENCY OBJECTIVES		1) Explains the doula's scope of practice (non-clinical role). 2) Demonstrates confidentiality & HIPAA awareness. 3) Score 80% or better on certification course test 4) Attend 3-5 births with documented client verification 5) Reflect on each birth in journal		
ASSESSMENTS	Mentor Observation, Skill Checklist, Knowledge check			5hrs 45 min