



Certification Requirements

(10 month completion period)

1. Purchase training certification (can be broken up into 2 payments if needed)
2. Attend and complete 16-hour Golden Hour Birth Doula Training Workshop
(in-person and hybrid)
3. Complete all training workshop assignments
4. Attend scheduled classes (1-2 class dates will be given after training workshop)
5. Fulfill Lactation Support Educational Requirement
6. Complete all book reading & video requirements (submit 1 written reflection paper for each)
7. Create & submit community resource and referral list (include various health professionals)
8. Complete CPR/BLS/ First Aid certification
9. Take/Pass doula certification exam
10. After completing doula skills training, attend 3 births & 3 Postpartum visits and submit client feedback form and self report on your experience for each (visits should last a minimum of 1 hour)
11. Submit your course-work packet

12. Read, pledge & sign code of conduct
13. Complete spinning babies or Childbirth Education workshop In-person training or online training (Not required for certification, but highly recommended)

Please note after completing your course work (including reporting your 3 births & 3 postpartum visits with feedback), your course work will be reviewed to verify full completion. If all requirements have been fully completed; you will receive certification Certified Birth Doula enabling you to immediately serve as a doula. At that time you may use CD (GHBDTI) credentials behind your name. A recertification continuing education class is required every 3 years.

Email in a zip file all certification requirements to goldenhourbirth@gmail.com or turn in your GHB Doula Training Institute certification packet to Dr. Laura Lucas.