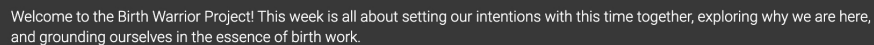


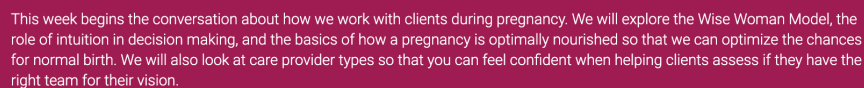
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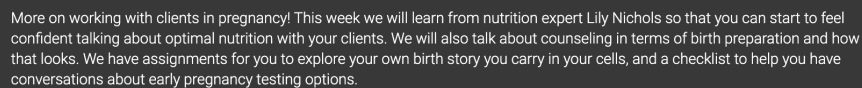
7 sections ^

- PLEASE READ FIRST: Info for Live Calls, Discussion Forum etc
- ***Maryn and Margo Talk About the Project and How to Begin
- ***Why We Don't Believe in Certification
- Who Are You? What is YOUR Vision?
- Some foundational reading
- Birth as a Spiritual Experience
- Final Projects Instructions



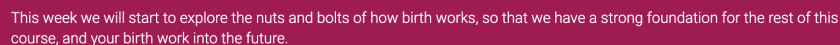
8 sections ^

- 📄 Exploring Your Own Experiences
- 📄 ***How to Listen and Facilitate Prenatal Visits
- 📄 Nourish Your Natural Pregnancy with Margo and Maryn; Role of Alternative Therapies
- 📄 Robbie Davis-Floyd Video on Intuition as Authoritative Knowledge
- 📄 The Wise Woman Model
- 📄 The Doula Role in Clinical Care
- 📄 Optional: More Indie Birth Resources
- 📄 Care Provider Chart: What do YOU Want in Someone?







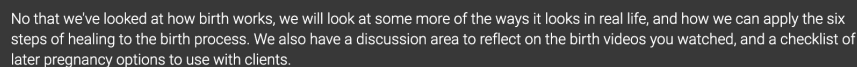
6 sections ^

- ***Getting Clients Ready for Birth
- How to Counsel
- Prenatal Nutrition Counseling with Lily Nichols
- Optional: Indie Birth Nutrition Podcasts
- Journal and Interview: Our Cells Remember Birth
- Early Pregnancy Testing Checklist



4 sections ^

-  The Labor Blueprint with Margo
-  Manifesting an Undisturbed Third Stage
-  Indie Birth Proprietary Birth Videos
-  Access to our Indie Birth Free Workshop materials



7 sections ^

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Published
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Access code: ZTBV-WIXC
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Unlocked
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Creator:
Margo Nelson

- Long Labors, Fast Labors and Everything In Between
- Birth Story Podcasts; Breech, HBAC and More!
- Animal Births
- The Six Steps of Healing for Birth; Another Counseling Tool
- Tools/Resources You Need to Support a Labor
- Discussion: Animal Births
- Second Half of Pregnancy Tests and Options



6. Anatomy and Physiology of Labor and Birth

We are going to finish off learning about the birth process with more anatomy and physiology - how babies get out! We will discuss when to join a client in labor (exciting!) and how to assess where someone might be at in the labor process.



5 sections ^

- ***When to Join a Client in Labor
- How Babies Get Out! Video
- Stages of Labor Readings
- Signs of Labor Homework
- Testimonial Time: Will You Help Us Out?



7. Labor Strategies and How We Can "Help"

This week we talk about how to BE at a birth, including the energetic component of this. Then we will spend time exploring how can we help the laboring woman. We will also look at common interventions so that we can understand them and communicate with our clients about them ahead of time and in the moment.



5 sections ^

- ***Attending Births
- The Alchemy of Adrenaline
- Why Freebirth Moms Don't Need You (In the Way you Think!)
- Labor Strategies Class with Margo
- Comfort Measures and Addressing Fears Discussion



8. Specifics to Hospital Doula-ing

A description of the lesson goes here.



3 sections ^

- ***All About Interventions
- Hospital Politics and Being Bold as a Doula
- Supporting A Cesarean Birth



9. The Fourth Trimester

A description of the lesson goes here.



8 sections ^

- ***Working With Clients In Preparation for the Fourth Trimester
- Postpartum Preparation! with Kestrel Gates
- Placenta Options
- Vaginal Steaming Webinar
- Breastfeeding Webinar/Info
- Optional: Indie Birth Podcasts on the Postpartum
- Birth Trauma: A Global Health Crisis with Billie Harrigan (Video)
- Healing from a C-Section Support







10. Clinical Topics

A description of the lesson goes here.



8 sections ^

- ***Counseling on Clinical Topics
- Gestational Diabetes
- Second Trimester Ultrasound and Ultrasound Safety
- GBS


-  Rh Negative
-  Postdates
-  Newborn Choices
-  Circumcision









11. The Business Stuff and Staying Grounded

A description of the lesson goes here.



6 sections 

-  [***Interviewing With Potential Clients](#)
-  ***Forms, Worksheets and Handouts
-  ***Creating a Website and Basic Branding
-  Getting Great Photos for Your Clients
-  ***Self Care
-  Private Membership Webinar












12. Extended (Optional) Learning During the Integration Month

A description of the lesson goes here.



9 sections 

-  Submit Your Final Projects
-  Miscarriage and Loss
-  VBAC Resources
-  The High Risk Label
-  Is Breech Birth Safe with Rixa Freeze
-  Waters Opening Before Labor
-  More Out of the Box Birth Stories
-  Transport to Hospital Webinar
-  Testimonials!