

The Haven Training in Detail

Your Haven Bereavement Doula Training covers the following material:

Session 1: Welcome

Introductions
The role and scope of a bereavement doula

Session 2: Emotional support

Introduction to companioning
Framework of emotions in grief
Strategies for emotional support
Care of own emotions

Session 3: Social and advocational support

Building a bereavement network
Ideal social support for clients
Ideal social support for us
Introduction to advocacy
Four strategies for advocacy
Long-term and short-term advocacy

Session 4: Informational support

When and how to provide answers
Common questions and answers about perinatal loss
Common questions and answers about bereavement birth
Common questions and answers about grief

Session 5: Philosophical and spiritual support

The big questions
Harmful responses
Helpful responses
Four strategies for navigating our own questions

Session 6: The next steps

The business of bereavement
Making a plan

You will also receive free access to Labor and Birth Before 20 Weeks Gestation, to help strengthen your physical support skills.

To complete your certification, you will follow the Roadmap to Certification! You have four years from the date of session 6 to complete your certification, if you chose to do so.