



# Hudson Perinatal Doula Fellowship Application



Doulas make a difference in improving maternity care! A free, six month doula training program is now accepting applications for women interested in doula training in a 20 hour per week program, running Feb. 1, 2012-August 1, 2012.

A doula, a Greek word meaning 'to serve women', works along side a medical care provider to complement the woman's pregnancy through therapeutic touch, relaxation practices, and stress reduction tools. Doulas do not provide medical or clinical care, but their efforts significantly improve clinical outcomes, saving health care costs over the long run. According to Jill Wodnick, prenatal yoga instructor, doula and HPC Community Doula Coordinator, "a doula provides non-medical support through inspiration and information."

The advantageous affects of doula assisted births have been studied by Marshall Klaus, John Kennell, and Phyllis Klaus in their book, *Mothering the Mother: How a Doula Can Help You Have a Shorter, Easier, and Healthier Birth*. They discovered that doulas reduced the overall Cesarean rate by 57%, reduced requests for epidural pain medication by 60%, lowered the use of oxtocin by 40%, and resulted in higher rates of proper breastfeeding.

Doula trainings occur all over the world, but the fellowship in Hudson County, NJ with HPC provides the books, extended instructional time, home visitation support to clients, a fully stocked birth bag for doula care, resources and support for women to earn their national certification at no expense. The women selected for the fellowship must live in Hudson County, NJ with reliable transportation, consistent access to a cell phone and email, preferably bi lingual and can meet the time commitments of the 20 hour per week doula fellowship demands.

Hudson Perinatal Consortium has been serving the health care needs of women and children in Hudson County for 20 years. The Community Doula program and fellowship is funded by the Access to Prenatal Care grant the NJ Department of Health and Senior Services. To download the fellowship application, please see [www.hpcdoulas.com](http://www.hpcdoulas.com).

For more information refer to the website [www.HPCDoulas.com](http://www.HPCDoulas.com)

Contact: Jill Wodnick, HPC Community Doula Coordinator

201-876-8900 x241

e-mail: [JWodnick@hudsonperinatal.org](mailto:JWodnick@hudsonperinatal.org)



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RETURN IMMEDIATELY VIA EMAIL, FAX OR SNAIL MAIL TO:  
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Hudson Perinatal Consortium is a 501 (c) 3 non-profit agency serving the needs of childbearing families in Hudson County, NJ. The Access to Care Program is funded by the New Jersey Department of Health and Senior Services to improve maternal infant health and reduce perinatal disparities in birth outcomes. An initiative of the Access Program, the COMMUNITY DOULA FELLOWSHIP, is immediately seeking applicants. **Running with a required 20 hour per week commitment from February 1, 2012 until August 1, 2012**, this community based doula program will be part of the solution to improve birth outcomes for the women and families of Hudson County.

This life changing, free doula training is a fully funded fellowship for 12 Hudson County women who have reliable transportation, access to a working cell phone, consistent email, bilingual and who do not work outside of the home. The demands of this training include but are not limited to: reading, instructional time, community outreach, home visitation for expectant mothers, childbirth education, serving at four labors and being the back up doula for 4 labors. All books, resources, birth bag supplies like massage lotions and rebozos are given out to each doula for use with our clients. We exclusively offer free community doula care to low income pregnant women getting prenatal care at Hudson County federally qualified health centers. Our community doula work for each of the four clients we serve includes two doula home visits which stress childbirth education; stress reduction; breastfeeding support; and community engagement; doula support for labor and birth; breastfeeding support and one postnatal home visit. As doulas, we work within the standards and scope of our professional care and make meaningful referrals and collaborative programming with other agencies to best support expectant mothers. The community doula starts with the foundation of treating each woman with dignity and respect.

The HPC Community Doula Fellowship begins with instructional workshops (required) that include: DONA training on Feb. 11, 12, 13, 14, 2012 (8:30 am--6:00 pm) (with select readings/books to have completed before the DONA doula workshop that HPC will distribute)  
HPC Community Doula circles of learning; every Friday, Feb. 17, 2012--July 27, 2012, 10:00 am--4:00 pm. (note: on certain federal or state holidays that fall on a Friday, we will not be meeting)  
Direct client services, community outreach and doula care compose the additional hours per week of doula training.



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YES, I am willing to embrace the role of wisdom keeper, community mentor and doula. I am ready to learn and serve the maternal infant health needs of women in Hudson County, NJ through the Hudson Perinatal Doula Fellowship Program!

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Contact Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Best place to leave a message \_\_\_\_\_

How often do you check your email? \_\_\_\_\_

What languages do you speak: \_\_\_\_\_ What languages do you understand when hearing? \_\_\_\_\_

**Please answer the questions and send both back by fax, email, or snail mail.**

1) What are your passions and interests?

2) When/why did your interest in learning about doula work start?



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3) What is your past or current vocation/job/career? Any volunteer or community service?

4) Are there any concerns or obstacles to the TIME COMMITMENT of the Hudson Perinatal Doula Fellowship Program?

5) Who is a woman who has inspired you? Why?

6) What are five words that describe you?

7) Are there other women in your life who would like to know more about the Hudson Perinatal Doula

8) Please explain your reliable transportation; that you own and use a working cell phone; have consistent access to email; and are available 20 hours per week.