



International Center for Traditional Childbearing

P.O. Box 11923
Portland, OR 97211
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www.ictcmidwives.org

The ICTC Doula Training Program

History

The International Center for Traditional Childbearing (ICTC) is a non-profit infant mortality prevention, breastfeeding promotion, and midwife training organization. Established in 1991 and headquartered in Portland, Oregon, ICTC has members and chapters around the globe. ICTC members are women and men who want to improve birth outcomes, build capacity through training, and provide volunteer opportunities in their community.

The ICTC mission is to increase the number of midwives, doulas and healers of color, to empower families, in order to reduce maternal and infant mortality. ICTC outreaches, recruits and trains women, men, and young girls in traditional and current birth practices as a strategy for improving birth outcomes, increasing breastfeeding rates, and capacity building. ICTC has four training programs to meet its mission, visit www.ictcmidwives.org to learn more.

The ICTC Philosophy

The ICTC Full Circle Doula® Philosophy is the creation of founder and CEO, Shafia M. Monroe a certified midwife and public health advocate. She created the program in 2002 to combine the labor doula and the postpartum doula into the Full Circle Doula®(FCD), based on the midwifery model of care to improve birth outcomes. The FCD® is a trained professional who can provide culturally sensitive comprehensive services throughout the perinatal period, providing prenatal, labor, birth and postpartum doula services, home visits, referral and advocacy. The ICTC training teaches the one stop model to reduce poor birth outcomes, provides holistic care, and establishes trust in the community through wrap around services. This model has a cultural component that emulates the 20th century African American midwife's public health practice. The FCD® training includes the midwifery model of care, public health, lead poisoning prevention, birth practices, breastfeeding support and postpartum care and rituals. The FCD® model establishes a strong client relationship to reduce infant mortality, improve birth outcomes, increase breastfeeding rates, and reduce postpartum depression.

ICTC Full Circle Doula Training Program

The ICTC Doula training creates leaders to advocate the normalcy of birth, reduce infant mortality, support breastfeeding and develop entrepreneur skills to combat poverty. ICTC has been training doulas since 2002. Its training included cultural sensitivity and comprehensive doula care. ICTC has trained over four-hundred doulas, with seventy-five percent being women of color.

ICTC Doula Trainers

The trainers are ICTC members who are certified midwives, certified nurse midwives and certified ICTC doulas. They have over five-years experience in midwifery and doula work, infant mortality reduction and teaching.

Student Criteria

The registration application includes a \$25 non-refundable application fee, two references and a (250) two-hundred and fifty word essay. The essay must include the student's reason for wanting the Full Circle Doula® model, their goals and objectives for the training (what they hope to gain), and how they plan to use their training after certification. The essay should be single spaced in a 12 font and written in Times New Roman. Special arrangements can be made for those who speak other languages or are challenged in other ways. They may tape their essays or have an oral interview by phone. Applicants must have the minimum of a high school diploma, GED or in school working towards a diploma. The minimum age to register is sixteen, with a parental/guardian permission note. The application packet must be submitted no later than four (4) weeks before the training date with the \$25 non-refundable application fee. The required reading list and pre-test to prepare for the training is sent after the application and fee is received. The training cost and fees are on the application (fees subject to change without notice) and must be paid 4 weeks prior to the training date.

ICTC does not discriminate based on race, ethnicity, natural origin, religion, gender or sexual orientation. All are welcome to attend.

Standard Training Schedule

Thur.: 4:00pm-8:30pm (Orientation & Reception)

Fri. & Sat.: 9:00am-5:00pm (Breakfast 8:30am-9:00am)

Sun.: 9:00am-4:00pm (Breakfast 8:30am-9:00am)

This schedule accommodates students, parents and professionals and childcare needs. (Nursing infants are welcomed). This schedule can be adjusted according to the need of the attendees.

Food: Continental breakfast and healthy snacks are provided by ICTC during the training. Lunch and dinner is the responsibility of the student. Students are welcome to bring their lunch and/or their favorite snack. A list of local restaurants is included in the registration packet and local hotels.

Dress code: Dress comfortably and layers are recommended. We do floor and birth exercises on Saturday and Sunday.

ICTC Doula Certification

A provisional certificate is earned by those who successfully complete the training. Provisional doulas have two-years to complete their certification as ICTC Doulas. If certification is completed within two-years, then the training must be retaken.

ICTC is an international doula certifying organization.

Certification requirements

Proof of attendance with five births, five postpartum visits, CPR card, three-book reports, an audit of a two-hour breastfeeding class and four-hours of childbirth preparation class or workshop. ICTC will certify the provisional doula when proof of requirements, certification application along with the \$50.00 certification fee is received. Certification must be renewed every three years. Recertification includes twenty-four CEU's and a certificate of attendance at the ICTC Conference the minimum of once within the three-year time period. A certification packet can be purchased at any time.

Training Outcomes

The ICTC doula training teaches cultural awareness, labor and postpartum doula skills, prenatal support, nutrition, birth support, touch therapy, infant mortality prevention; traditional birth practices, breastfeeding technique, new born care, empowerment, advocacy, HIPPA law, business skills, and much more. ICTC training increases health awareness, business savvy, and personal development.

a) ICTC doulas attended births provide:

- _ Reduction of cesarean rates and shorter labors.
- _ Reduction of epidural requests and analgesia use.
- _ Improvement of the mother/infant bond.
- _ Improved satisfaction with the partner after birth.
- _ Increased breastfeeding rates.
- _ Client empowerment.

Grievance Policy

Student satisfaction is a high priority of the ICTC. Grievance regarding any portion of the training or concerns in general should be sent in writing to ICTC, P.O. Box 11923, Portland, OR 97211, or email to ICTC@ictcmidwives.org, with subject line, grievance.

IV. Testimonials

Monroe says, "Women who have completed the training say that it changed their lives for the better". Kamala Myree, a massage therapist and trained Doula, said, "the ICTC training increased my confidence. This training has empowered me to get out into the world and do the work".

"For many women this training is the gateway for starting on a lifelong dream of serving women and being with women in childbirth", says Claudia Booker. Crystal Johnson, mother of two, said, the training was an inspiration for her. Johnson said, "The training is inspiring me to be a better mom for my own kids. I will incorporate the training into my own life."