



POSTNATAL SUPPORT NETWORK

ONLINE GLOBAL

40 DAYS TRAINING: Postnatal Doula for the Immediate Postpartum & Beyond

**SPECIAL FORMAT
FOR BUSY PROFESSIONALS
5 SUNDAY sessions**

**LIVE ONLINE
15, 22 and 29 January,
5 and 12 February 2023
Sundays, 2-5 pm CET/ 8-11 am EDT**

TAUGHT BY

FOR

The training is for everyone who is inspired to support new mothers or would like to know more about the postnatal 40-day resting period. We welcome professional birth workers (midwives, doulas, pregnancy yoga teachers) who would like to expand on their expertise or people who are ready to initiate a new professional path dedicated to the universe of birth.

WHY

Recent studies have shown that 35% of women experience symptoms of post-traumatic stress disorder after birth. Stress in the first few weeks after the baby's arrival contributes to breastfeeding difficulties, slow healing of the uterus, problems in establishing the relationship between mother and child, and the experience of postpartum depression. In addition, today more than 50% of couples separate in the first year after the arrival of a child. Having access to help allows them to take advantage and discover themselves as a "parent couple". Being supported by a postnatal doula allows time for introspection to be able to integrate the profound changes brought by motherhood or to find help if needed.



Satya Kaur

Satya Kaur is a founder and director of the International Karam Kriya School, the Ashram Quinta do Rajo, The Mother's Journey Hub and of the Post Natal Support Network. She is a teacher of Kundalini Yoga according to the teachings of Yogi Bhajan since 1981 and Lead Trainer of Kundalini Yoga teacher training since 2001. She is a recognized and licensed by the Kundalini Research Institute-KRI for levels I and II. Satya is a certified Midwife and worked in NE London between 1991 and 2000.

Satya is the author of the book "Yoga, Kundalini and I", published in Portuguese in 2011. She studied and practised Myth-a-Drama as a means of accessing and playing with the creative potential we bring within each of us. She also teaches and leads Red Tents. She has 3 children and 3 wonderful grandchildren!

POSTNATAL SUPPORT NETWORK

The Postnatal Support Network addresses the importance of a well-prepared and relaxing 40-day period after birth. PSN is an international non-profit organization with a non-medical and social network, dedicated to raising awareness and educating the larger public on the importance of postnatal rest and care.

PSN coordinates the requests and responses for qualified support. Offers training to those who wish to become postnatal "caregivers" or doulas who can provide holistic support during this postpartum period.

PSN also functions as a platform for research on the importance of the postnatal period for the immediate and long-term wellbeing of mother, child, family and the society at large.

Our work rests on three pillars:

EDUCATION

- Raising awareness about the relevance and impact of a 40-day Rest and Bonding for mother, baby, families and communities.
- Raising awareness among birth professionals about the necessity and impact of help during the first 40 days postpartum and the need to prepare families well before birth for a well-organised postnatal period adapted to their personal needs.
- Investing in continuing education by organizing local and international postnatal seminars, summits and trainings.

EMPOWERMENT

- Individual and collective empowerment as the means of effective social change in the new world order.
- Providing families with information and practical tools to prepare for their 40-day postnatal time, tailored to their personal needs.
- Offering an extensive international training program for Postnatal Doulas. The training gives provides theoretical and practical knowledge on of why and how to serve a the mother and family.
- Creating communication platforms with national PSN coordinators who networking with (local) birth professionals and sharing knowledge and information.

EXCHANGE

- Providing a platform for the supply & demand offering & requests for support between families and postnatal doulas and families via a web-based directory. as well as social medias
- Collecting and sharing postnatal testimonies.
- Working with other postnatal training institutions to strengthen bridges and collect and build knowledge.

WHAT IS POSTNATAL SUPPORT?

Postnatal support is providing immediate postpartum care to a woman, her baby and her family. This support will allow the mother a healing space and an indispensable time to adjust to the new family constellation on a physical, emotional and psychological level.

It is offering a caring presence and non-medical support such as closing of the bones, massage and logistical support.

This is listening from a non-judgmental space to allow the newborn mother, if she wishes, to settle down and express her maternity experience in complete safety.

A social network of friends and family members can also be organized with a coordinator to cover all the necessary tasks: cooking, shopping, cleaning, laundry, support for other children in the family, massage, emotional presence.

The partner is often willing to take time off to be present and active at home, to help his wife. But, after about ten days, he has to go back to work, and the mother is quickly overwhelmed. Moreover, even if he is present, the partner can also benefit from postnatal support, in order to be more available to support his woman and connect with their newborn.

THE TRAINING: CONTENT

CURRICULUM

- Why Postnatal Support?
- The 40 day sacred window
- Physiology of the puerperium
- Emotional and spiritual needs of the mother
- Rituals of the Postpartum
- Oriental Energetics & yogic teachings
- Principles of Ayurvedic cooking
- Neonatal physiology and baby's needs
- Principles of Breastfeeding; Common problems and naturopathic solutions
- Dynamics of family members
- The Role of the Doula
- PSN structure and operation
- Bereavement & When Something Goes Wrong

Pedagogical Strategies

During the training, the participants will be immersed in the skin of a new mother.

The trainers will offer tools to provide holistic care and to prepare food adapted to the needs of this period of life.

We will expect you to practice recipes, body care and ritual that we will share with you. You will receive pedagogical and technical support. We will role-play practical cases and situations.



THE TRAINING: CERTIFICATION

GOALS

This training is both an experiential workshop and a discovery of the basics and tools of the postnatal doula to start applying them.

We will discover together the different stages a woman and her newborn go through. We will explore the emotional phases that the mother, her child and her family experience. We will be introduced to the different practical and non-medical tools that can be put in place for the families being accompanied. Each participant will leave with concrete tools to extend the practice in her or his daily and professional life.

The training brings an understanding of the Fourth Trimester and the importance of being at the service of the family in their personal environment. Finally, it brings an understanding of the importance of networking.

At the end of the training, you will be able:

- Provide immediate postpartum support to a woman, her baby and her family.
- Hold space for physical, emotional and psychological healing.
- Provide non-medical care, such as closing of the pelvis, massage, cooking appropriate meals.
- Accompany the young mother by active listening and non-judgment of her experience,
- Organize a local social network to cover all the necessary daily tasks;
- Hold mini trainings on postnatal planning with expecting parents.

CERTIFICATION PROCESS

FOR ALL PARTICIPANTS:

After participating in this 15-hour training course online, participants should:

- Do a 40-hour internship with a family.
- The family will have to fill out a questionnaire and write a reference.
- The doula-in-training will write a reflection following this experience (±2 p).
- Participants will be instructed by video and are expected to gain practical experience with : **yonis steam, massage, rebozo ritual, closing of the bones**

Once these prerequisites have been completed and validated by the trainer and the organizer, the Postnatal Support Network will issue a Certificate signed by the trainer and the organizer of the training. At the completion of the training, participants can already create their profile on the Doula Directory on our website.

After one year, membership in the network must be renewed.

INFORMATION & SUBSCRIPTIONS



40 DAYS TRAINING: Postnatal Doula for the Immediate Postpartum & Beyond

Duration of live sessions: 15 hours

Investment: **395 €** (includes instructional material, mentorship after the completion of the course, tools to propose mini preparation trainings to expecting parents, and a 1-year membership to PSN with the possibility of being listed in our Postnatal Doula Directory)

Subscriptions: contact Ekaterina Beant Devi beant@postnatalsupportnetwork.com or (33) **0617320554**

ONLINE on Zoom & Sutra

Dates and times:

15, 22 and 29 January,

5 and 12 February 2023

2-5 pm Paris Time/ 8-11 am New York Time

About 10 hours of (home)work will be required by the participants.

CANCELLATION POLICY

If you cancel within 14 days of signing up, 15 € administrative fees will be retained. No refund will be possible after that. However, it will be possible for you to attend the next workshop given by the same trainer.

PAYMENT

The price for the complete training is 395 €. To guarantee your place in the training, thank you for sending in a 100 € deposit on the account of Postnatal Support Network.

IBAN: NL09TRIO0338766944. Possibility to pay via paypal. Contact us.

Please mention your name and **PSN Global 2023**. The total amount of the training must be paid at the latest by January 9, 2023. IF you require payment assistance, please contact us by email and we will agree together on the modalities and deferred payment.

www.postnatalsupportnetwork.com

Our charity does not replace the needs and care of professional psychological medical assistance.