
ORA DOULA SERVICES

Birth Planning After Birth Trauma Interactive Guide: Course Syllabus

Course Objective: This workshop is designed to help you process the emotions of planning a subsequent birth after a traumatic birth, develop personal goals for yourself, make trauma-informed decisions for your upcoming birth, and ultimately develop a comprehensive “Birth Plan” to discuss with your medical provider and bring with you to your birth location.

Course Layout:

- Before You Begin: Note
- Step One: My Last Birth Was...
- Step Two: I’m going to give birth again. Where do I begin?
- Step Three (A): Making my birth different
- Step Three (B): Redeeming my traumatic birth
- Step Four (A): What can I control?
- Step Four (B): What must I surrender?
- Step Five: What are my goals for my birth?
- Step Six: Creating the Birth Plan
- Step Seven: Packing my emotional bags - coping strategies
- Final Note
- Breathing Exercise

Please feel free to use the comment section in the course. Keep in mind, comments will be viewable to other participants. You may engage with other comments, please keep all interactions respectful and validating. Comparisons are not helpful and will be deleted. We do not say, “At least...”

If at any point you have a question, concern, or comment you’d like to address with me privately, please send me an email at oradoulaservices@gmail.com and I will do my best to respond promptly. Thank you for being here. You are welcomed and valued in this space.

~Laura Kiefer, Certified Birth Doula