
ORA DOULA SERVICES

Birth Trauma Processing Tool: Course Syllabus

Course Objective: Processing Tool to work through the emotions of a traumatic birth. Upon completion, participants should be on the path to healing.

Course Layout:

- Welcome Note
- Step One: Start With the Facts
- Step Two: How Did You Feel?
- Step Three: And Now...
- Step Four: Make a List
- Step Five: The Journey Forward
- Breathing Exercise (to be used at any point in the course)

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