
ORA DOULA SERVICES

Ouch! Something Hurts: Course Syllabus

Course Objective: This Google Classroom mini course is designed to help you learn about some of the most common reasons for pelvic pain/pain during sex during the postpartum period, identify issues, and plan for improvement and healing.

Course Layout:

- Welcome
- Ouch! Something Hurts
 - Arousal
 - Pain from Penetration
 - Scar Tissue Massage
 - Deep Pain During Penetration
 - Modifications
 - Find a Professional
 - Emotional Factors
 - Helpful Tools
 - Is This Forever?
- Resource List

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