

THE WOMB SAUNA

Ancient Herbal

Steam Medicine for Women



Offering Top of the Class Education in Wholistic Medicine

WOMB SAUNA FAMILY BUILDING SPECIALIST CERTIFICATION COURSE CATALOG

INCLUDES THE WOMB SAUNA MADRIELLA DOULA CERTIFICATION

Be a part of the cultural shift in
family building and childbirth

WHAT IS A WOMB SAUNA™ FAMILY BUILDING SPECIALIST?

A Certified Womb Sauna Family Building Specialist (WS-FBS) provides 5 levels of holistic support to families in the areas of:

1. Personal Identity & Self-Awareness
2. Health & Wellness
3. Conception, pregnancy, post partum, and child development support
4. Intuitive life coaching for family development
5. Financial Health & Stability

Our Family Building Specialists are passionate about supporting men, women, and children in creating family structures that improve our communities and the birthing experiences of families worldwide.

Becoming a WS-FBS is a calling that allows you to participate in a global awakening around conscious family building. You become instrumental in helping families prepare to lay a solid foundation for a healthy family life.

When we have that foundation we transform nations.

Our goal is to normalize families having support from the moment they decide to desire a family to the moment they materialize that desire.

This training experience allows you to have two levels of certification:

- The WS-FBS Certification offered only through The Womb Sauna™ University
- The Womb Sauna Madriella Doula Certification

Both are required for graduation. Current Certified Madriella Doulas are pre-qualified for our WS-FBS learning track.

WHY TWO LEVELS OF CERTIFICATION?

Doula care provides an amazing opportunity for mothers to be supported from conception through post partum. A Womb Sauna Family Building Specialist expands the scope of doula care by also supporting the entire family unit and the foundational needs of the child as they develop and grow.

Parents need tools that go beyond just the conversations around pregnancy, labor and delivery, and recovery. Successful parenting includes resources and support for other key areas like self-awareness, financial health, early childhood development, and more.



We are raising the bar for supporting families.



“The birthing and parenting process is something that is part of a soul contract. Not everyone has the calling to birth and parent children in this life and not everyone has the same path to that destination. In order for us to see a cultural shift in family building we have to expand how we support families. It is not optional. Once we accomplish that, we are literally transforming our world.”

~RevHigh Priestess
Thema Azize Serwa
Founder of The Womb Sauna

LEVEL ONE OF CERTIFICATION



Complete the online
Womb Sauna Madriella
Training Program

The Womb Sauna is an approved workshop provider and Madriella advisory board member for The Somatic Arts & Sciences Institute. We now offer The Madriella Doula Certification through The Womb Sauna University with interactive scheduled trainings for how to provide physical support to clients, as a complement to the self-paced online training program. You can determine your own pace for going through the learning content, however, you are still required to attend the scheduled trainings through The Womb Sauna University.

All official Madriella Doula Certifications are numbered and must be issued by Madriella. Part of the Madriella program is a verification service wherein people that seek to employ our doulas can check to make sure they have been through the program. To ensure you are included in the Madriella Doula database, you must follow their steps to certification.

Who is Madriella? Madriella is the fastest growing doula program in the United States. Their first Doula course was offered as an elective at Golden State Massage School in Turlock, California in 2006. At that time it was registered as a “Short Term Career Training Seminar”-a designation the state Bureau for Private Post Secondary and Vocational Education (BPPVE) used for short-term courses and career development workshops.

Later, when Golden State Massage School was absorbed by the Somatic Arts & Sciences Institute the Doula program was offered online and across the country. It has been incredibly successful, with hundreds of Doulas now registered as Madriella Doulas across the United States and a handful in other countries as well.

Why Get Certified as a Madriella Doula?

The name Madriella means “Beautiful Mother” in Latin. And every mother should be able to have a beautiful experience with childbirth. Madriella is passionate about making that available. The Madriella certification is good in all 50 states.

Madriella’s mission is founded on these principles:

- Birth is a sacred event, and motherhood is an anointed institution.
- All women need and deserve the support of other women during pregnancy and birth.
- The knowledge of labor support is the heritage of all women and should be shared.
- Financial blessings are a result of the sharing of knowledge and our members benefit from it.

Doula support should be made available to women throughout the world. Madriella has never been about making money in a birth industry career—it’s about helping other women through the most challenging and rewarding time in their lives.

Madriella’s vision is to foster a paradigm shift in our culture, to make doula training as accessible as CPR/First Aid training. Why? Because ensuring that every woman can have support during childbirth is that important and the way to make that happen is to provide more accessible education about the doula arts. This is ancient knowledge and wisdom and it is time for it to return. This kind of shift in our culture cannot be driven by financial gain.

Madriella doulas can and do charge money for their doula care services. As a company, Madriella encourages our doulas to earn money through teaching the doula arts to other women, becoming affiliates of Madriella, thereby making it easier to volunteer their services to women who may be unable to pay \$400 or more for doula care.

Level One Course Outline

- Chapter 1: The Role of the Doula
- Chapter 2: Service Contracts and Delivery
- Chapter 3: Birth Prep and Exercises at Home
- Chapter 4: Birth Planning
- Chapter 5: The Doula in the Delivery Room
- Chapter 6: The Physiology of Birth
- Chapter 7: Relaxation Techniques
- Chapter 8: Positioning for Birth
- Chapter 9: Hospital Procedures and Protocols
- Chapter 10: After the birth



LEVEL ONE COURSE DESCRIPTIONS



Chapter 1: The Role of the Doula

This introductory chapter begins your journey towards certification as a birth assistant, or Doula. In this chapter we present a fully functional and realistic description of the role of the Doula in today's society, as well as providing a historical/traditional background for the role of the "woman's helper".

Upon completion of this chapter, the Doula should be able to:

- Describe the Basic job duties of a Birth Doula and Postpartum Doula.
- List and describe the five facets of Doula support.
- Differentiate between a License and a Certification.
- Demonstrate familiarity with the Madriella Doula Scope of Practice.

Chapter 2: Service Contracts and Delivery

Although our program is avocational doulas are still required to form a contract with the expecting mother. The contract details what services she will be providing, even if she is not charging for them. This module is a guide to how those contracts should be written.

Upon completion of this chapter, the Doula should be able to:

- Describe the purposes of a service contract.
- List the critical elements of a service contract.

Chapter 3: Birth Prep and Exercises at Home

This chapter is a detailed presentation of the preparations you as a Doula can help the mother do to prepare for birth. The website contains several embedded videos that demonstrate the techniques for you. These videos are embedded in the site so they take up no memory on your device and can be saved to visit over and over again.

Upon completion of this chapter, the Doula should be able to:

- List and describe ten things you can teach a woman to do at home to prepare herself mentally for birth.
- Demonstrate the different exercises you can instruct mom to do at home to prepare her body for birth

Chapter 4: Birth Planning

This chapter is a practical guide to the formation and execution of the birth plan. It provides you with tools you can use to encourage your mothers to advocate for the kind of birth they want. You will learn how to empower mothers and their support people. Birth Plans are presented as examples, as well as a Birth Planning work sheet you can use to help your mothers plan for the birth they want.

Upon completion of this chapter, the Doula should be able to:

- Describe the purpose of a Birth Plan.
- List the crucial elements of a plan.
- Define Self-Advocacy in the context of birth.
- Describe the need for flexibility and contingency planning.

Chapter 5: The Doula in the Delivery Room

This chapter dives in to the action of the delivery room. Here you will find a summary of the different environments you may be called to serve in (hospital, home, water, etc). It also contains a stage by stage examination of labor, with detailed suggestions of what the mother needs at each stage and what you should be doing.

Upon completion of this chapter, the Doula should be able to:

- Describe the most common delivery environments.
- List and describe the stages of labor.
- Demonstrate appropriate support at each stage of labor.

Chapter 6: The Physiology of Birth

This chapter is a review of the miracle of birth from a scientific prospective. There are few things as amazing as the human body in birth, and this chapter is a detailed review of the entire process.

Upon completion of this chapter, the Doula should be able to:

- Describe how the body uses hormones to prepare for birth.
- Identify the parts of the Bony Pelvis and the Soft Pelvis.
- Describe what causes a contraction.

Chapter 7: Relaxation Techniques

This chapter instructs you in the proper application of the relaxation techniques that you as a Doula can use to assist the mother during labor. The theory and application of each technique is explained.

Upon completion of this chapter, the Doula should be able to:

- Describe the physiological response to stress and its impact on pregnancy, labor and birth.
- List and describe four different relaxation techniques.

Chapter 8: Positioning for Birth

This chapter will introduce you to a variety of different postures and stances for labor and birth. These positions are tried and true, and have been practiced by laboring women around the world for centuries.

Upon completion of this chapter, the Doula should be able to:

- Identify six different positions that can be used safely during labor and delivery.
- List the pros and cons of each position.

Chapter 9: Hospital Procedures and Protocols

The Doula is considered a non-medical birth assistant, but we still operate in a hospital and because of this it is important that we know and understand what to expect in the environment. This chapter examines the most common rules for hospital delivery rooms across the country. It is designed to help you stay out of the way of the people delivering the baby, while allowing you to stay at the mothers' side, where you belong.

Upon completion of this chapter, the Doula should be able to:

- Describe what happens in a typical labor and delivery hospital admission.
- List and describe four medical procedures that may be required of the mother.

Chapter 10: After the birth

This chapter takes you through the physical and emotional needs of the mother immediately after birth. Topics include mother and infant bonding suggestions, breastfeeding tips and introductory postpartum emotional support.

every
woman
deserves a
doula

Upon completion of this chapter, the Doula should be able to:

- Describe areas of difficulty new mothers face when breastfeeding.
- Describe the emotional challenges presented in postpartum and what measures the Doula can take to ease the period of transition.

LEVEL TWO OF CERTIFICATION

THE WOMB SAUNA™
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Complete the online
Womb Sauna Family Building
Specialist Certification Program



The Womb Sauna is contributing to changing the expectations and impact of family support through the biopsychosocial model. The family building process should begin when a person recognizes creating a family as their calling, something that is part of their destiny. As a WS-FBS you will be in position to provide resources, education, and support laying the foundation for a new wave of conscious family building.

As a WS-FBS you have the flexibility to support:

- Singles (Men and Women)
- Non-traditional Couples
- Families seeking to adopt
- Children – Post Partum and onward
- Families with barriers to conception
- Distressed/Broken families
- Unplanned/Unwanted Pregnancies



Your capacity in this role is great and allows for you as an empowerment and service professional, to be able to serve the needs of families beyond gender, race, social class, or cultural limitations.

LEVEL TWO COURSE OUTLINE

This learning track is supported online with 1-on-1 coaching sessions and training calls.

All learning modules are self-paced and supported through The Womb Sauna University learning platform:

Module 001: Defining the Family Structure in Modern Times

Module 002: Assessing Your Capacity to Support Families

Module 003: Roadmapping Social Accountability

Module 004: Assessing the Family Vision & Needs

Module 005: Creating the Parenting Plan & Crisis Prevention

Module 006: Creating a Customized Network of Resources



LEVEL TWO COURSE DESCRIPTIONS

Module 001: Defining the Family Structure in Modern Times

The family structure is diverse in this modern age. In order to best support families you will learn how to identify the unique values, needs, and cultural expectations of traditional and non-traditional family structures. You will learn best practices for communication and support measures.

Module 002: Assessing Your Capacity to Support Families

Have you made peace with your own family dynamic? To be positioned to serve and support others we have to take inventory of our own limitations and sense of wholeness. This module will help you go within to evaluate if you have supported yourself enough in your own family structure, prior to providing support for others.

Module 003: Roadmapping Social Accountability

Learn how to create a process that supports families in contributing their best to each other, their communities, and creates legacies of power for their children. Part of that roadmap may include teaching financial independence, healthy communication, forgiveness, and more.

Module 004: Assessing the Family Vision & Needs

Learn our unique standardized processes for helping families measure their capacity and readiness to build their families from pre-conception through the first 7 years of their child's life, based upon the biopsychosocial model. Support families in closing the gaps on generational patterns that would interfere with their vision, ensure families have a clear vision, and provide resources to support meeting family needs.

Module 005: Creating the Parenting Plan & Crisis Prevention

Support families in creating a customized parenting plan and crisis prevention plan that supports the family vision and needs. The Womb Sauna's Parenting Plan allows families to create agreements and action items regarding education, spirituality, financial management, and more.

Module 006: Creating a Customized Network of Resources

Learn how to create necessary local networks of resources to support the families you will be supporting. Receive instruction on how to create strategic partnerships and saturate your region as an expert and resource for family building.

Apply
Online



@ WWW.THEWOMBSAUNA.COM

HELP US TRANSFORM THE WORLD ONE FAMILY AT A TIME



ONCE WE RECEIVE YOUR APPLICATION YOU WILL BE SCHEDULED FOR AN APPLICATION INTERVIEW AND IF ACCEPTED, YOU WILL RECEIVE AN EMAILED ACCEPTANCE LETTER.

Questions? Call 1-888-576-WOMB