



PROFESSIONAL DOULA TRAINING

The Well-Grounded Doula Method

A 12-week, 78-hour multidisciplinary training rooted in evidence-informed care, cultural wisdom, faith-aware support and whole-mother postpartum care.

Founding Cohort

January 12 to March 30, 2027

Live Classes

Tuesdays, 7:00 to 9:00 PM Central Time

Applications

October 1 to December 7, 2026



**Faith-informed. Evidence-grounded.
Culturally responsive. Whole-mother
care.**

Training built for professional readiness

The Well-Grounded Doula Method prepares students to support birth, postpartum recovery and the wider maternal transition with practical skill, cultural humility, faith-aware care, referral judgement and clear professional boundaries.

This is independent, nonclinical professional education. Students are taught to support informed decisions without directing medical care, to recognise concerns outside the doula scope and to collaborate respectfully with licensed professionals.

12 weeks January 12 to March 30	78 core hours Practicum documented separately
6 to 8 hours weekly Live class, study and practice	12 months access January 7, 2027 to January 7, 2028
12 live classes Tuesdays, 7 to 9 PM CT	3 Saturday skills labs Dates published before applications open

Enrollment and course dates

Milestone	Date	What happens
Priority interest list opens	August 5, 2026	Early course updates, sample teaching and first access to the application.
Applications open	October 1, 2026	Full application, syllabus, policies and confirmed faculty information become available.
Founding priority rate ends	November 1, 2026	The \$897 paid-in-full rate closes at 11:59 PM Central Time.
Final application deadline	December 7, 2026	Applications close at 11:59 PM Central Time.
Payment deadline	December 14, 2026	Tuition must be paid or an approved payment plan established.
Student onboarding	January 4 to 8, 2027	Portal access, readiness checklist, policies, workbook and technology setup.
Live orientation	January 7, 2027	Thursday at 7:00 PM Central Time. Orientation is recorded.
Teaching term	January 12 to March 30, 2027	Twelve Tuesday live classes from 7:00 to 9:00 PM Central Time.
Practicum window	April 1 to September 30, 2027	Approved graduates complete and document field experience.

What students should be able to do

The goal is not passive knowledge. Successful students should demonstrate safer judgement, clearer boundaries and practical readiness.

- Explain the doula role, scope, ethics and relationship to licensed clinical care.
- Describe foundational pregnancy, labour, birth and postpartum physiology in non-diagnostic language.
- Demonstrate comfort measures, movement, positioning, environmental support and partner inclusion.
- Support informed decisions without speaking for the client or directing medical care.
- Recognise maternal, newborn and mental-health warning signs and follow an appropriate referral or emergency escalation process.
- Provide culturally responsive and faith-aware care without imposing personal beliefs or assumptions.
- Discuss nourishment, hydration and infant feeding within nonclinical scope.
- Respond appropriately to perinatal mood concerns, trauma, grief and postpartum psychosis warning signs.
- Use professional communication, confidentiality, documentation and conflict-resolution practices.
- Create prenatal, birth, postpartum, referral and continuity-of-care plans.
- Develop services, pricing, contracts, backup systems and professional referral relationships.
- Complete a capstone care plan and demonstrate readiness for field practicum.

Training-hour framework

Learning activity	Hours
Twelve live teaching sessions	24
Three practical skills labs	9
Recorded and self-paced module study	24
Workbook assignments and case studies	12
Assessments, skills demonstration and capstone	9
Total core training	78

Live attendance and replay policy

Recordings are expected within 48 hours when technically available. Students must attend at least 9 of 12 weekly classes live. Up to 3 missed classes may be completed by replay and a written catch-up reflection. All skills-lab requirements must be completed.

Twelve modules for whole-mother care

1

The Role, Scope and Ethics of the Doula

Professional identity, informed consent, confidentiality, documentation, boundaries, safeguarding considerations and nonclinical scope.

2

Pregnancy and Birth Physiology

Foundational anatomy, hormones, stages of labour, normal variation and communicating physiology responsibly.

3

Labour Support and Comfort Measures

Positioning, movement, touch, breathing, environmental support, partner inclusion and practical labour support.

4

Interventions, Cesarean Birth and Decision Support

Induction, augmentation, pain relief, assisted birth, cesarean support and non-directive decision support.

5

Communication, Advocacy and Collaborative Care

Client voice, respectful advocacy, hospital relationships, conflict navigation and interdisciplinary teamwork.

6

Faith, Physiology and Respectful Birth Support

How God created birth, faith-aware support, cultural humility and caring for clients with different beliefs.

Curriculum continued

7

Postpartum Physiology and Recovery

Normal recovery, cesarean recovery, the first forty days, rest protection, warning signs and continuity of support.

8

Infant Feeding and Lactation Foundations

Early feeding expectations, positioning foundations, common concerns, scope boundaries and timely referral.

9

Maternal Nutrition and Nourishment

Culturally rooted food care, hydration, food safety, recovery nourishment and appropriate nutrition referral.

10

Perinatal Mental Health, Trauma and Referral

Baby blues, depression, anxiety, trauma, grief, intrusive thoughts, postpartum psychosis and emergency response.

11

Doula Restoration, Boundaries and Self-Care

Doula self-healing and rest, nervous-system care, burnout prevention, backup systems and sustainable service.

12

Building and Launching Your Doula Practice

Positioning, packages, consultations, contracts, pricing, client experience, referrals and ethical marketing.

Specialist guest masterclasses

Core instruction is led by Chinny John-Peter. Selected modules will also include one substantial live or recorded masterclass from an appropriately qualified professional in the wider HELD community.

- **Lactation Foundations for the Nonclinical Doula:** planned for an IBCLC or qualified lactation professional.
- **Perinatal Mental Health, Postpartum Psychosis and Referral:** planned for a psychiatrist, psychologist or licensed perinatal clinician.
- **Clinical Birth Care, Interventions and Collaboration:** planned for an OB-GYN, certified nurse-midwife or licensed midwife.

Faculty transparency: Invitations are in progress. Names and biographies will be published only after written confirmation. A guest session does not imply endorsement or accreditation of the entire program.

Two achievements, documented separately

The core professional-training certificate and the later practicum letter are separate so graduates, employers and families can see exactly what was completed.

Certificate of Professional Training

- Complete all 12 modules and required coursework.
- Attend at least 9 of 12 weekly live classes.
- Complete replay reflections for up to 3 missed classes.
- Attend or complete all 3 skills labs.
- Score at least 80 percent on required assessments.
- Pass the final skills demonstration.
- Submit the capstone client-care and referral plan.
- Sign the code of ethics and scope agreement.
- Bring tuition fully current.

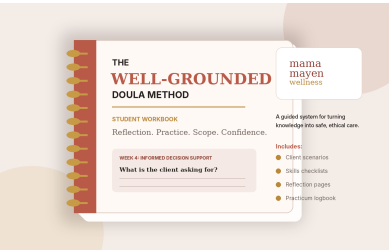
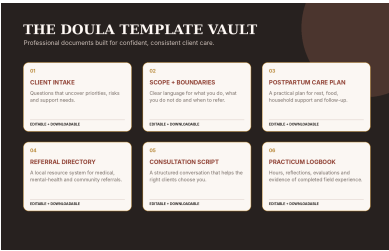
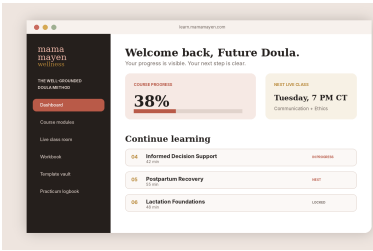
Practicum Completion Letter

- **Birth pathway:** 3 births and at least 24 client-contact hours.
- **Postpartum pathway:** 3 families and at least 36 client-contact hours.
- **Combined pathway:** 1 birth, 2 postpartum families and at least 40 client-contact hours.
- Submit the practicum logbook, reflections and client evaluations.
- Complete by September 30, 2027 unless a written extension is approved.
- Students arrange clients or approved placements unless placement support is confirmed in writing.

HELD Graduate Circle

Graduates who successfully complete the program, meet professional-conduct standards and keep their account in good standing will be invited to the HELD Graduate Circle. Founding graduates receive six months of complimentary access for continued learning, peer connection, professional dialogue, referral relationships and maternal-health advocacy. Continued access after the complimentary period follows the HELD membership terms available at that time.

Resources, faculty and professional community

		
Guided workbook Case studies, safety questions, reflection and practicum documentation.	Template vault Intake, scope, planning, referral, evaluation and business documents.	Learning portal Weekly modules, live links, replays, assessments and progress tracking.

Founder and Lead Educator

	Chinny John-Peter Chinny is a doula, Postpartum Care Architect and maternal-health advocate working at the intersection of birth support, postpartum nourishment, cultural care, public-health advocacy and community building. She is the founder of Mama Mayen Wellness and creator of HELD by Mama Mayen. Her approach centres the mother as a whole person, not an afterthought to the birth event, and teaches doulas to combine compassion with scope, judgement and sustainable professional practice. Credential integrity: Additional certifications, degrees, professional memberships and verified service figures are published only with exact supporting documentation.
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Professional involvement must be specific and transparent

Reviewer appointments and guest-faculty invitations are in progress. Names, credentials, headshots, biographies and review statements will be published only after the professional completes the agreed work and gives written permission.

Planned curriculum review roles

- **Obstetric or midwifery reviewer:** birth physiology, interventions, maternal warning signs and escalation.
- **IBCLC reviewer:** infant feeding foundations, lactation scope and referral boundaries.
- **Perinatal mental-health clinician:** mood disorders, trauma, grief, psychosis and emergency response.
- **Maternal-nutrition reviewer:** nourishment, hydration, food safety and professional scope.
- **Senior doula and ethics reviewer:** scope, documentation, communication and practicum standards.

Guest-faculty appointment standards

- Each guest contributes one substantial live or recorded specialist masterclass within the relevant module.
- The invitation states the proposed session title, learning outcomes, format, duration, recording terms, usage period and honorarium.
- The professional approves the use of their name, credentials, headshot and biography before publication.
- Guest teaching does not imply that the professional has reviewed, accredited or endorsed the entire program.
- Clinical educators teach within their own professional competence. Students are reminded that doula practice remains nonclinical.
- Any curriculum-review statement is limited to the exact material the reviewer examined.

The website will be updated as confirmations are finalised. Until then, planned roles are advertised without invented names or implied endorsements.

Founding cohort investment

\$897 paid in full Founding priority tuition through November 1, 2026 at 11:59 PM Central Time.	\$997 paid in full Standard founding tuition from November 2 through December 7, 2026.
3 monthly payments of \$350 Total tuition: \$1,050. The first payment secures the seat after acceptance.	Payment deadline Tuition must be paid or an approved payment plan established by December 14, 2026.

Policy summary

- Refunds:** A full refund is available within 7 calendar days of purchase if the student has not attended orientation or a live class and has accessed no more than 10 percent of the course. After that window, tuition is non-refundable except where required by law.
- Withdrawal and transfer:** Withdrawal must be submitted in writing. Withdrawal does not automatically cancel an installment agreement. One transfer to a future cohort may be considered before January 18, 2027, subject to space, account standing and written approval.
- Course access:** Access begins January 7, 2027 and ends January 7, 2028. Materials may not be shared, resold or copied into another training.
- Payment plans:** Installment plans are agreements for the full tuition, not cancel-anytime subscriptions. Access may be paused when an installment is overdue.
- Professional conduct:** Harassment, confidentiality breaches, academic dishonesty, unsafe conduct or serious scope and ethics violations may result in removal under the signed enrollment agreement.

Credential and recognition

The Well-Grounded Doula Method is an independent professional education program offered by Mama Mayen Wellness. Successful core completers receive a Mama Mayen Wellness Certificate of Professional Training. Students who later complete the field-practicum requirements may receive a separate Practicum Completion Letter.

This program does not confer medical, nursing, midwifery, lactation or mental-health licensure. It is not currently represented as university credit, government approval, insurer recognition, hospital-system approval or accreditation by a third-party doula certifying body. Students must verify requirements where they plan to practise.

Contact

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