

Doula Pride
Equity through Connection
LGBTQ+ Doula Informed Care
Training – Session 3



Overview/Agenda

1. Welcome & Sharing Space Meeting the Team/Trevor Boeding & Susan Shaw
2. Allocation of Ipads – Sign Offs
3. Centering into Our Space – Following the Breath & Heart
4. Review of Doula Essentials – Essentials of Compassionate Care – Section 1 – 2 Sharing (Writing Prompts)
5. Session 3 – Section 2 in “Cultivating the Doula Heart”: Navigating Serious Illness & Contemplative Care
6. Co-creating Doula Pride Considerations (See List)
7. LGBTQIA+ Serious Illness Resources (Building)
8. Post-Session Evaluation (to be emailed to you AND is on website)
9. Writing Prompt #3
10. Session 4 – June 27th (Thursday)





Hand on Heart



A breathing exercise

Compassion for self and others

Objectives/Practice Perspective Points

- Support and loss
 - Grieving LGBTQIA+ contexts
 - Language
 - Permissions
 - Challenges
 - Resources
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- Section 3 – “Cultivating the Doula Heart” – pp. 57-79

Centering Quote

- “Queering death is an invitation to bring creativity, self-determination, collective care and resisting oppression to how we prepare for the end of our life. It’s why I keep all my death-related paperwork in a glittery silver binder. While its contents might be serious, I want the outside to sparkle, a small nod to the femme aesthetics that are an important facet of who I am.”

By: Zena Sherman in “**How to queer your end-of-life planning:** We can be specific, creative and collaborative in our approach to end-of-life planning”

Review: Cultivating the Doula Heart – Section 1 – Key Practices (that take practice)

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- Doula Essentials – Essentials of Compassionate Care – Section 1 (p. 3)
 - D – Dedication to Presence
 - O – Open-Mindedness
 - U – Understanding with Compassion
 - L – Listening Intently
 - A – Allaying Distress



Review: Doula Informed Care (Being with) – Section 2


BEING (with)

- Emotion Ally
- Meeting people where they are
- Turning toward suffering
- Maintaining a beginner's mind
- Companionship and serving
- Intentional presence
- Compassion
- Non-judgement
- Non-agenda
- Unconditional positive regard

Review: LGBTQ+ Doula Pride Considerations – Make Sure You:

- Focus on the person in your care.
- Practice non-judgmental support.
- Listen and be still
- Understand that discrimination takes a toll.
- Spend time with the client to identify specific needs.
- Coordinate caregiving with helpful volunteers, family/kin members, and supportive friends.
- Provide appropriate community resources.
- Help clients self-advocate.
- Provide an atmosphere of dignity and love.
- Affirm the identities of the people you serve.
- Honor and help serve your dying person's wishes.
- Advocate and Connect wished a death aligned with what the client wants.

- <https://anityadoulaservices.org/death-work/4-ways-death-doulas-help-the-lgbtq-community/>



Doula Informed Care/Attending – Section 3

Reading: Pg. 71 (Holding Space)

Support and loss

Grieving in LGBTQIA+ contexts

Language & Permissions

Challenges



Resource(s)

- [Connecting with those we Grieve](#) by Dina Stander (Pod Cast)
- [LGBTQIA+ Inclusive End of Life Care](#) (Everyone Dies Pod Cast)

Dina Stander - Practice



Writing Prompt Sharing (Listening & Appreciation, Curiosity)
Role Play –Share
Grieving Contexts – Doula Informed Responses
The Energy it takes in Serious Illness Care



Writing Prompt #3

How do you slow you pace when your feelings speed up?

And/Or –

About a moment your open-mindedness challenged....?

Post-Evaluation

1.(to complete after)

