

Doula Pride
Equity through Connection
LGBTQ+ Doula Informed Care
Training – Session 4



Overview/Agenda – Enacting Doula Informed Care

1. Essentials of the Doula's Informed Caregiver in LGBTQ+ Sacred Place
2. Readings: Section 3 - Creating and Holding Space (Review Sections 1 & 2)
3. Project Updates & Next Steps
4. Centering into Our Space – Following the Breath & Heart
5. Enacting Doula Informed Care into Practice
6. Role Play & Guided Practice with Dina
7. The GRACE Framework (Halifax, et al., 2012)
8. Final Reflections & Future Support
9. Post-Session Evaluation (to be emailed to you Monday)
10. Writing Prompt #4
11. Staying Connected during this Transition to Practice time





Hand on Heart



A breathing exercise

Compassion for self and others

Objectives/Practice Perspective Points

- Review & Synthesis
- Care for self and others – GRACE - Enacting Compassion
 1. Name and describe the 5 steps of the G.R.A.C.E. process of compassion-based interactions during clinical encounters
 2. Apply the G.R.A.C.E. process to case examples and their own clinical practice
- Next Steps
- Resources
- A Synthesis of the Chapters: “Cultivating the Doula Heart” – pp. 57-79

Centering Quote

"I know the culture we live in.
I know mortality isn't small talk.
But I wish it was. Because it is the seed
of connection, the seed
of true healing, and the seed of love."

- Excerpted from: Andrea Gibson, Poet in "[The Lifegiving Benefits of Befriending Our Mortality](#)" --

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: Doula Informed Care (Asking Permissions) – Section 3

- Support and loss
- Grieving in LGBTQIA+ contexts
- Language & Permissions
- Challenges



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



Review: Serious Illness Care – Anything else?

- Energy and attention may be limited
- Mobility and physical activity may change avoid ableism
- Certain times of day may be better
- Feelings of sadness, anger, helplessness, grief, loss arise – allow for negative feelings (“I’m Listening”),
- Offer presence
- Listening without judgement
- Ask permissions (“may I ask you a question?”), (“may I share a resource?”)
- Offer tangible assistance
- Maintain your own balance – provide what you are only comfortable with providing
- Patience and time are supportive – there is no urgency
- If an urgent issue arises, contact 911
- Remember social support is of great benefit.



Writing Prompt #4

\What are the top 10 attributes in your "pockets" that you carry with you as a Doula Pride informed carer ?

And/Or –

How would you describe your journey with enacting Doula Pride? Are you a carer, ally, companion - describe?

Practice Time with Dina

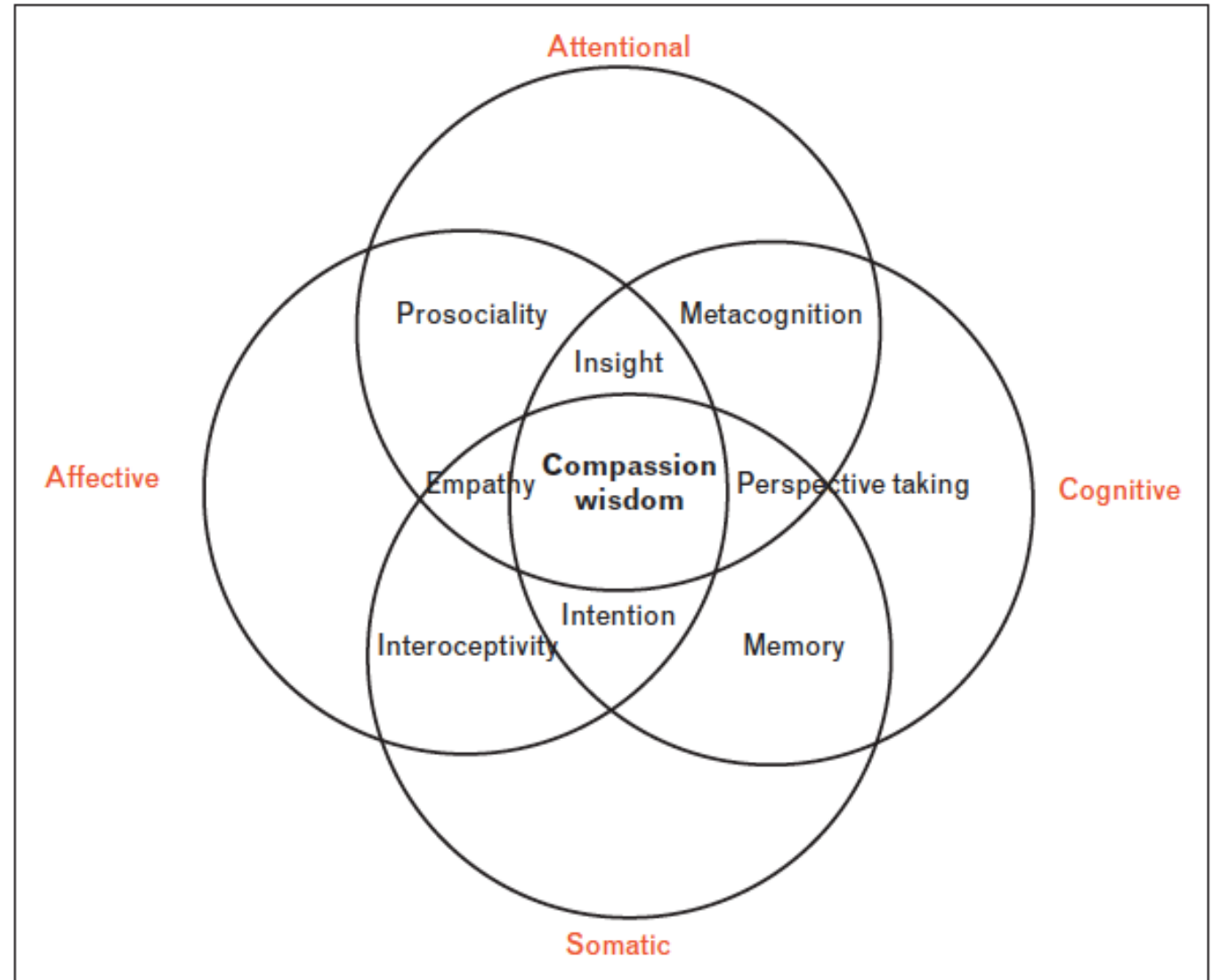
Review & Role Play



The GRACE Model – A Process

- G – Gathering Attention
- R – Recalling Intention
- A – Attuning to Self/Other
- C – Considering
- E - Engaging

Halifax Heuristic of Enacted Compassion



1. GATHER your
attention...

2. RECALL your
intention...

3. ATTUNE...



4. CONSIDER what is
going on...

5. ENGAGE, enact
ethically, and end...

Next Steps –What to Expect

- Continue to study – reflections, reading, gather resources
- Monday updates
- Monday Mentor hours with Dina
- Facebook private group
- Matching process – expect to complete a brief survey about your preferences (driving distance, online or phone, time availability)
- Raeann and Trevor will make connections and contact you when we have a match for your consideration
- If you have someone in your network that may benefit, please share our recruitment resources
- Know that you can opt out at any time as can your match with no judgement or
- Only do what is comfortable for you

Post-Evaluation

1.(to complete after)

