

Doula Pride  
Equity through Connection  
LGBTQ+ Doula Informed Care  
Training



# Overview

1. Welcome
2. Introductions (names, pronouns, preferences)
3. Overview to program
4. Doula Essentials – Essentials of Compassionate Care – Section 1
5. Post-Session Evaluation (to be emailed to you AND is on website)
6. Writing Prompt #1



# Welcome to the Project

- Introductions (names, pronouns, preferences)
- Confidentiality and Protections of Information
- Review of Consent
- Materials: Text, Website & Tablet
- Meetings and Stipends
- Learning period, practice period & mentorship
- Questions



# Centering Quote

- “Changing the way LGBTQ individuals with chronic or life-limiting illnesses are cared for requires a paradigm shift in the way we (collectively) approach the conversation about what it means to be inclusive in our compassion. You don’t need to change your religious or moral beliefs to provide good care to LGBTQ+ individuals.”
- — Kimberly D. Acquaviva, LGBTQ-Inclusive Hospice and Palliative Care: A Practical Guide to Transforming Professional Practice

# Background

1. Social isolation and serious illness care – LGBTQ+ Social Supportive Care
2. Connecting the nursing and doula philosophy in LGBTQ+ Serious Illness Care in caregiving experiences – Doula Informed LGBTQ+ Carers



# Cultivating the Doula Heart – Section 1

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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



# Applications of our Program

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- Centering humility and cultural concordance
- Creating a model of nursing and doula informed care for LGBTQ+ community caregivers



# Dina Stander

Doula Director for Doula Pride







# Writing Prompt #1

How do you remain calm in the presence of others distress? And/Or --  
What are 17 ways you keep your heart open (inspired prompt by poet  
and activist Andrea Gibson)

# Post-Evaluation

1.(to complete after)

