

# Death Doula Defined





# **DISCLOSURES**

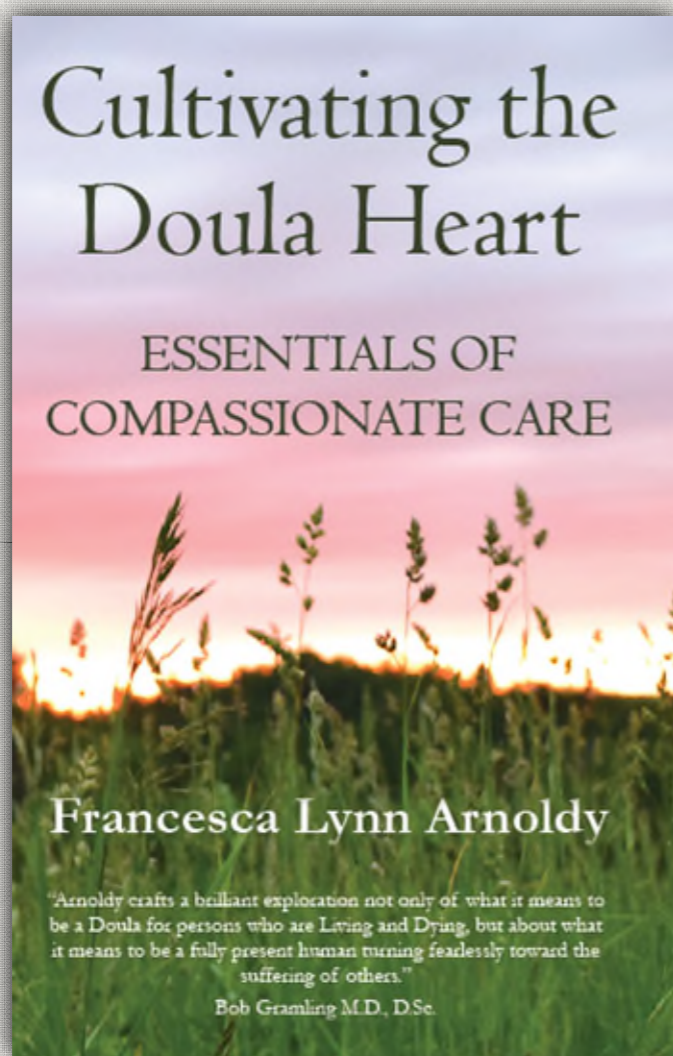
**I do not have anything to disclose.**



The main tasks of the doula are:

***Provide Emotional Support  
&  
Personalize Care***





# Tenets of Doula Care



Accept that birth, death, and grief are normal, natural, expected parts of life



Provide non-medical, nonjudgmental  
emotional/spiritual support and soothing  
physical comfort measures



**Cultivate inner calm and peacefulness**



**Promote informed consent**



**Gather relevant information and  
connect clients to beneficial resources**



Assist each client with having personally meaningful experiences— together developing wishes for care and encouraging the preservation of energy for what's most important



Trust in the inherent wisdom  
of people to discover their own best  
path



Companion rather than treat

Serve rather than help



Empower and encourage a  
client's loved ones to operate  
within their comfort zones;  
complement support as needed



**Promote self-care as vital to  
preserving and sustaining energy levels  
and enhancing holistic health**



*During each visit, a doula's time is determined by what's most pressing for the client, and depends on each doula's specific range of offerings.*

Ways of BEING  
Ways of DOING

DOULAS ARE  
EMOTIONALLY AND  
PHYSICALLY PRESENT  
TO SILENTLY WITNESS,  
GENTLY VALIDATE, AND  
ACCEPT ANOTHER'S CHOICES





Support a client through the purposeful work of meaning-making, story sharing, life reflections, and legacy projects



# Vigil planning and vigil sitting



Provide a continued presence, as story-listener, during the initial grief and bereavement phase



# Doulas Will Never ...

Operate outside of an established contract

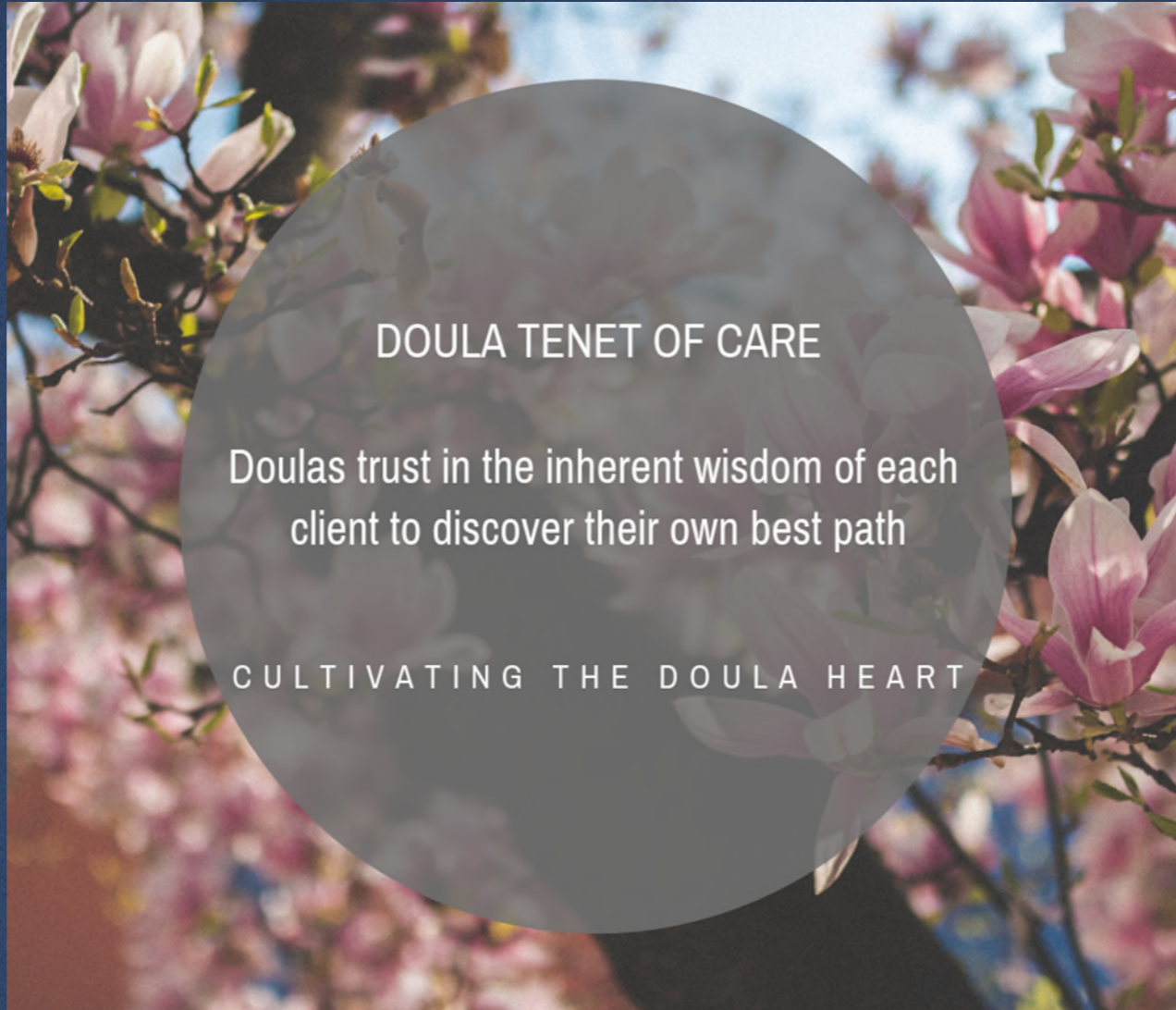
Perform tasks for which they are unqualified

Disrespect a client's privacy

Disrespect a client on the basis of race, age, creed, color, religion, national origin or ancestry, sex, gender, disability, veteran status, genetic information, sexual orientation, gender identity or expression, or any other factor

Act as a medical care provider





**Thank you!**

*Questions?*