



Doula Internship General Requirements and Frequently Asked Questions

Thank you for your interest in the Minnesota Birth Center Doula Internship! To be considered for this internship you must:

Have attended a birth doula training through DONA, CAPP, or other reputable doula training program. If you have questions about the suitability of your particular program, please email rebecca@theminnesotabirthcenter.com.

Practice within the [DONA Scope of Practice](#).

Have attended at least one birth in a support capacity. Note: during the COVID-19 pandemic we will consider exceptions to this requirement if the applicant meets all other program requirements.

Be available to attend a total of at least six MBC births for the duration of the internship.

Once accepted into the internship you agree to:

Practice as birth doula to the best of your ability and according to the above Scope of Practice.

Build your MBC client base by -

- Attending an MBC Orientation and Early Home Care Class within the first month of the internship period, as well as the Doula Meet and Greet for new interns, if possible.
- Participating in client interviews wherever possible and attend, when offered, any MBC outreach events.

Sign the following: 1) the MBC Doula Expectations document, 2) the Abbott Northwestern Doula Agreement, 3) the MBC Privacy Agreement, and 4) the MBC Photo & Written Content Release (for future MBC promotional efforts).

Frequently Asked Questions:

Q: Do I need to be certified before the internship begins? What if I haven't attended any births yet?

A: This program is designed to help trained doulas gain experience. It's therefore okay if you are not yet certified. Many interns use the internship as a way to document the births they've attended as they work toward certification with their training program. We strongly prefer that applicants have attended at least one birth in a support capacity. On occasion we will make exceptions, particularly if the applicant has been limited in attending births due to the COVID-19 pandemic.

Q: How do I secure and work with clients?

A: Minnesota Birth Center's Doula Internship is much like running your own small business. We promote you on our website and in printed materials at both birth centers, and encourage you to attend MBC Orientation, Early Home Care Class, and other outreach events to secure clients. Interested clients will contact you directly to set up interviews. When hired, you schedule prenatal and postpartum visits with your client and are on-call for that client's birth. Clients pay you directly.

Q: Should I have a back-up doula?

A: Yes! Having a back-up doula is an absolute requirement for participation in the internship. At the start of the internship period the outgoing and incoming doula interns will meet and have a chance to build back-up partnerships.

Q: How can I learn more about the birth philosophy at the Minnesota Birth Center?

A: MBC midwives practice a Midwifery Model of Care that encourages and promotes natural, physiologic birth. Attending an MBC Orientation, Early Home Care class, and other events as a Doula Intern will help you to understand the Minnesota Birth Center approach to birth and how to best serve your clients at the birth center. Download a free presentation on nurse-midwifery care [here](#).

Q: How do I apply?

A: Complete the application and other required materials listed below and email them to rebecca@theminnesotabirthcenter.com. Should you meet our requirements, we will be in touch to schedule an interview.



Doula Internship Application

Name:	Date:
Phone:	Email:

1. When and with what certifying organization did you complete your training? Have you attended at least one birth in a support capacity and if so, what did you gain from the experience?

2. The Minnesota Birth Center Doula Internship program is a 9-month program (March 2023- November 2023), with roughly the first three months devoted to marketing and interviews with clients, and the remaining six months for attendance at births. *Are you able to commit to an average of one birth a month for approximately six months? If no, please explain:*

3. Do you have any personal commitments, travel plans, or other conflicts that would make it difficult for you to attend births during the internship period? If yes, please explain:

4. Minnesota Birth Center places a high level of importance on doula interns joining families at home for labor before going to the birth center. Are you willing to join your clients at their homes to offer support before going to the birth center? If no, please explain:

5. The group of new interns will meet virtually in February/March to learn more about the internship and get to know one another. A list of dates will be sent to the new interns and the date that works best for most interns will be chosen for this meeting. Are you willing to attend this *Doula Meet and Greet*, to the best of your ability?

Please send 1) this application, 2) your resume, and 3) a brief essay explaining why you became a birth worker and your what your long-term goals are for working in the field to: Rebecca Bolton-Steiner, rebecca@theminnesotabirthcenter.com
 . **Application deadline: Sunday, February 5, 2023.**