

Doula as Process

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Doula can also be systemic – a doula field

The Ngarinman mob from the Northern Territory have the word 'punyu' which means well-being however this includes person, culture inc. lore and tribe, and country, and is experience in one's body a sort of all is well with the world feeling/state of being. Doula here as punya denotes *a conceptual field* (e.g. Demiurgic Manifesting Field) *within which the individual locates and action develops*. Grbich (1999:64-65). Grbich, C. Ed.. (1999) *Health in Australia: Sociological concepts and issues*. Sydney, Australia: Longman. 310pgs.

What Are The Proven Benefits Of A Doula?

There are many studies from around the world which have demonstrated very impressive benefits for the mother, father and baby, including:

- 50% less caesarean sections
- Reduction in the use of forceps by 40%
- 60% less requests for epidurals
- 40% reduction in the use of synthetic oxytocin for inductions or augmentations
- 30% reduction in use of pain medication
- 25% reduction in labour length
- Increased rates of breastfeeding at 6 weeks post-partum (51% vs 29%)
- Higher self-esteem (74% vs 59%), less anxiety (28% vs 40%) and less depression (10% vs 23%) at 6 weeks post-partum

These are not misprints! The benefits are significant. Most of the women in the studies were accompanied by male partners, however study results show that women who had the support of a male partner and a doula fared best, for example, the caesarean rate of women supported by both a male partner and a doula was significantly lower (15.4%) than the caesarean rate

for women supported only by their partners (24.4%). Studies also clearly show the positive benefits of doula support occur regardless of a woman's economic status or whether or not they were privately insured.

What about the Father?

According to studies, rather than reducing the father's participation in the process, a Doula's support complemented and reinforced the father's role. Fathers felt more enthusiastic and that their contribution to the labour and birth was meaningful and helpful. Not only did fathers report higher levels of satisfaction after the birth, but mothers reported feeling more satisfied with their partner's role at birth too.

Doula ~ Promise

1. You cannot hurt my feelings in labour
2. I won't lie to you in labour
3. I will do everything in my power so you do not suffer
4. I will help you to feel safe
5. I cannot speak for you; but I will make sure that you have a voice and I will make sure you are heard

Doula ~ Process

The Doula Process is limited time wise yet involves in that period the following in principle steps:

1. Typically a few months (baby) to six months (project)
2. Involves holding the space for the workers to help the ideas person birth the baby/idea
3. Involves the immediate post-partum (ie after birth) stage
4. Is open to criticism because something other than the space is not working/tidy etc.
5. Can be applied to a group ie a DST Doula Support Team rather than a (say)

ThinkTank

6. A DST has the remit of holding the space for an innovator to birth and sustain her idea
7. In organisations new ideas re always fiercely resisted and the Wife, Midwife and Doula will be assassinated by reactionary 'more of the same' forces/conservatives unless a ..
8. DST is proactively involved from before day 1 (just after inception to just after birth)

Doula ~ Success

Essentially, and unfortunately, from my experience and that of other Doulas, this will be the norm for the Doula. As our culture does not, unlike indigenous cultures, recognise the seriousness of the doula role and does not really even have a word/valorised space therefore, as birth has become so medicalised/westernised.

1. **Idea Doula** (PW) – recognises folks with 3 and doula's ideas that into a corporate/NGO system
2. **Idea midwife** (Milos) + competence at task
3. **Idea wife** (volunteers to fix bikes) – pregnant with idea
4. **Idea baby** (fixed bikes) – need for, catchment area for, application of when completed all OK
5. **Idea/Product Champion** (Milos) with commitment and enthusiasm to overall 'join the dots' product system/value chain
6. **Idea Implementers** - capable, respected and recognised implementers (volunteers)
7. **Idea action:** Sufficient tools and recompense therefore (Milos and NAC)
8. **Idea home:** Positive auspice (NAC)
9. **Idea use:** End use for Doula'ed idea (bikes for Cambodia)
10. **Idea dance:** Efficacious and synergistic fit for the above with fun
11. **Idea timeliness:** need for the idea to be at full gestation before birthing process starts i.e. suitable for the times
12. **Idea failure:** failure of the Doula'ing process (see next section), still birth of the idea, lack of coherence of the Idea entrepreneurial team (idea/baby, wife, midwife and doula).

<http://www.bellybelly.com.au/articles/pregnancy/doulas-what-is-a-doula>

Doula ~ Trials and Tribulations

1. When as a doula you can see esoterically what can be done and what needs to be done but those whose job it is to do it don't and won't and even can't.
2. When the baby/idea is still born.
3. When the Doula field won't provide all the resources necessary
4. When the participants esp. midwife won't, or can't, recognise/respect the importance of the doula – wives generally do.

Source: as referenced, compiled and written by Paul Wildman paul@kalgrove.com V4 07-03-2016