SMC
Full Circle Doula
Birth Companion Training

The History

SMC Full Circle Doula Birth Companion Training was created in 2002. The training was created by Shafia Monroe as a rite of passage to birth work and was formerly administered by International Center for Traditional Childbearing (ICTC) until 2017.

The training is built on the legacy of the 20th Century African American Midwife, who provided holistic maternity care. This training is the first international doula training created to increase the number of doulas of color. It is the premier dual certification training for the labor and postpartum doula.

Honor the Legacy of the African American Midwife

We regain our history as doulas by learning the legacy of the 20th Century African American Midwife, who provided full circle birth companion care. She was a pillar in her community, teaching traditional healing, mothering, and beautification rituals. She uplifted the family by welcoming the new baby with them, (Wilkie, 2003).

The training is high energy, didactic, interactive, and woman-centered; and the training facilitates comprehensive doula care, with all aspects of pregnancy. Graduates of the training receive a provisional certificate and have two-years to certify. With program completion, the graduate is certified to practice as a labor and postpartum doula, improve birth outcomes, and increase breastfeeding rates with cultural competency.

Practice from Cultural Knowledge

The eight distinct SMC Full Circle Doula Birth Companion Training characteristics are: 1. Understanding traditional midwifery model of care, 2. Is community based. 3. Empowers families 4. Teaches postpartum care, 5. Increases breastfeeding rates, 6. Cultural sensitivity, 7. Ongoing support for certification, 8. Reduces premature birth" (Shafia Monroe, African American Infant Mortality), especially in communities of African-American women and other women of color. We have the worst infant and maternal mortality statistics here in the United States, and the goal is to change that from within our own communities.

Contact Us

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