



Postpartum Doula Recertification Overview

Postpartum doulas that maintain certification with The Long Island Doula Association, Inc. (LIDA) show their dedication to providing postpartum parents and families the most up-to-date and evidence based information. Our re-certified doulas prove that they are remaining dedicated and proficient in their field, and are able to provide the best support for their clients.

In order to hold your credentials, CPD (LIDA), a re-certification is required every three (3) years from the original date of your first certification. If you have previously been certified through LIDA, you will be notified by email two (2) times within six months of your certification expiration date.

If you are already certified with another certifying organization, you can recertify with LIDA by following the steps below.

If you have any questions, please do not hesitate to reach out to Stephanie, Co-President and head of the Certification Committee, at thepurpledoula@gmail.com, or contact LIDA directly at info@lidoulas.com.

Recertification Requirements:

1. Provide postpartum doula services for a minimum of nine (9) hours to a minimum of three (3) clients. All support services submitted for re-certification must occur within the last three (3) years of your current certification.

2. For each of the three (3) clients submitted for certification, you need to complete a typewritten account (approximately 250-300 words) for each client. Please include:

- An overview of your experience
- Any challenges you faced and how they were overcome
- Resources utilized
- A Postpartum Outcome Form (Form O)
- A Client Confidentiality Release Form (Form K)

[3. Complete LIDA's ROOTED and Trauma trainings if you haven't already done so.](#)

4. Read and sign the LIDA Code of Ethics (Form E), the LIDA Scope of Practice (Form H) and the LIDA Grievance Policy (Form G)



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5. Be a current member of The Long Island Doula Association, Inc.
 6. Complete Application form (Form A2)
 7. Provide proof of current CPR certification.
 8. Mail the originals of all required documents to:
LIDA, Inc ATTN: Re-Certification
3 Artist Blvd
Middle Island, NY 11953
and keep a copy of all submitted documentation for your own records.
 9. Pay the recertification application fee of \$75.00 online by PayPal or credit card, or mail a check or money order made payable to LIDA, Inc. to the above address.
 10. Show proof of 15 CEUs or certification credits that are required for recertification. See below for Certification Credit Opportunities.



Recertification Credit Opportunities:

- Become a “Big Sister” to a “Little Sister”. You will become a mentor during the Little Sister’s certification process. (3 Credits)
- Attend a LIDA approved CEU workshop. Proof of workshop is required. (Credits will vary depending on event)
- REQUIRED: [Complete ROOTED Training \(3 Credits\)](#)
- REQUIRED: [Complete Trauma Training for Doulas \(3 Credits\)](#)
- Volunteer at a LIDA event (Form B) (2 Credits)
- Provide postpartum support approved by LIDA’s Community Support Fund (CSF) (5 Credits)
- Attend the Perinatal Mood and Anxiety Disorder workshop again. (2 Credits)
- Lead and facilitate an in person or virtual workshop or meeting for expectant and/or postpartum parent(s) OR a meeting for doulas and other birth professionals. Subject ideas for parents could include “Meet the Doula Night”, newborn/infant care classes, PMAD support, new parent support group, bereaved parents(with a qualified professional in attendance), meet local professionals, La Leche League, etc. This support group/meeting should include your presentation of a prepared topic (minimum 20 min) followed by a group discussion. (1 credit per workshop/meeting, max 5 credits)
 - Include the name/title of workshop/meeting, the location, date and time held, length of event, your prepared topic/written presentation, and number of people that attended.
 - In the typewritten statement above, include about 100-300 words that explains how preparing this workshop and facilitating the discussion that followed will enhance your own birth doula practice.
- Attend a minimum of four (4) LIDA meetings or events per year. If you do not live on Long Island you can attend the equivalent of the above meetings local to your area. (Form B) (3 Credits)
- Attend a LIDA meeting as a guest speaker offering at least an hour presentation on a postpartum related topic of a service you provide. (2 Credits)



Additional Credit Opportunities:

- Give a thirty (30) minute minimum presentation about doulas/postpartum support to a hospital, birth center, parents group or doula group (1 credit per presentation, max 3 credits)
 - LIDA council must be notified of event prior to presentation
 - LIDA brochures will be provided to you and distributed to workshop attendees.
 - Complete Verification of Alternative Contact Hours (Form R) signed by the re-certifying doula
 - Title, length and detailed outline with objectives for the presentation
 - Typewritten document stating the number of attendees
 - All evaluations of the presentation need to be submitted with your application. The recertifying doula is responsible for preparing the evaluation form for the presentation, which must state:
 - Date, time, length and location of the presentation
 - Name of the re-certifying doula who is presenting
 - Title of the presentation
 - Objectives for the presentation

- Observe an educational film or documentary related to the childbearing years by a recognized organization in the field of birth or parenting.
 - One (1) alternative contact hour per one (1) hour film or at least one (1) hour in length for a maximum of five (5) contact hours.
 - Complete Verification of Alternative Contact Hours (Form R), signed by the re-certifying doula
 - Title of film or documentary, producer, length of feature, date watched
 - Typewritten 300-400 word summary of film or documentary describing how the information obtained is applicable to your practice as a birth doula

- Attend a support group or meeting relating to the childbearing year or parenting. Examples of support groups or meetings that would qualify include La Leche League, ICAN, bereaved parents, postpartum support groups or parents of multiples. The group or meeting should be selected to enhance the doula's education and effectiveness and must be led by someone other than the re-certifying doula.

- One (1) alternative contact hour per support group or meeting for a maximum of five (5) contact hours
- Verification of Alternative Contact Hours (Form R), signed by the recertifying doula AND by the group leader/facilitator/moderator
- Typewritten statement indicating the number of people in attendance, the topic covered and the date and length of the meeting



LIDA, INC ADDITIONAL INFORMATION FOR APPLICANTS:

Applicants will be notified by email, phone or letter if there are concerns with the application.

Applicants may be asked to submit additional materials.

Applicants are expected to act in a polite and professional manner when discussing concerns with the certification committee.

Applicants should be aware that an incomplete packet may be returned at the discretion of the Certification Committee for completion with a resubmission deadline.

Denial of certification:

Re-certification may be denied to an applicant who falsified information, does not complete all requirements or does not adhere to LIDA Inc's Code of Ethics and Standards of Practice.

Re-certification may be denied at the discretion of the Certification Committee.

Refund Policies: No refund will be provided for membership fees, certification packets or certification fees if certification is denied or the applicant withdraws during the application process.

Extensions: One extension of six (6) months may be purchased for \$10.