

APPRENTICESHIP FAQ

What if I have scheduling conflicts?

In order for you to get the most out of your training and apprenticeship, it is required that you observe and participate in the 9-week MBCP course, attend peer supervision meetings, attend advanced training modules, and observe the experienced doulas' process meetings and visits. If you cannot attend the current round of MBCP classes, please clear your schedule for the next session (dates will be announced far in advance). If you have to miss a class, please email Kristy at kristy@expectingnyc.com, but please do not miss more than two classes. As the other required meetings are only once per month, it is expected that you will attend. If there are occasional conflicts, please contact us, but too many absences may result in additional fees for added program length.

What if I have already trained as a doula?

It is a prerequisite that each apprentice go through Kristy's Mindfulness-Based Doula Training with Certification through CAPP. Untrained doulas must register for or complete the course prior to the start of the apprenticeship program. If you have already gone through a doula training, you still must attend our training, but for a reduced price. It is important that you understand our mindfulness-based approach, which is the foundation of the apprenticeship program.

Can I attend births and make money?

You are required to attend three births, with evaluations, in order to attain CAPP certification. Expecting(nyc) offers a paid work study option in order for you to attend births, and to expedite your certification process, during the apprenticeship. Additionally, you are free to work independently, outside of Expecting(nyc). The rate at which you are paid through Expecting(nyc) is as an independent contractor, and is a standard rate for a new pre-certified birth doula. We encourage you to view this time as "work study" and not as a full time job. We offer this as an opportunity to earn back your investment and to gain experience during your apprenticeship. This apprenticeship program offers potential for future employment with Expecting(nyc).

Will I be hired by Expecting(nyc)?

Once you complete the initial Apprenticeship program requirements, gain real-time labor doula experience, and get officially certified through CAPP, Expecting(nyc) may hire you to join the practice, before or at the end of your apprenticeship. Participating in this apprenticeship does not guarantee employment - the skills you learn through this program will carry with you so that you may be successful wherever you go.

How does payment work?

An initial deposit is due upon acceptance into the program. An invoice will be sent. The rest of the investment can be made based on a quarterly payment plan at an additional processing fee of \$50.

What is different about this program than other doula trainings?

Getting started in any career takes tremendous effort and dedication. You can certainly reach your goal of becoming a successful doula on your own, but it can take many hours and years to learn what happens on the front lines and how to deal with challenging cases. Other doula trainings give you a crash course in what a doula is, how they work, and roughly how to start a business, but then you're often left on your own with no guidance or structure. The gift of working directly with a teacher who has walked this road before you means you have direct access to the information that takes years to hone. Working with Expecting(nyc)'s mentorship program offers you the skills, method of client preparation, and confidence to succeed in a vocation in which many struggle to find their way. We strive to help doulas obtain professional certification, gain experience, and have direct mentorship and supervision with Kristy Zadrozny and other experts in the field, while learning alongside other individuals going through the same certification process. Our doulas undergo a thorough and rigorous training that prepares them to gain employment through NYC's top doula agencies, start private practices, and have the opportunity to develop life-long partnerships with other doulas through our caring and supportive community.

We are different because we focus on self-improvement and self-awareness first. We streamline the process of understanding who you are on this earth, which will inform your work as a professional and will help you build the kind of life that serves you and your family.

Can I also be a part of this apprenticeship as a Postpartum Doula?

Absolutely. Please contact us if this pertains to you, and we will send you more information on Postpartum Doula Training dates. This will satisfy the doula training prerequisite. The rest of the program will look the same, though the advanced training modules you decide to take may be more heavily focused on the postpartum time