

Momdoulary Standard of Practice

Certification will not be granted to candidates who do not meet all requirements for certification. Furthermore, we reserve the right to withhold certification based on issues arising during contact with candidates, including but not limited to: Classroom, enrollment, forums, email, phone, coaching sessions, mentorship sessions, and certification processing. Certification can be suspended at any point wherein an applicant or certified professional fail to demonstrate the level of professionalism required. A level of professionalism is expected at all times, as well as adherence to the Code of Ethics, Standard of Practice, Doula Promise, and Coach Promise. Failure to demonstrate required level of understanding and execution of such can result in the withholding or withdrawal of certification.

STANDARD OF PRACTICE: End-Of-Life Doula

The End-of-Life doula assists individuals or families looking to assess and prepare for end-of-life care, support, funeral, disposition, and more. They may work with healthy or infirm individuals. They may provide physical, emotional, and informational support, as well as implementing the Coaching Model to help the individual curate the best-fit solutions for themselves and their families, from a wide range of options. The End-of-Life Doula may also provide support in the form of a practice partner, when someone is preparing to speak with loved ones about important end-of-life issues, allowing the individual to do a “run through” before addressing what can be complex, charged topics. The End-of-Life Doula will also inform the individual as to important information tied to Advanced Directives, and help them understand the misunderstandings and stresses that can arise among loved ones if paperwork is not properly in place, and if important conversations have not been had. The End-of-Life Doula may also provide additional freelance services,

not tied to her doula role (clarifying in her service agreement that this be the case), such as photocopying documents, filming discussions or last wishes (while also ensuring the client is properly informed that this may not necessarily be legally enforceable in any number of instances), and other administrative or technological assists.

The Momdoulary Certified End-of-Life Doula will do their best to respect the wishes of the individual and/or family, however they will at no time offer legal, medical, therapeutic or counseling advice, or serve as a funeral director, nor perform medical or clinical procedures. The Momdoulary Certified End-of-Life Doula also understands that playing a role in euthanasia or assisted suicide also lies outside the scope of practice for the Momdoulary Certified Doula/Professional.

The End-of-Life Doula will not provide any form of medical or clinical care or advice. They will not fill out forms, file registrations, or offer legal counsel, or funeral planning (they can, however, use the Coaching Model as well as educating and informing the individual on the diverse options available). Certification applies to informational, educational, and emotional support; administrative, and personal assistant support; or concierge style measures only.

If the End-of-Life Doula is also a health care professional, they should not refer to themselves as a doula if they will perform clinical tasks including taking blood pressure, temperature, or other clinical care tasks. If the End-of-Life Doula is also a therapist, they should not refer to themselves as a doula if they are performing counseling or therapeutic care.

The Momdoulary End-of-Life Doula can utilize the Coaching Method when working with individuals, but must adhere to the Standard of Practice applicable to the Momdoulary Post-Loss Coach model, which includes in no way directing the individual or

family in their decisions, especially regarding legal or medical advice, serving as funeral director, or providing counseling, but rather listening to their wishes and supporting the client as they implement and execute their desires, providing support and education on the process of information curation, while providing information about resources available. While the doula may educate and inform on basic options and approaches, the doula will not prescribe one method over another, but rather do their best to inform the individual and/or family of existing options and resources, supporting them in making the decisions as to what works best for them.

All coaching and doula engagement is done with the provision that the individual and/or family will consult with appropriate legal counsel, medical care provider, and/or therapist before implementing any of discussed options.

The End-of-Life Doula will promote self-advocacy and informed choices as she works to create constructive communication while doing her best to create a cohesive, respectful, positive support among individuals, creating an atmosphere in which end-of-life issues can be discussed confidently and in a positive atmosphere.

The End-of-Life doula will sign a release acknowledging she has been encouraged to maintain liability insurance at all times.

The End-of-Life Doula will maintain the standards of her certification as per directions. Momdoulary strongly recommends that End-of-Life Doulas do not provide documents for clients to fill in, as this risks being construed as legal advice. Momdoulary also strongly encourages the End-of-Life doula to seek legal counsel in the creation of documents tied to retention of services, and that they ensure they inform clients of the scope of their practice. It is recommended that the End-of-Life Doula consult with an attorney in structuring their offerings and services, as well as in the

creation of their contract for service. It is also recommended that the End-of-Life Doula consult with their automobile insurance company if they will be performing tasks or errands for the client.

The End-of-Life Doula will maintain the client's privacy at all time.

STANDARD OF PRACTICE: Death Doula

The Death Doula may combine their services with other competencies, such as End-of-Life Doula, or Mourning Doula.

The Death Doula provides in-home or in care-facility informational, emotional, physical, and administrative, non-medical support, and may provide light housekeeping tasks, light meal and snack preparation, as well as basic personal assistant tasks. The Death Doula may also utilize the Coaching Model when working with the individual, to help them go through an information curation process, set goals, and reach milestones. The Death Doula may also accompany the individual through the Life Review Process, through which the individual will recall events of their lives, weaving together themes to better understand their narrative, the interconnected story-lines, and the strength of their role as hero of their own life. The Death Doula can then coach the individual through the process of discerning the best way to write the remaining chapters, including the final scenes, such as the Death Vigil and Funeral and Disposition.

The Death Doula may also work with the individual and/or family to develop a Death Vigil plan for comfort and support during the final hours, but will do their best to ensure the individual and/or family that situations and circumstances can change dramatically, and that some of the more spa-like supports people think they may want in their final hours are likely to be different from what they actually want or need, such as holding the hand of a loved one, hearing the rain fall on the rooftop, etc. The Death Doula will do their best to help the individual and/or family to discern the

best plan for Death Vigil with a realistic understanding, and then help them implement it to the best of their ability, providing physical, emotional, and informational support in the final hours. The Death Doula will also focus on creating sacred space and bringing deep presence to this period, to allow for a more conscious and connected dying, and stronger platform for healing, for those left behind.

While the doula may educate and inform on basic methodology, the doula will not prescribe one method over another, but rather do their best to inform the individual and/or family of existing options and resources, supporting them in making the decisions as to what works best for them.

The Death Doula's goal is not to provide complete care for the individual so much as to support the loved ones in being more fully present and best able to participate in their loved one's final hours, though when necessary, the Death Doula will indeed provide comfort measures themselves. The Death Doula in no way provides any medical or clinical advice or care. This extends to taking blood pressure and/or temperature, and any other medical or clinical action. Certification applies to informational, emotional, comfort, and support measures only. Additionally, the Death Doula will provide information about appropriate resources if the family has questions or concerns outside the scope of the Death Doula's practice.

If the Death Doula is also a health care professional, he or she should not refer to themselves as a doula if they will perform clinical details/procedures/exams.

The Death Doula will maintain blood-borne Pathogen and Food handler Certifications, as well as maintaining certification standards and requirements, and upholding our code of ethics. The Death Doula will sign a release acknowledging they have

been encouraged to maintain liability insurance at all times. It is recommended that the Death Doula consult with an attorney in structuring their offerings and services, as well as in the creation of their contract for service. It is also recommended that the Death Doula consult with their automobile insurance company if they will be performing tasks or errands for the client.

The Death Doula will maintain the client's privacy at all times.

STANDARD OF PRACTICE: Mourning Doula

The Mourning Doula provides informational, physical, emotional, and personal assistance, support, and comfort following a death, and may provide assistance with light housekeeping tasks, hotel and flight reservations, child care, errand running, light meal and snack preparation, organization and task management support for the family; or even assist with editing or practicing an obituary or eulogy. They may accompany the family to the funeral home or crematorium, providing support and advocacy as they plan the funeral and memorial; they may provide education on existing options for disposition. The Mourning Doula will refrain from advising the client as to what options to choose, or influencing their decisions beyond providing basic information, ensuring the client has all of their questions or concerns addressed, or creating and holding the space for the client to step back and gather their thoughts before making emotional decisions. The Mourning Doula may act as an advocate for the client in this role. The Mourning Doula will very likely use their Coaching Model skills to support the individual in the process of information curation and task organization; they may combine this with administrative support in roles such as that of an accountability partner for an individual or group who are arranging for the funeral and disposition of a loved

one. The Mourning Doula will refrain from acting in the way of a funeral director, and will not provide any opinion, direction, or advice regarding choices or options an individual or family may select. They may also offer information and education about the creation of memorial items such as collages, scrapbooks, film projections, and the like. They may use the Coaching Model to support individuals as they discern which options they wish to pursue, and to support the client in discerning an order of task management, and then in meeting those tasks. The Mourning Doula will not be the organizer or task developer, but rather the administrative and coaching support individual as the individual and/or family address these items. The Mourning Doula will NOT provide general price lists of funeral homes in their area.

The Mourning Doula has a commitment to the aim of helping the individual or family become more vitally active in the funeral and disposition of their loved one, and will do all he or she can to create and hold the space for that to occur, utilizing skills and service such as those mentioned above. If they practice child care, transportation, etc, they will ensure that they are in compliance with all local area rules; in the role of information support regarding funeral and disposition they are never to serve as a funeral director would, but solely as a source of education, information, and advocacy. In that and all other capacities, they will ensure they are in compliance with any and all local and federal licensing laws and regulations.

If the individual or family has questions or concerns outside the scope of the doula's practice, or is in need of bereavement support beyond that of a coach or doula, the Mourning Doula will refer them appropriately. The Mourning Doula will never act in the role of therapist or counselor, and it is noted that the Coaching Model is far outside the role of counselor or therapist. If the Mourning Doula is serving or offering services beyond this

standard and scope of practice, they are to make the individual aware of this in written format, and always make it clear in advertising and promotional material.

The Mourning Doula will maintain blood-borne Pathogen and Food handler Certifications, as well as maintaining certification standards and requirements, and upholding our code of ethics. The Mourning Doula will sign a release acknowledging they she has been encouraged to maintain liability insurance at all times. It is recommended that the Mourning Doula consult with an attorney in structuring their offerings and services, as well as in the creation of their contract for service. It is also recommended that the Mourning Doula consult with their automobile insurance company if they will be performing tasks or errands for the client.

The Mourning Doula will maintain the client's privacy at all times.

STANDARD OF PRACTICE: Home Funeral Doula

The Momdoulary Home Funeral Doula provides information and education about the care and preparation of a deceased body for burial, including cleaning, dressing, carrying or moving, and utilization of ice to slow decomposition. They may also educate regarding options for organizing tasks related to hosting a home memorial or funeral service, for creating celebration of life displays such as collages and scrapbooks, educate clients on resource options and availability, and inform the client as to the necessary steps for filing for death certificates, transport of the deceased, etc. They may act providing support as the family prepares the body, getting fresh water, towels, keeping pets and children away from dry ice, cutting garments for dressing purposes when necessary, and so forth, as well as providing emotional support throughout the event. They may act as an accountability partner and "point person" family members check in

with to update one another on status and tasks; in this role as point person the Home Funeral Doula is acting as essentially an administrative assistant, not conducting or directing the action. The Home Funeral Doula will not serve in the capacity of funeral director, they are there solely as informational, educational, administrative, and physical support to help create and hold the space for the family to take fuller ownership of caring for their own dead. The Home Funeral Doula will not provide any opinion, direction, or advice as to what choices or options an individual or family may select. Even where it is legal to do so, we discourage Home Funeral Doulas from taking charge of preparation such as cleaning and dressing the body, as encouraging the individual's loved ones to take fuller ownership of such caring for their dead is highly encouraged, though if the instance calls for it, and it is legal and the Home Funeral Doula has met and complied with any and all legal requirements, the Home Funeral Doula may assist in these tasks, but never leading, always supporting or assisting the family. The Home Funeral Doula will always uphold the highest aim of the Home Funeral Doula, which is to support the individual and/or family in taking fuller ownership of caring for their dead.

The Home Funeral Doula may also provide any number of the skills used by the Mourning Doula, whether it be assisting with errands, providing light housekeeping or childcare, or providing support and assistance with hostess tasks during a home viewing. If local area laws require the involvement of a funeral director or other licensed agent, the Home Funeral Doula will ensure the proper legal requirements have been met if he/she is to work with the client, and the proper individual present. In that and all other capacities, they will ensure they are in compliance with any and all local and federal licensing laws and regulations.

The Home Funeral Doula will maintain their blood-borne Pathogen and Food Handler certifications, and are encouraged to maintain liability insurance at all times.

The Home Funeral Doula will maintain their certification. It is recommended that the Home Funeral Doula consult with an attorney in structuring their offerings and services, as well as in the creation of their contract for service. It is also recommended that the Home Funeral Doula consult with their automobile insurance company if they will be performing tasks or errands for the client.

The Home Funeral Doula will maintain the client's privacy at all times.

STANDARD OF PRACTICE: “What’s Next?” Post Loss Coach

The Momdoulary “What’s Next?” Post Loss Coach uses the Coaching Model to support an individual as they discern next steps in their life following a loss. This may apply to shifts and changes they must make in their daily routine, long and short term goals, or possibly a shift in their living situation, place of residence, employment, income, etc. The Coach will uphold the spirit of the Coaching Model, never acting in the nature of a therapist or counselor, but rather utilizing a socratic line of questioning as they support the individual in process of information curation and next steps as they discern the best fit solutions for the challenges they are rising to meet. Never will the “What’s Next?” Post Loss coach offer an opinion, advice, direction, or suggestion as to the choices the individual should make, but rather they provide the support by which the individual can take full ownership for their next steps. The “What’s Next?” Post Loss Coach may also provide physical, informational, educational, administrative, and emotional support as the individual implements these actions, including serving as a check-

in point and/or accountability partner, assisting with maintaining organizational aspects of the task achievement, and overall support.

The “What’s Next?” Post Loss Coach will maintain their blood-borne Pathogen and Food Handler Certifications, as well as their Momdoulary Certification. The “What’s Next?” Post Loss Coach will sign a release acknowledging she has been encouraged to maintain liability insurance at all times. They will ensure that in this and all other capacities, they will ensure they are in compliance with any and all local and federal licensing laws and regulations. It is recommended that the “What’s Next?” Post Loss Coach consult with an attorney in structuring their offerings and services, as well as in the creation of their contract for service. It is also recommended that they consult with their automobile insurance company if they will be performing tasks or errands for the client.

The “What’s Next?” Post Loss Coach will maintain the client’s privacy at all times.

STANDARD OF PRACTICE: Professional Re-Organizer/Post Loss Artifacts Management (“organizer” as listed below)

The Momdoulary Professional Re-Organizer/Post Loss Artifacts Management Organizer (**in further text: Organizer**) utilizes the Coaching Model, a socratic method of inquiry, reflection, and discussion to help individuals identify best-fit goals. Organizer will support the individual as they discern the goals and physical steps to take them, including related schedule and commitments, identifying which artifacts would support or detract from the achievement of goals, and which would best create a well-curated token reminder and/or memorial of the deceased. The Organizer will provide information, education, administrative, physical, and emotional support as to the variety of organizational tactics for

managing physical objects and time management, not advising the client which option to choose, rather simply informing them of their options. From there, the individual will develop an Action Plan for organizing tasks and goals. The Organizer is not to develop the action plan, though they may record it in written form, along with the individual's target dates and steps. The Organizer may support and encourage the individual in implementing the Action Plan. The Organizer may use skills such as inquiry, reflection, and discussion to help keep the individual on target, and to help them assess their progress and determine if they need to make adjustments.

The Organizer provides informational support in terms of availability of resources and different methodologies one can choose from. While the Organizer may educate and inform on basic methodology, the Organizer will not prescribe one method over another, rather doing their best to inform the mother and family of many options and resources, supporting them in making the decisions as to what works best for them. The Organizer's goal is to support the individual as they organize the physical and time structure to support the process of clarifying and meeting their goals in the management of the artifacts of the deceased. They will ensure that before assisting an individual in this task, any legal or estate requirements have been met, and will ensure a client has signed a retainer agreement which ensures this. The Organizer will not provide any form of medical or clinical care or advice, or provide counseling, consulting, or psychology treatment/therapy. The Organizer will not determine for the client what items to discard or items to purchase, nor tasks to quit or take on. Scope and standard of practice applies to informational and question-based support measures only. Additionally, Organizer will provide information about appropriate resources if the family has questions or concerns outside the scope of the Organizer's practice.

If the Organizer offers services providing physical assistance with artifact management, they will ensure client has signed an agreement for service that fully outlines the tasks to be accomplished, and that Momdoulary advises such agreement for service is reviewed by an attorney before execution. The Organizer must always operate within the state and federal requirements for all aspects of their work, including the disposal of material objects, if they are providing physical assistance. The Organizer must always ensure that all Estate business has been settled before supporting artifact management in any way.

The Organizer will sign a release acknowledging that she has been encouraged to maintain liability insurance at all times.

Organizer's will maintain their certification. They will ensure that if there are any related licensing or insurance regulations in their area, they will be met and maintained. They will ensure that in this and all other capacities, they will ensure they are in compliance with any and all local and federal licensing laws and regulations. It is recommended that the "What's Next?" Post Loss Coach consult with an attorney in structuring their offerings and services, as well as in the creation of their contract for service. It is also recommended that they consult with their automobile insurance company if they will be performing tasks or errands for the client.

The Organizer will maintain the client's privacy at all times.

ON USE OF TITLE: Momdoulary, LLC maintains that for graduates who possess all six certifications, the general title "Death Doula" or "Mourning Doula" used along with the Momdoulary Certified mark will be an acceptable way to market their services which will convey to the public the full scope of services they offer. If one does not possess all six certifications

they must specify which ones they have when marketing while using the Momdoulary mark.

I do hereby acknowledge that I am fully aware and in understanding of the scope and sequence of all the above roles, and that I promise to operate within the scope and sequence.

Signature _____

Date: _____

Print: _____