ProDoula
professional&compassionate

# ProDoula: Contact Hours for Nurses

**TRAINED AND/OR CERTIFIED DOULA**

**20-Hour Labor Doula Training - 17 Contact Hours**
(in-person or virtual)

**20-Hour Postpartum & Infant Care Doula Training - 17 Contact Hours**
(in-person or virtual)

**3-Hour Cross-Certified Labor Doula Training - 3 Contact Hours**
(virtual)

**3-Hour Cross-Certified Postpartum & Infant Care Doula Training - 3 Contact Hours** (virtual)

**TRAINED AND/OR CERTIFIED SPECIALTIES**

**20-Hour Infant Feeding Educator Training - 17 Contact Hours**
(in-person or virtual)

**16-Hour Placenta Encapsulation Specialist Training - 13 Contact Hours**
(in-person or virtual)

**20-Hour Childbirth Educator Training - 17 Contact Hours**
(in-person or virtual)

**8-Hour VBAC Specialist - 7.15 Contact Hours**
(virtual)

**4-Hour Advanced Postpartum and/or Advanced Labor Training - 3.35 Contact Hours** (in-person)