

Undergraduate Practicum Description

About This Placement

Capital City Doula Services supports families through pregnancy, birth, and the postpartum season, and works to strengthen the wider community of birth professionals. This practicum is built for a student who wants a genuine, hands-on look at the field of birth and postpartum work, with a focus on how doulas are trained and supported.

A quick note on scope. This role does not include shadowing at births as a doula. The focus is on training and educating other doulas, and much of the work is designed around that goal.

Format and Time Commitment

- Approximately 150 hours across the semester, averaging around 18 hours per week
- Largely remote and online, including the doula trainings themselves, which offers a good deal of flexibility
- Occasional in-person or scheduled sessions may come up, arranged together in advance

What You Will Focus On

- Learning the foundations of what a doula does, and how we support the next generation of doulas coming up behind us
- Completing doula training yourself (no charge, but not a part of your 150 hours), then helping to support and run trainings for others
- Contributing to the continuing education program we are building this fall, which may include developing online classroom curriculum
- Assisting with video recording and producing for the continuing education courses
- Bringing your own experience and knowledge to the table by suggesting improvements to the curriculum or the experience itself. If you notice a gap, we are collaborative and genuinely open to your ideas and point of view
- Helping with the ongoing work that keeps a practice like this running, including social media, podcast editing, writing, and the administrative side of birth and postpartum work

Our Philosophy and What We Ask of You

How we treat the people we serve is at the heart of everything we do, and we ask our interns to carry that same spirit.

Professionalism and kindness are cornerstones. We value inclusivity and accepting others for what they bring to the table, and a willingness to support people and meet them where they are. Our reputation is our business, and all interactions should be a reflection of the reputation we've worked to build.

Training and Certification

There is no need to complete any certification ahead of time. Doula training is offered as part of the placement, and you may choose to pursue certification afterward if you would like to. This is a natural fit for a student who wants coursework and real experience to connect.

Compensation

This is an unpaid internship. That said, the doula training you complete as part of the placement is valued at \$580, and we are glad to provide it to you at no cost.

Looking Ahead

Every placement is its own experience, and there are no guarantees. That said, a past practicum student stayed on in a paid role for several months after her hours were complete, up until she began nursing school. The relationship does not have to end at 150 hours if it is a good fit on both sides.

How to Apply

If this sounds like the kind of experience you are looking for, please send the following:

- A current resume
- A few examples of any social media work you have done, such as posts or accounts you have helped manage, if available

It is also helpful to share what you are hoping to gain from the experience and where you picture yourself heading afterward. That helps shape the placement so it is genuinely useful for you.