

## **JOURNEY FROM MIDWIFE TO DOULA with Adela Stockton**

### **WORKSHOP HANDOUT**

*“Birth is a Human Rights issue. Every mother and baby has the right to be treated with reverence and respect during the birth process, including pregnancy and beyond.”*  
Jan Tritten, Midwifery Today, Issue 92, 2009/10

Adela outlines the journey she took from ten years of midwifery practice in the NHS to ten years of supporting birthing women and their families as a lay childbirth companion. Drawing on her experience as a midwife and a doula, as Scotland’s doula course provider, Mindful Doulas, and as author of two books on gentle birth and the role of the doula, Adela’s presentation will also explore the idea of ‘de-midwife-ing’ during the transitional process, and the issue of the midwife-doula relationship.

Time for discussion and exchange around the potential or experiential journey from midwife to doula will be facilitated as part of the workshop. Further articles on this subject are available at: <http://www.adelastockton.co.uk/content/published-articles>

### **References**

Hodnett ED, Gates S, Hofmeyr GJ, Sakala C, Weston J. Continuous support for women during childbirth. *Cochrane Database of Systematic Reviews* 2011, Issue 2. Art. No.: CD003766. DOI: 10.1002/14651858.CD003766.pub3

Stockton, A. (2012) In Deep: The midwife-doula relationship. *Essentially MIDIRS*, Jan, Vol 3(1), pp.32-25

Stockton, A. (2010) *Gentle Birth Companions: doulas serving humanity*. Dumfries: McCubbington Press

Stockton, A. (2009) *Birth Space Safe Place: emotional wellbeing through pregnancy and birth*. Forres: Findhorn Press

Stockton A. (2003) Doulas – the future guardians of normal birth? *MIDIRS Midwifery Digest*, Sept, Vol 13(3), pp 347–350

Please feel free to contact me through my website: [www.adelastockton.co.uk](http://www.adelastockton.co.uk)