

# Helena Hamilton: Birthkeeper Training

Supporting Women's Autonomy in Childbirth

Birthrights: 29/03/2019

Reiki 2

Sunrise Holistic: 29/08/2018

Reiki 1

Sunrise Holistic: 01/08/2018

Life of a Birthkeeper: advanced doula professional development

Red Tent Doula Preparation: 11/11/2017

Bach Flower Essences Level 3

Bach Flower Training Workshop: 07/02/17 ~ 10/02/17

Bereavement in Maternity Care

Scottish Government conference: 06/12/16

NBM VBAC Practitioner

Naturelle Birthing Movement: October 2016

Crystals & Chakras

Sunrise Holistic: 31/08/16

Post-term pregnancy: exploring evidence, inspiring confidence

Dr Sara Wickham: completed 12/07/16

Teenage Pregnancy

Dr Chantal Lockey: completed 29/05/16

Reduce the risk of SIDS

Foundation for Infant Loss (Dr Chantal Lockey): completed 28/05/16

Herbs for Birthworkers

Roundhill Herbery Workshop: 21/05/16

Bach Flower Essences Level 2

Bach Flower Training Workshop: 07/05/16 - 08/05/16

Calling all Midwives - A Turning Point in the History of Birth; seminar for birth professionals by Dr Michel Odent

La Leche League Fife & Tayside: 06/05/16

Pregnancy loss and the death of a baby: Sands training for doulas

Sands Lothians: 20/04/2016

Red Tent Doula Preparation

August 2014 - March 2016

Bach Flower Essences Level 1

Bach Flower Training Workshop: 19/03/16 - 20/03/16

Sacred Scent - Aromatherapy for Birthkeepers

Sacred Living Movement: Completed September 2015

Scottish Government Breastfeeding Summit

Shifting the Curve ~ Sharing the Challenge

Attended: 24/02/2015

Sacred Doula Scotland Live Retreat

14-17 July 2015

Developing Spirituality around Birth

Wysewomen Workshop: 18/05/2015

Motherwarming, deepen your postnatal support

Wysewomen Workshop: 11/05/2015

Bach Flower Essences for Doulas

Bach Flower Training Workshop: 25/01/2015

Breastfeeding for Lay Supporters

Wysewomen Workshop: 03/10/2014