

comprehensive companionship – SBD credentialing



EXAM 8

STILLBIRTHDAY BIRTH & BEREAVEMENT DOULA
CERTIFICATION & TRAINING

a pregnancy loss is still a birthday | established 2011

Chapter Eight Exam

Please return to [Student Resources](#) to submit your responses within the designated module. Please do not email your exam responses. Exam grades are not returned to you. You will be notified if you have not successfully completed this exam with an 80% or higher.

Section One - All Students:

1. Some of the conflict examples are not completed. Choose one and give a few tips for resolving it (if you are a professional, explain how your role works in conjunction with an SBD doula).
2. Name one baby whom the building of the SBD training is in honor of.
3. List five things you learned through the SBD training (worth five points).

Section Two – Non-Nursing Students:

1. Using a blank piece of paper, take your time and draw images or write words that reflect how you feel first about birth and birth support, and second about death and bereavement support. Think of acrostics, alliteration, and words that resemble the work you will do. Did this exercise help you create a business name? If you already have a business name, use this time to think of how you can integrate what you learned from this training into your profession. Share your thoughts on this exercise in a small paragraph (one to three sentences).
2. Visit the [Small Business Association](#) and select one training module. Building a Business Plan or An Introduction to Starting Your Own Business are just two examples. Which one did you choose? What is your current business plan? (worth two points)

Section 3 - If you are seeking US Nursing Contact Hours:

1. Visit the [Centre for Clinical Interventions](#) and select the module entitled “Behavioral Strategies for Managing Depression”. After reading through the “Fun Activities Catalogue”, select one item you want to challenge or invite your classmates to try. In the classroom, use your leadership, communication and teamwork skills, by choosing one of the fun activities and encouraging your fellow classmates to participate in it. (worth three points)

Extra Credit: worth 3 points, only for this exam

View this flyer for [Psychological First Aid](#), a free, 6 hour online course. Follow the instructions and complete the course. Confirm with me that you have successfully completed the program, and upon graduation of the SBD doula training (by submitting your final documents: book reviews and community project), your stillbirthday URL will also note that you are certified in PFA.

You're almost done!

You now have four more months to submit the following:

- Signed Principles of Service
- Two book reviews
- Community Project (a broad look at your community's resources and support – a few of your exam questions have served to help identify these)

Please visit the [student checklist page](#) for details.

Congratulations on finishing the eight weeks of training!

Between now and officially earning your credentials,
you can call yourself a “SBD trained Doula”

