

# Abigail Gray

9708 Linden Ave. N Seattle theabigailgray@gmail.com 206-948-4539

## What I hope happens at the Round Up is:

I meet more doulas who share my background

I find more doulas for back-up trades

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I find the doulas who need an on-call back-up doula. I can provide that!

I have a great time and meet some new friends

Other:

## About Me:

I love to garden and sew and I love Jesus.

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards maximalism

Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: ISFJ

Enneagram personality type:

## My doula work:

My philosophy: I want to love and support women in the life changing event of birth. I want to help them and their partners grow and become the parents that they were created to be.

Number of years in practice: Just starting.

My certifications: Working toward PALS certification.

My practice area: Seattle metro area. I will work in all birth places.

My doula practice can be best described as:

Just starting out

Solo practice

On-call doula

# Alicia Fitzpatrick

3951 1st Ave NE Seattle afitzpat07@gmail.com 253-241-4143

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find a few doulas who want to share a partnered practice with shared call  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I have a great time and meet some new friends  
Other:

## About Me:

I work part-time as a PCT at UWMC and am a volunteer doula there as well as Open Arms. I am taking small business classes to prepare for the transition into full-time doula care with an amazing doula friend. Depending on the season, you can find me climbing rocks, skiing the local backcountry or preparing delicious meals in my kitchen.

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: INFJ (Introvert, Intuitive, Feeling, Perceiving)

Enneagram personality type: The results were inconclusive and between a Peacemaker or an Achiever with a Helper wing.

## My doula work:

My philosophy: Every woman deserves a doula. Spread the word! Strive to teach your acquaintances of the services provided by doulas.

Number of years in practice: Half a year.

My certifications: CD, PALS (in progress) Nursing Assistant, Certified/Patient Care Technician

My practice area: Primarily Seattle. I have taken clients in Tacoma. I serve in all birth places, as the choice is up to my clients.

### My doula practice can be best described as:

Somewhere in the middle of just starting out and well established  
Partnership with 1 other doula  
Open Arms doula  
UWMC doula  
Volunteer doula

# Alina Hensel

818 NE 151st Street Shoreline alina.hensel@gmail.com 206-356-2084 www.seattlenurture.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I find a few doulas who want to share a partnered practice with shared call  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I have a great time and meet some new friends  
Other:

## About Me:

Married, mother of 2 daughters. One is in college, the other is in high school. I've been a postpartum doula for 6 years, and just recently finished birth doula training. I am excited to add begin my journey as a birth doula, something I've been called to do for a long time.

My age: 40s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: INFJ

Enneagram personality type:

## My doula work:

My philosophy: I am new, so my philosophy is still developing. But basically, I believe that birth is a powerful, transformative experience, and that experience is enhanced by having the nurturing, calm presence of a doula. It is not my job to define what kind of birth experience a woman wants, but to support her in her decisions.

Number of years in practice: 0

My certifications: 0

My practice area: Greater Seattle area, Eastside, North to Everett, South to Sea-Tac.

My doula practice can be best described as:

Just starting out

# Alissa Wehrman

5442 26th Ave SW Seattle alissa@sunbirth.org 206-965-0566 www.sunbirth.org

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I have a great time and meet some new friends  
Other:

## About Me:

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I am neutral  
Doubter vs Believer: I am neutral

Myers-Briggs personality type: INFJ

Enneagram personality type: 3w4

## My doula work:

My philosophy: su casa es mi casa. meaning, i believe in meeting a family where they are. how will the family remember this? it's not just about the day of. a positive birth can look very different from an ideal birth. everyone is a heroine/hero in the birth room, and is challenged by birth in some way. listen, listen, listen. where is the family coming from?- that leads them to choose what they choose or act as they act- she/he has very good reasons for how they act. but i may not know what they are. build trust- minimize educating and concentrate on empowering.

Number of years in practice: 12

My certifications: PALS/DONA

My practice area: shoreline to desmoines. and kirkland/issaquah to west seattle. no ferries. all birth locales.

My doula practice can be best described as:

Well established  
Solo practice  
Open Arms doula  
occasionally a volunteer doula but not solely

# Allison Scott

9222 Roosevelt Way Ne, #104 Seattle, WA Doulascott@gmail.com 206-618-5315 Wwww.ascottbirthdoula.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find a few doulas who want to share a partnered practice with shared call  
I meet a few doulas who provide pre-scheduled back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I have a great time and meet some new friends  
Other:

## About Me:

I am an interior designer who is a doula on the side. I have no children and you're likely to find the hubs and me at the corner pub, greenlake, or off traveling on a weekend.

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: Entj

Enneagram personality type: 6

## My doula work:

My philosophy: I help the parents find their voice/ their preferences and then remind them of those when the time comes.

Number of years in practice: 1

My certifications: Pals Birth Doula-in progress

My practice area: Living in N. Seattle and working To the north my presence is Seattle and North-end.

My doula practice can be best described as:

Just starting out  
Solo practice

# Amanda Ainsley

Ainslie Seattle mandytreasure@gmail.com 206-919-2100 www.santoshaseeker.com (Coming soon!)

## What I hope happens at the Round Up is:

I find more doulas for back-up trades

I meet a few doulas who provide on-call back-up

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I have a great time and meet some new friends

Other: I also hope to feel more connected to the Doula community since returning back to the US because I've been traveling quite a bit the last three years.

## About Me:

Yoga Teacher (Hatha and Prenatal yoga), EFT (Emotional Freedom Technique) Practitioner are my other careers. My hobbies are TRAVELING the world whenever I can, yoga, smelling the ocean, and being barefoot. :)

My age: 30s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: Unconditional love and support.

Number of years in practice: 6

My certifications: Working towards doula certification, but have been a doula for several years and have completed many trainings with SMS.

My practice area: Seattle, but I'm relatively flexible depending on the situation.

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established

Solo practice

Open Arms doula

UWMC doula

Volunteer doula

# Amanda Gentry

15942 Cascade Ln SE Monroe info@healinglightdoula.org 425 244 3386 www.healinglightdoula.org

## What I hope happens at the Round Up is:

I meet more doulas who share my background

I find a few doulas who want to share a partnered practice with shared call

I find doulas who want to share childcare duties

I have a great time and meet some new friends

Other: To find more clients! I'm certifying and have only had two clients (low income, and or single mom and or Teen) and have had trouble getting in contact with them about postpartum checks and asking for testimonials :(

## About Me:

I'm also working on certifying as a birth assistant and plan to work as a BA part time as well. I have two kids Jack 7, and Dean 2. Finding childcare for them is the toughest part of the job so far for me. I'm also the president of the Washington Regency Society, it's my self care bit...We call get dressed up in clothes we make or buy that are historically accurate to that time period and have tea, and play games..it's loads of fun!! I procrastinate on housewife duties preparing for Regency events like this years Retreat which my group has taken responsibility for setting up :D I also have a cat, a dog, and a snake who's about 8 feet long (he's full grown) You'd either find me at home with my family or out doing a Regency thing!

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I am neutral

Naturalist vs Technologist: I am neutral

Minimalist vs Maximalist: I am neutral

Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: ENFP Extravert(56%) iNtuitive(25%) Feeling(38%) Perceiving(11)%

Enneagram personality type: You are most likely a type 2. Taking wings into account, you seem to be a 2w1.

## My doula work:

My philosophy: I just want to be of help. I've been the recipient of so much love and support all my life and feel like I haven't been able to pay that love and support back so instead I intend to pay it forward with all my clients. I just want to be what they need, when they need it. Also I don't want to sever relationships after our "time" has ended, I'd like to remain friends with them all.

Number of years in practice: I took my training in January 2013.

My certifications: CPR/AED NRP

My practice area: I work in all birth settings accept home births not attended by a Licensed Midwife. Hospital, Birth Center, home I'm there! I live in Monroe...so I'll cover all areas I can get to by car with in a reasonable time period...like 30 minutes at the most?

My doula practice can be best described as:

Just starting out

Solo practice

Open Arms doula

# Amy Munson

Munson Maple Valley Amymunson\_bdd@yahoo.com 206-920-9000 www.bloomingdahliadoula.com

## What I hope happens at the Round Up is:

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I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I find doulas who want to share childcare duties  
I have a great time and meet some new friends  
Other:

## About Me:

Trained doula working toward certification, 2 kids, when a mom is in early labor, I cook like crazy! :)

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I am neutral  
Doubter vs Believer: I am neutral

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: Giving parents-to- be support and encouragement for the birth of their choice as much as possible. :)

Number of years in practice: 1

My certifications: DONA trained, 2 qualifying births, 4 non-qual., ALMOST ready to submit!

My practice area: As far north as Seattle, as far south as Tacoma, As Far East as North Bend

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established  
Solo practice  
On-call doula

# Amy Boelter

816 NE 98th Street Seattle acboelter@gmail.com 314-223-7781 www.amyboelterdoula.com

## What I hope happens at the Round Up is:

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I meet a few doulas who provide on-call back-up  
I find the doulas who need an on-call back-up doula. I can provide that!  
I find doulas who want to share childcare duties  
I have a great time and meet some new friends  
Other:

## About Me:

I'm a newish doula who is slowly starting my birth doula business. I'm a SAHM and my 4 year old and 2 year old keep me busy. To pay the bills I work PT as an online support group facilitator for the Crohn's and Colitis Foundation (I'm an MSW). I love to drink wine, eat delicious food, laugh with my family and friends, practice yoga (though not much lately) and I'm working through a stack of books next to my bed that keeps growing.

My age: 30s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: My philosophy is to follow the lead of mom and provide as information and support as she is willing to take.

Number of years in practice: 1

My certifications: None yet. PALS and DONA in the works!

My practice area: I serve all of King County

My doula practice can be best described as:

Just starting out  
Solo practice  
On-call doula  
Open Arms doula

# Angie Dobbins-Frisbie

Seattle    angie@gratefuldoula.com    206-898-9793    www.gratefuldoula.com

## What I hope happens at the Round Up is:

Other:

## About Me:

I am no longer doing birth doula services; but I am a postpartum doula and would be happy to provide your clients with this support if needed.

My age:

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy:

Number of years in practice:

My certifications:

My practice area:

My doula practice can be best described as:

# Anna Morin

6226 Ravenna Ave NE Seattle doula@annamorin.com 206.816.0145 annamorin.com

## What I hope happens at the Round Up is:

I have a great time and meet some new friends

Other:

## About Me:

My age: 30s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy:

Number of years in practice:

My certifications:

My practice area:

My doula practice can be best described as:

# Anna Varney

10744 5th Ave NW Seattle varney02@gmail.com 2063498250

## What I hope happens at the Round Up is:

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I find more doulas for back-up trades  
I meet a few doulas who provide on-call back-up  
I find doulas who want to share childcare duties  
I have a great time and meet some new friends  
Other:

## About Me:

expecting first baby in August! hoping to begin doula career part-time in 2014!

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I lean towards believing

### Myers-Briggs personality type:

### Enneagram personality type:

## My doula work:

My philosophy: birth is a natural, normal process and I support to women to make informed choices and have the birth experience they desire.

Number of years in practice: 1

My certifications: working towards a PALS cert

My practice area: all birth places in Seattle area

### My doula practice can be best described as:

Just starting out  
Volunteer doula

# Ariane Hjelle

1007 NW 67th St. Seattle ariane612@gmail.com 206.919.6384 alohadoulaworks.com (building site)

## What I hope happens at the Round Up is:

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I find a few doulas who want to share a partnered practice with shared call  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find doulas who want to share childcare duties  
I have a great time and meet some new friends  
Other:

## About Me:

New doula, can give an awesome reflexology treatment, have a wonderful 4 year old daughter, love Nature, snowboarding, travel, books!

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I am neutral

Myers-Briggs personality type: ENTJ

Enneagram personality type:

## My doula work:

My philosophy: Being present, constant and friendly.

Number of years in practice: 6 months

My certifications: Lactation

My practice area: willing to travel. live in ballard.

My doula practice can be best described as:

Just starting out  
Open Arms doula  
Volunteer doula

# Ashley Topacio

8126 9th Ave SW Seattle ashley@doulaashley.com 206-383-8367 www.DoulaAshley.com

## What I hope happens at the Round Up is:

I find more doulas for back-up trades  
I find a few doulas who want to share a partnered practice with shared call  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I have a great time and meet some new friends  
Other:

## About Me:

Mom of three, former teen mom, West Seattle resident, wannabe artist/writer.

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Naturalist vs Technologist: I am neutral  
Naturalist vs Technologist: I am neutral  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I am neutral

Myers-Briggs personality type: ENFP!

Enneagram personality type: Type 2 w 1

## My doula work:

My philosophy: Meeting a mother/family where their needs are. I believe in the physiological birth process and letting mom/baby work through labor, though I am grateful for the medical model when it is needed or desired.

Number of years in practice: Two and a half.

My certifications: I have completed DONA's requirements, but have chosen to practice without certification at this time.

My practice area: All birth places, North to Everett, South to Olympia, West to the Olympics, East to the Cascades.

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established  
Solo practice  
On-call doula  
Open Arms doula

# Aza Hankins

100 N 101st St Seattle info@azaliamoon.com 206-349-9139 azaliamoon.com (under-construction)

## What I hope happens at the Round Up is:

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I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I have a great time and meet some new friends  
Other:

## About Me:

Licensed Cosmetologist and Esthetician since 2006. Loves organic gardening, permaculture, growing houseplants, and cooking real food.

My age: 20s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy:

Number of years in practice: 1

My certifications: Currently working towards certification as a Birthing From Within Mentor and Doula

My practice area: 20-30 miles surrounding seattle. Will con no ferries.

My doula practice can be best described as:

Just starting out  
Solo practice  
Open Arms doula  
Birthing From Within Mentor and Doula

# Barbara Timson

702N 64th St Seattle    barbaratimson@yahoo.com    206 9301522    localeattledoula.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I have a great time and meet some new friends  
Other:

## About Me:

I am married and have one daughter. From Switzerland and trained as a midwife. Love the mountains, hiking climbing, skiing, used to work as a mountain guide.

My age: 50s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: My number one priority is that I help a woman feel good and complete regarding her birth. I do not believe in a right or wrong way to labor, but that every woman should feel informed, cared for, and guided through the birthing process.

Number of years in practice: 10 Years as a Doula. Many Years as a part time midwife in Switzerland

My certifications: Doula Midwife

My practice area: Seattle, Eastside hospitals

My doula practice can be best described as:

Well established  
Partnership with 1 other doula

# Barrie Rein Thunemann

35727 SE Crest View Loop Snoqualmie barriereint@hotmail.com 425 8883538 www.fullmoonbirth.net

## What I hope happens at the Round Up is:

I meet a few doulas who provide on-call back-up  
I have a great time and meet some new friends  
Other:

## About Me:

I have two boys, ages 8 and 4. I love yoga, dance, singing, making art, reading and weekend adventures.

My age: 40s

Medical mind-set

Myers-Briggs personality type: INFJ

Enneagram personality type:

## My doula work:

My philosophy: Birthing From Within

Number of years in practice: 6 years

My certifications: CD, ICCE, Birthing From Within Mentor

My practice area: I usually serve mostly Eastside clients

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established  
Solo practice  
On-call doula

# Bonnie Marsh

8104 220th st sw Edmonds goodbonbon@gmail.com 206 380 4532

## What I hope happens at the Round Up is:

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I find the doulas who need an on-call back-up doula. I can provide that!

I find doulas who want to share childcare duties

I have a great time and meet some new friends

Other:

## About Me:

Hi I am currently an RN student with an LPN license. I love birth and would love to do some doula work. I have experience and attended doula training at SMS in 2008. I am passionate in providing care at home but very comfortable with hospital births as well. Bonnie

My age: 30s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy:

Number of years in practice:

My certifications:

My practice area:

My doula practice can be best described as:

# Carol Lynn

Kirkland DoulaCarol@gmail.com 425 822-0633 ww.DoulaCarol.org

## What I hope happens at the Round Up is:

I have a great time and meet some new friends  
Other:

## About Me:

I love learning from other doulas and birth workers. I have taken Passion for Birth Lamaze training and have trained as a Birth Assistant as well.

My age: 60s

### Medical mind-set

Naturalist vs Technologist: I am neutral  
Naturalist vs Technologist: I am neutral  
Minimalist vs Maximalist: I am neutral  
Doubter vs Believer: I lean towards believing

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy:

Number of years in practice: 5 as birth doula, certified 10 with postpartum work

My certifications: DONA PALS

My practice area: Greater Seattle, preferably Eastside

My doula practice can be best described as:

Well established  
Solo practice  
Open Arms doula  
One great backup doula.

# Caroline Moran

PO Box 658 Preston Caroline@BellyToBabies.com 206-390-4377 www.BellyToBabies.com

## What I hope happens at the Round Up is:

I find more doulas for back-up trades

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I find the doulas who need an on-call back-up doula. I can provide that!

I have a great time and meet some new friends

Other:

## About Me:

I'm also a Childbirth Educator & New Parent Educator -- have been doing that for 21 & 14 years, respectively. I have 3 kids, all approaching or in their teens. I like to kayak, hike, travel & read, and wish I did more off all!

My age: 40s

### Medical mind-set

Naturalist vs Technologist: I lean towards technology

Naturalist vs Technologist: I lean towards technology

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I lean towards believing

### Myers-Briggs personality type:

### Enneagram personality type:

## My doula work:

My philosophy: I do postpartum work only. I see my job as helping new parents develop parenting and self-care strategies that work for them. They need to figure out their own babies; I'm there to observe and guide them to their own solutions.

Number of years in practice: One, so far.

My certifications: NAPS, working on DONA

My practice area: Prefer Eastside, but have and will travel all over King County.

### My doula practice can be best described as:

Somewhere in the middle of just starting out and well established

Partnership with 1 other doula

# Chelsie Hardy

16806 426th Ave SE North Bend smile21x04@yahoo.com 4253068078

## What I hope happens at the Round Up is:

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I find more doulas for back-up trades

I find the doulas who need an on-call back-up doula. I can provide that!

Other:

## About Me:

3 kids. BA Vocal Performance and Spanish. I enjoy singing, crocheting, reading (in all my spare time- ha!) and drinking wine. On a weekend you'd most likely find me playing at the park with my kids and/or fiddling on facebook on my new iphone. :P

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I am neutral

Myers-Briggs personality type: ENFJ

Enneagram personality type: 3w2

## My doula work:

My philosophy: Birth is a natural process that, except in rare situations, is safe, and should be undertaken without fear.

Number of years in practice: 1

My certifications: working toward certification with DONA

My practice area: within an hour of my home in North Bend. I've had clients in Kirkland and Seattle.

My doula practice can be best described as:

Just starting out

Solo practice

Volunteer doula

# Dawn Marie Jefferies

19306 46th ave NE Lake Forest Park dmjdoulacare@gmail.com 206-228-8475

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I find a few doulas who want to share a partnered practice with shared call  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I have a great time and meet some new friends  
Other: I want to make connections and share ideas

## About Me:

I am a Birth and Postpartum doula. Currently I am with twins boys overnight, and sleeping during the day.

My age: 50s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy:

Number of years in practice: 2

My certifications: Birth doula certification

My practice area: Greater Seattle area, North to Everett, East side. no ferries

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established  
Solo practice  
Open Arms doula

# Diane Hamlin

10101 South East 3rd Bellevue diane@dianehamlin.com 425.45.1441 dianehamlin.com

## What I hope happens at the Round Up is:

Other: to meet new doulas

## About Me:

I am a postpartum doula

My age: 50s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy:

Number of years in practice: 12

My certifications:

My practice area:

My doula practice can be best described as:

# Dorothy Landeen

12118 NE 66th ST Kirkland DLandeen@earthlink.net 206-227-5638

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I find a few doulas who want to share a partnered practice with shared call  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I have a great time and meet some new friends  
Other: I talk to doulas about how they make their practice work.

## About Me:

2 grown sons, both homebirthed with the same midwife. Hobbies are basketweaving, reading, hiking, Chinook language and stories. Changing careers after 20 years in accounting, returning to birth and women's health.

My age: 50s

Medical mind-set

Myers-Briggs personality type: ITIP

Enneagram personality type:

## My doula work:

My philosophy: Birth is not a medical event, unless something goes wrong. A woman needs caring and confident support during birth in all circumstances. It's her body, her baby, her family - that should be supported.

Number of years in practice: 0.2

My certifications: Obtained DONA and PALS certification packets.

My practice area: Seattle and surrounding areas - would be willing to travel farther depending on schedule/circumstances. willing to work in all birth places.

My doula practice can be best described as:

Just starting out  
Open Arms doula

# Elaine Arnold

PO Bx 1127 Renton aiti.elaine@gmail.com 4252779272

## What I hope happens at the Round Up is:

I meet more doulas who share my background

I find the doulas who need an on-call back-up doula. I can provide that!

I have a great time and meet some new friends

Other:

## About Me:

I'm a student midwife, love being a doula, and really like working with families from all over the globe. On the weekends you'll find me worshipping on Shabbat (the Sabbath), cooking, doing homework or running with my daughter and dog. I like to camp (but seem to get called to a birth just as our family is in the car), love snow with a passion, have 5 mostly -adult kids and one grandson.

My age: 50s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards maximalism

Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: ESFP

Enneagram personality type: 1

## My doula work:

My philosophy: I am a defender of the birth memory. I try to do everything I can to make sure the mom has a wonderful birth--which means she felt honored and respected.

Number of years in practice: I was trained 3 years ago, but have been attending births for 16 years.

My certifications: DONA, PALS also Hypnobirthing for Doulas, and NRP

My practice area: I travel from Redmond to Tacoma. I work in all birth places, but greatly prefer home or birthing center births.

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established

Solo practice

Open Arms doula

# Elisa Hardesty

11103 182nd St east Puyallup elisahardesty@yahoo.com 360-872-8160 Just Facebook for now I can be found using my email address elisahardesty@yahoo.com

## What I hope happens at the Round Up is:

- I meet more doulas who share my background
- I find more doulas for back-up trades
- I find a few doulas who want to share a partnered practice with shared call
- I meet a few doulas who provide pre-scheduled back-up
- I meet a few doulas who provide on-call back-up
- I find doulas who want to share childcare duties
- I have a great time and meet some new friends
- Other: To learn and grow as a birth professional. And build a network of birth professionals.

## About Me:

I am a single mom, Full time RN student, aspiring Midwife, Doula and the Volunteer Doula Coordinator for St Joseph Hospital in Tacoma WA. I love learning about all things birth related. In my free time I love spending time with my kids, preferably outside we love to garden and get out in nature. We also like to get crafty, and listen to all types of music.

My age: 30s

### Medical mind-set

- Naturalist vs Technologist: I lean towards nature
- Naturalist vs Technologist: I am neutral
- Naturalist vs Technologist: I am neutral
- Minimalist vs Maximalist: I lean towards minimalism
- Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: did not have time for this but it looks fun

Enneagram personality type: did not have time for this but it looks fun

## My doula work:

My philosophy:

Number of years in practice: 2 years

My certifications:

My practice area: Tacoma/ Puyallup area

My doula practice can be best described as:

- Somewhere in the middle of just starting out and well established
- On-call doula
- Volunteer doula

# Emma Hoagalnd

9538 8th ave nw Seattle emma@deardoulaseattle.com 425-2215615 www.deardoulaseattle.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background

I find more doulas for back-up trades

I find a few doulas who want to share a partnered practice with shared call

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I find doulas who want to share childcare duties

I have a great time and meet some new friends

Other:

## About Me:

Prenatal and Parenting Educator with Catholic Community Services, expecting second baby in early November 2013

My age: 20s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy:

Number of years in practice: 2

My certifications: DONA

My practice area: King Country, and some of Mason County, all birth places

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established

Open Arms doula

# Erica Johansen

9714 2nd Ave NW Seattle erica.johansen@yahoo.com 206.227.5562 <http://themoderndoula.wordpress.com>

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I have a great time and meet some new friends  
Other:

## About Me:

I'm a full-time teacher so right now I am only taking summer clients. Interested in getting as many births under my belt in the summer time as I can. Would love to shadow someone perhaps. As of now I have attended three births. I'm looking at potentially moving towards this as a career in a few years. I have two young ones at home, both boys, ages 1 and 4.

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I am neutral  
Naturalist vs Technologist: I am neutral  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I am neutral

Myers-Briggs personality type: I think it's ESFJ

Enneagram personality type: 3w2

## My doula work:

My philosophy: interested in supporting all birthing choices and making the childbirth experience a positive one.

Number of years in practice: got trained less than a year ago!

My certifications: working towards PALS and DONA

My practice area: any birth (home, hospital, birthing center) but would like to stay fairly close to Seattle (within 20 miles or so)

My doula practice can be best described as:

Just starting out  
Solo practice  
Open Arms doula  
Volunteer doula

# Erin Gamet

8014 12th Ave NW Seattle erinrockey@gmail.com (206)432-6420

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I find a few doulas who want to share a partnered practice with shared call  
I find doulas who want to share childcare duties  
I have a great time and meet some new friends  
Other:

## About Me:

I am a single mother to a very active and inquisitive 3 year old daughter, Aminata. I am currently taking business classes. I like to garden, ride bikes, run and hike, camp and swim. I'm interested in learning more about performing and organizing group healing rituals and ceremonies.

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: <http://www.humanmetrics.com/hr/JTypesResult.aspx>

Enneagram personality type: <http://www.eclecticenergies.com/enneagram/type4.php>

## My doula work:

My philosophy: My philosophy is client-lead support, meet the mama and her family/partner where they are.

Number of years in practice: less than a year.

My certifications: no certs as of yet.

My practice area: I would go to Lynwood, Bothell, Kenmore, Shoreline, Edmonds, all of Seattle, White Center, and Burien

My doula practice can be best described as:

Just starting out  
Partnership with 1 other doula  
Open Arms doula  
Volunteer doula

# Erin Procella

Woodinville erin@brighteyedbeginnings.com 206-779-2077 www.brighteyedbeginnings.com

## What I hope happens at the Round Up is:

I find more doulas for back-up trades

I meet a few doulas who provide pre-scheduled back-up

I meet a few doulas who provide on-call back-up

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I find the doulas who need an on-call back-up doula. I can provide that!

I have a great time and meet some new friends

Other:

## About Me:

I am a student taking 2 college classes at the moment. I do have other work besides being a doula (full-time office job). I'm mom to a 12 year old boy, got engaged to be married in October (no date yet, don't ask!), I enjoy a good movie and I love Project Runway. Oh, and on the weekend I am usually home!

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I am neutral

Naturalist vs Technologist: I am neutral

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I lean towards believing

### Myers-Briggs personality type:

### Enneagram personality type:

## My doula work:

My philosophy: I'm hands on, lots of touching and massage. Each contraction I'm offering verbal encouragement. I get in sync with the mama. I act as an extra memory bank for her birth plan. I can take pictures.

Number of years in practice: About 1

My certifications: None

My practice area: I live in Woodinville and have been down to Tacoma. I wouldn't go to Bremerton i.e. I work anywhere there is a licensed authority figure (doctor, midwife)

### My doula practice can be best described as:

Just starting out

On-call doula

Volunteer doula

# Gloria Tzuang

5123 48th Ave NE Seattle Gtzuang@gmail.com 206-607-9202

## What I hope happens at the Round Up is:

I meet more doulas who share my background

I find a few doulas who want to share a partnered practice with shared call

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I find doulas who want to share childcare duties

Other:

## About Me:

I am an experienced doula who trained with Penny Simkin in 2003. I've recently moved to Seattle from California and have 4 boys. I've taken some time off doula work to settle in, but would love to familiarize myself with the birth culture in Seattle and get back to working with expecting families.

My age: 40s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I am neutral

Myers-Briggs personality type: INFJ

Enneagram personality type: 8w9

## My doula work:

My philosophy: I believe that birth can be a transformative experience for a woman and her partner. My goal is to empower my clients to make decisions that will lead to their ideal birthing experience.

Number of years in practice: 10, with several maternity breaks...

My certifications: CD (DONA) 2005. Whole Birth Yoga and Support 2006

My practice area: I plan to work north of I-90 and east of Redmond. I will support births in any setting

My doula practice can be best described as:

I'm a back-up doula, only

Other

Currently not seeking clients, formerly in partnership with 3 other doulas

# Hannah Carnett

550 Acacia Parkway San Antonio, Tx    duvetdoulacare@gmail.com    2104107313    facebook.com/duvetdoulacare

## What I hope happens at the Round Up is:

I find the doulas who need an on-call back-up doula. I can provide that!

Other: since I am new to the area, I am looking to get inside "the network" of doulas and meet some fabulous ladies!

## About Me:

I am a recent college graduate, a trained classical pianist & a huge supporter of holistic, natural living. I'm also a coffee & chocolate addict! I do loads of yoga and love outdoor adventures! I also enjoy reading, writing and travel.

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I lean towards believing

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: my desire is to provide the emotional and physical support a woman and her family needs during the beautiful process of labor. I believe that with love and a constant unwavering source of encouragement, a woman is empowered and able to tap into her own source of strength, ultimately resulting in a healthy baby, healthy mama and a wonderful experience to look back upon.

Number of years in practice: just getting started :]

My certifications: currently obtaining certification through DONA international

My practice area: not sure yet-- am open!

My doula practice can be best described as:

Just starting out

Volunteer doula

# Heidi Biddle

Monroe heidi@yourbirthjourney.net 206-227-8554 www.yourbirthjourney.net

## What I hope happens at the Round Up is:

Other: hmmm, i just love the association...but will be out of town that weekend!

## About Me:

Also teach Yoga, and private childbirth Education classes

My age: 40s

Medical mind-set

Naturalist vs Technologist: I lean towards nature

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy:

Number of years in practice: 5

My certifications: CD(DONA, PALS)

My practice area: Seattle,Eastside,Snohomish all birth places

My doula practice can be best described as:

Well established

Solo practice

# Holly Reilly

1408 SW Trenton St Seattle sweet.pea.passion@gmail.com 2063268529

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I find the doulas who need an on-call back-up doula. I can provide that!  
I have a great time and meet some new friends  
Other: Learn more from such impassioned women!

## About Me:

I finished my doula course in February. I've also done training on Rebozo/TENS Unit/Placenta Encapsulation. Besides doula work, I stay at home with my husband's 92 year old grandmother. I sometimes affectionately refer to her as my baby. My husband is currently pursuing a degree, and while finances are tight, his schedule allows me great flexibility for this kind of work. Together, we have a seven year old daughter. My hobbies include cooking, hosting parties/gatherings, watching science fiction shows and movies, knitting, spinning wool, reading, and learning to garden.

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I am neutral

Myers-Briggs personality type: ENFP Extravert(67%) iNtuitive(88%) Feeling(62%) Perceiving(44)% You have distinctive preference of Extraversion over Introversion (67%) You have strong preference of Intuition over Sensing (88%) You have distinctive preference of Feeling over Think

Enneagram personality type: Type 2 with a 3 wing

## My doula work:

My philosophy: I really believe strongly that this work is two-fold. We're trying to shelter the memories that parents have of their birth, but more importantly I feel like we're also trying to help people remember that they have strength and power and it shouldn't be handed over lightly.

Number of years in practice: I finished my training at Big Belly Services in February. I have a lot yet to learn.

My certifications: Working towards PALS and DONA birth certification.

My practice area: I live in White Center. I feel comfortable driving as far north as Lynnwood, as far east as Issaquah, and as far south as Tacoma. Because I haven't provided care, I don't know where I wouldn't be comfortable practicing. I would like to say I'd go anywhere

My doula practice can be best described as:

Just starting out  
Solo practice  
Open Arms doula  
Volunteer doula

# Ingrid Lee

703 N 77th St Seattle    doulas@downtoearthdoulas.com    6128759259    downtoearthdoulas.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I have a great time and meet some new friends  
Other:

## About Me:

I work with Jennie Capron, I love Ultimate Frisbee and every summer I work at a Danish Language Camp.

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I lean towards doubting

Myers-Briggs personality type: INFJ

Enneagram personality type: 2 balance

## My doula work:

My philosophy: I check my views at the door when I attend births.

Number of years in practice: 1.5

My certifications: CD(PALS)

My practice area:

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established  
Partnership with 1 other doula

# Jane Drichta

1408 B NW 64th ST Seattle equioxhealingarts@yahoo.com 206-850-6993 www.equinoxhealingarts.com,  
www.essentialmidwifery.com

## What I hope happens at the Round Up is:

I have a great time and meet some new friends  
Other:

## About Me:

I, along with Jodilyn Owen, am the author of "The Essential Homebirth Guide." I am a CPM who travels to Uganda frequently to catch babies and provide doula and midwifery trainings for both western women and Ugandan birth professionals.

My age: 40s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: I provide support in all birth settings; the most important part of my work is helping families access their inner knowledge. I provide a framework in which to put this knowledge into the context of pregnancy, labor and birth.

Number of years in practice: 12

My certifications: Certified Professional Midwife, Licensed Massage Practitioner

My practice area: I go as far south as the airport and as far northeast as Evergreen.

My doula practice can be best described as:

Well established  
Solo practice  
On-call doula

# Jen Laird

7821 12th Ave NE seattle jen@doulajen.com 206 434-2508 doulajen.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background

I find more doulas for back-up trades

I meet a few doulas who provide on-call back-up

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

Other:

## About Me:

I am a birth and PP doula as well as childbirth educator providing in home, private classes. I'm married to a Kiwi, have 3 beautiful kids, and have had babies in both America and New Zealand. In a former life I traveled the globe extensively and also attended midwifery school for 2 years.

My age: 30s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type: 6

## My doula work:

My philosophy: Hmmmm.... I enjoy supporting all types of families. I'm down to earth yet professional. I really enjoy home birth yet value a variety of decisions regarding pain management and preferences.

Number of years in practice: I did my training at the Simkin Center 5 yrs ago, attended some births then completed 2 years of midwifery school. I have been attending births as a doula (only) since the the Fall of 2011.

My certifications: Completed birth and PP doula training at The Simpkin Center, NRP, CPR.

My practice area: Seattle / Eastside.

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established

Solo practice

# Jenifer Keating

132 B 69th PI SE Everett nlow@live.com 4252688897 www.newlifeoldways.com

## What I hope happens at the Round Up is:

I find more doulas for back-up trades  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I have a great time and meet some new friends  
Other:

## About Me:

Trained BAI Birth Doula, working towards certification. I work at the Naval Station in Everett. I do medieval re-enactment with the SCA and love dancing.

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I am neutral

Doubter vs Believer: I am neutral

Myers-Briggs personality type: ENFP

Enneagram personality type: 2 - Helper

## My doula work:

My philosophy: "From Birth to Death and everything in between, as Humans we often find ourselves on the Threshold anticipating the step through the Door to what is a New Life. Old Ways hails to the thousands of years of Human Experience and getting back to Trusting the Basics." excerpt from my website

Number of years in practice: 0-1

My certifications: Working toward certification through Birth Arts International.

My practice area: I serve 60 minutes from downtown Everett. I am interested in practicing in all birth places.

My doula practice can be best described as:

Just starting out

Solo practice

# Jenne Alderks

19222 90th Ave NE Bothell jenne@doulaville.com (206) 229-3030 www.seattle.doulaville.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background

I find more doulas for back-up trades

I meet a few doulas who provide pre-scheduled back-up

I meet a few doulas who provide on-call back-up

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I find the doulas who need an on-call back-up doula. I can provide that!

Other: to connect with doulas who are interested in finding ways to promote and market doulas as broadly as possible in the community.

## About Me:

I am a parent educator, policy researcher and activist with big plans for the future. I have three children (6, 4 and 1) whom we homeschool. My husband and I are hoping to transition to a lifestyle where we equally shared parenting and bringing in income.

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I am neutral

Myers-Briggs personality type: I/ENFJ

Enneagram personality type: Tied 7 and 2 "The Enthusiastic Helper"

## My doula work:

My philosophy: The principles of informed consent and self-reliance borne from empowerment guide my practice. I feel it is my job to encourage families to seek out the best information possible that will guide their decisions and then support them with the minimal amount of support needed to help them feel capable and confident in their abilities to birth and to parent.

Number of years in practice: 2

My certifications: Baby Signing Time Instructor, Survival Skills for Healthy Families, DONA certification in process

My practice area: I travel from Marysville to Renton, and Ballard/Edmonds to Carnation/Issaquah.

My doula practice can be best described as:

Just starting out

Partnership with 1 other doula

# Jennie Capron

811A NE 64th St Seattle    doulas@downtoearthdoulas.com    206-851-8923    www.downtoearthdoulas.com

## What I hope happens at the Round Up is:

I find more doulas for back-up trades

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I find the doulas who need an on-call back-up doula. I can provide that!

I have a great time and meet some new friends

Other:

## About Me:

I am both a birth and postpartum doula, I work with Ingrid Taylor (formerly Ingrid Lee). I love hiking, gardening, reading, knitting/crocheting & spending time with my family.

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I am neutral

Naturalist vs Technologist: I am neutral

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I lean towards doubting

Myers-Briggs personality type: ENFJ

Enneagram personality type: 2w1

## My doula work:

My philosophy: To support families, regardless of their choices and to create a calm atmosphere at their birth.

Number of years in practice: 4

My certifications: PALS & NAPS

My practice area: Greater Seattle area and Eastside.

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established

Partnership with 1 other doula

# Jennifer Chapman

7616 66th PI NE Marysville Laborbirthandbeyond@hotmail.com 4252323850  
Wwwlaborbirthandbeyond.webstarts.com

## What I hope happens at the Round Up is:

Other:

## About Me:

Also specializes in placenta encapsulation and placenta prints!

My age: 30s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: Helping the client and partner to the extent they want me involved.

Number of years in practice: 5

My certifications: Certified through DONA in 2008 but haven't kept up my certifications

My practice area: I will travel 40-50 miles. I do all birth settings; hospitals, home and birth centers

My doula practice can be best described as:

Partnership with 1 other doula

# Jennifer Mendelson

22412 - 91st Ave W Edmonds jennifer.mendelson@gmail.com 206.372.4470 www.doulaseattle.com

## What I hope happens at the Round Up is:

Other:

## About Me:

full time birth and postpartum doula, stepmom to 2, mom to 1. been doulaing since 2004.

My age: 40s

### Medical mind-set

Naturalist vs Technologist: I lean towards technology

Naturalist vs Technologist: I lean towards technology

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I lean towards doubting

Myers-Briggs personality type: ESFJ

Enneagram personality type: 2

## My doula work:

My philosophy:

Number of years in practice: 9

My certifications: PALS

My practice area: Greater Seattle Area hospitals (No Eastside hospitals), birth centers-yes, some homebirth

My doula practice can be best described as:

Well established

Solo practice

Partnership with 1 other doula

Other

solo practice with one backup doula

# Jennifer Wilson

Lynnwood   jennifer@seattle-born.com   206-745-2676   www.seattle-born.com

## What I hope happens at the Round Up is:

I find a few doulas who want to share a partnered practice with shared call  
I meet a few doulas who provide on-call back-up  
I find the doulas who need an on-call back-up doula. I can provide that!  
I have a great time and meet some new friends  
Other:

## About Me:

I am a DONA Trained Birth Doula and DONA Trained Postpartum Doula with a goal to be certified by the end of the year. In addition, I am also a Certified Lactation Counselor. I live in Lynnwood with my husband and our four kiddos between the ages of 2.5 and 9 years old. We recently relocated here from the midwest and I look forward to meeting more people passionate about birth!

My age: 30s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: I respect every woman's right to birth choices. I honor their own innate abilities and intuition, including the ability to make an informed decision about their care. My goal is to provide unconditional support in a way that empowers women throughout their journey.

Number of years in practice: One

My certifications: Certified Lactation Counselor   Working towards DONA certification in both birth and postpartum.

My practice area: I am willing to travel. No restrictions in birth places.

My doula practice can be best described as:

Just starting out

# Jessica Kay

17639 SE 121st Pl Renton jessica@sunbeamcbs.com 425-306-1919

## What I hope happens at the Round Up is:

I find more doulas for back-up trades  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find doulas who want to share childcare duties  
I have a great time and meet some new friends  
Other:

## About Me:

I am just finishing my certification with DONA and PALS. I have four children, expecting our fifth at the beginning of October.

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I am neutral

Doubter vs Believer: I lean towards believing

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: My goal as a doula is to help each mother and family have a positive experience, no matter what the path she takes in her birth.

Number of years in practice: One. I did my doula training in June of 2012.

My certifications: Certifying with DONA and PALS.

My practice area: I am currently working within 10-15 miles of Renton.

My doula practice can be best described as:

Just starting out

Solo practice

Volunteer doula

# Jessica Shaw

3828 NE 110th Street Seattle Jessica@belly2birth.com 206-817-0070 www.belly2birth.com

## What I hope happens at the Round Up is:

I find more doulas for back-up trades  
I meet a few doulas who provide on-call back-up  
I find doulas who want to share childcare duties  
I have a great time and meet some new friends  
Other:

## About Me:

I'm a mom of two little girls and while I've really enjoyed being a stay at home mom with them, I'm very happy to be working as a doula now. I'm originally from NYC and love the theater and try and see as much as I can here in Seattle.

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I am neutral  
Naturalist vs Technologist: I am neutral  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I lean towards doubting

Myers-Briggs personality type: ESFJ

Enneagram personality type: Type 2

## My doula work:

My philosophy: I believe in being a non-biased pillar of support for women. My goal is to make every woman entering into labor feel as educated and empowered as she can be.

Number of years in practice: Almost 1

My certifications: DONA certification is pending

My practice area: Within 20 miles of Seattle and I'd work in any birth place.

My doula practice can be best described as:

Just starting out  
Solo practice

# Joy MacTavish

1902 N 145th St Shoreline joy@sounddoula.com 206-225-8295 www.SoundDoula.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background

I have a great time and meet some new friends

Other: To find doulas to refer to while I'm on maternity leave, connect with doulas looking for lactation professionals to refer to

## About Me:

I am a Certified Birth and Postpartum Doula; Childbirth, Newborn and Breastfeeding Educator; and hope to be an IBCLC by October 2013. I am on hiatus from birth work this year and will be on maternity leave from August through October 2013. I hope to build networks of birth doulas to refer to and to be a resource for colleague's clients as an IBCLC for home visits. Outside of doula work, I do a lot of reading, both for pleasure and education. On a weekend you'd most likely find me teaching a childbirth class, walking around my neighborhood or Greenlake and spending time with my family.

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards maximalism

Doubter vs Believer: I lean towards doubting

Myers-Briggs personality type: ENFJ

Enneagram personality type: type 3 (with 2 wing)

## My doula work:

My philosophy: PALS and DONA Standards of Practice and Code of Ethics, informed-decision making, anti-racism/oppression philosophy

Number of years in practice: 6

My certifications: DONA and PALS NAPS for Postpartum ICEA for Childbirth Education Happiest Baby for Happiest Baby on the Block Education

My practice area: North to Lynnwood, South to Seattle boarder, Eastside. I work in all birth places.

My doula practice can be best described as:

Well established

Solo practice

# Judi Finney

3848 50th Avenue SW Seattle judifinney@comcast.net (206) 947-8196

## What I hope happens at the Round Up is:

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I have a great time and meet some new friends

Other:

## About Me:

I am a self-employed bookkeeper. I enjoy gardening, reading, music/dancing, seeing plays (as an usher and a paying patron), gathering with family and friends. Weekends find me any number of places. I have two step-daughters and two grandchildren.

My age: 50s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I am neutral

Myers-Briggs personality type: INFJ Introvert(44%) iNtuitive(25%) Feeling(62%) Judging(78%) •You have moderate preference of Introversion over Extraversion (44%) •You have moderate preference of Intuition over Sensing (25%) •You have distinctive preference of Feeling over Thin

Enneagram personality type: Enneagram Type 1 - The Reformer

## My doula work:

My philosophy: To provide comfort and support in a loving and open format to birthing mothers and their partner if the partner is present

Number of years in practice: 1 year

My certifications: submitted paperwork 3/13 for PALS and DONA certifications

My practice area: My travel range is Columbia City/Beacon Hill to the East, Burien to the South, West Seattle and Downtown Seattle to the North.

My doula practice can be best described as:

Just starting out

Open Arms doula

Volunteer doula

# Kalea Harrison

303 nw 105th street Seattle Kaleaharrison@gmail.com 509-910-7366 www.LoveMadeVisibleDoula.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background

I find more doulas for back-up trades

Other:

## About Me:

Doula just starting out!

My age: 20s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy:

Number of years in practice:

My certifications:

My practice area:

My doula practice can be best described as:

# Kathleen Lynch

1110 West Raye Street Seattle adastradoula@gmail.com 2069097461 adastradoula.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I find doulas who want to share childcare duties  
I have a great time and meet some new friends  
Other:

## About Me:

I am new to the area, relocated in February and looking to rebuild my practice here. I have a daughter who will be 22 months in June. I love to read and go to the library all the time.

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I lean towards doubting

### Myers-Briggs personality type:

### Enneagram personality type:

## My doula work:

My philosophy: My personal view is that pregnancy and birth is a normal, natural process that rarely needs medical intervention. However, there is a medical indication for each one, including maternal request. In my role as a doula, I would like to assist mothers in giving informed consent when interventions are necessary or desired. I also want to help you in any way appropriate to avoid interventions you do not desire. I fully support women to make their own informed choices. The most important factors for an empowered birth are for you to feel safe, listened to and cared for, regardless of the unpredictability of birth.

### Number of years in practice: 1

### My certifications: CD(DONA)

My practice area: I will travel 35 miles from Seattle Center. I will work in all settings but prefer home and birth center births.

### My doula practice can be best described as:

Just starting out  
Other  
Just relocated-starting out in Seattle

# Katie Rohs

18742 30th Ave NE Lake Forest Park katie@birthtastic.com 206-948-9123 www.birthtastic.com

## What I hope happens at the Round Up is:

I find more doulas for back-up trades

I meet a few doulas who provide on-call back-up

I find the doulas who need an on-call back-up doula. I can provide that!

I have a great time and meet some new friends

Other:

## About Me:

I have eight year old twins, and my daughter has significant disabilities. I work part time for Penny Simkin, and also moonlight as a political campaign consultant. On weekends I'm at client appointments or hangin' with my family (my parents & brother's family all live within 10 minutes), and we're super close. I am involved in local politics and serve on several boards. I'm super busy, and try very hard to stay in the moment and be mindful.

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I lean towards technology

Naturalist vs Technologist: I lean towards technology

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: ENFP

Enneagram personality type: 2, 3 wing, sexual variant (?)

## My doula work:

My philosophy: I practice under the DONA and PALS scope of practice. I support the choices and voice of my clients fully, even when they choose things in the moment that are different than what we planned prenatally.

Number of years in practice: in my 3rd year.

My certifications: working on DONA, PALS, & Lamaze

My practice area: Great seattle area (Prov Everett to the north, Valley to the south, Swedish Issaquah to the East), don't cross the water. Hospitals, birth centers and home births. Won't do unassisted home birth.

My doula practice can be best described as:

Well established

Solo practice

On-call doula

I have a primary back up, a few primary 2nd-level back-ups, and several tertiary when needed.

# Katrina Sturgill

26060 SE 224th St Maple Valley kalmingeffect@gmail.com 206-550-3029

## What I hope happens at the Round Up is:

I find more doulas for back-up trades

I meet a few doulas who provide pre-scheduled back-up

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I have a great time and meet some new friends

Other:

## About Me:

Wife & Mother, Awesome husband & 2 amazing teenage boys. Love spending time at home and in the yard as well as challenging myself with new adventures. Looking to register for my first 5k Run this summer. Excited to see what this year still has to offer. Most weekends are spent with my family playing outdoors or working on house projects.

My age: 40s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: INFJ

Enneagram personality type: Type 2 - The Helper

## My doula work:

My philosophy: Commitment and Dedication. I hate missing a birth. When I accept a client or a back up position it is my priority. I am open and honest from the beginning as to when I am available and what I am able to provide.

Number of years in practice: 6 years

My certifications: DONA & PALS Doulas

My practice area: I have been traveling to North Seattle, Tacoma and Kirkland for many years. While I am still willing to do that I am looking for work closer to home, as well. My ideal area would be Maple Valley, Ravensdale, Black Diamond, Enumclaw, Covington, Auburn, Ren

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established

Solo practice

Open Arms doula

Volunteer doula

Hypnobirthing Doula

# KC Johnston

601 Cedar Dr SE Auburn Birthingwithkc@gmail.com 206-963-6629 www.birthingwithkc.com

## What I hope happens at the Round Up is:

I find a few doulas who want to share a partnered practice with shared call  
I find doulas who want to share childcare duties  
Other: To meet doulas in general and have a good time!

## About Me:

I'm a perinatal massage therapist and LCCE. I have two small children of my own and I am a new homeowner so I'm enjoying home improvement projects on the weekends.

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards maximalism  
Doubter vs Believer: I am neutral

Myers-Briggs personality type: INFJ

Enneagram personality type: 4 - The Individualist

## My doula work:

My philosophy: I was women and families to have birth stories that they feel proud to tell and to bring their babies into the world feeling capable and supported.

Number of years in practice: Just over three.

My certifications: LMP, Perinatal massage certification, LCCE

My practice area: I work in all birth places from Tacoma to Seattle/Eastside.

My doula practice can be best described as:

Partnership with 2 or more doulas

# Kim James

6012 Sycamore Ave NW Seattle kim@kimjames.net 206-297-0451 www.kimjames.net

## What I hope happens at the Round Up is:

I meet a few doulas who provide pre-scheduled back-up  
I have a great time and meet some new friends  
Other:

## About Me:

Besides doula work, I also work as a childbirth educator for Parent Trust for Washington Children and am a doula trainer at the Simkin Center at Bastyr University. When I'm not working, I love doing anything on wheels...biking, skating..etc. I'm also a big walker and regularly walk half marathons. Let me know if you ever want to walk Greenlake! Kids, yes. Husband, yes. Cat, yes. Potty mouth, yes.

My age: 40s

### Medical mind-set

Naturalist vs Technologist: I am neutral  
Naturalist vs Technologist: I am neutral  
Minimalist vs Maximalist: I lean towards maximalism  
Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: INFJ

Enneagram personality type: #1 Type 1 (reformer) SX #2 Type 2 (helper) SX #3 Type 8 (challenger) SX

## My doula work:

My philosophy: I follow DONA International's scope of practice and code of ethics. I firmly believe the most satisfying birth and parenting experiences start with clients' realistic expectations. I'm intensely curious about why people do what they do and believe what they believe. I help families discover and understand their own values and beliefs around birth and parenting. I support women and their families in making birth and parenting decisions that are just right for them and consistent with their values and beliefs.

Number of years in practice: 13

My certifications: ICCE, LCCE, CD(DONA), CD(PALS), BDT(DONA)

My practice area: I only serve the metropolitan Seattle area. I typically serve families birthing in hospitals. My niche clients are families who are high-risk and are expecting to require more medical assistance and surveillance for healthy outcomes.

My doula practice can be best described as:

Well established

# Lauren Jerrell

3938 Whitman Ave N APT 105 Seattle laurenjerrell@gmail.com (415) 246-2304  
<http://www.hawthornandhoneysuckle.com/>

## What I hope happens at the Round Up is:

I find more doulas for back-up trades  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I have a great time and meet some new friends  
Other:

## About Me:

On the weekend you might find me at gasworks reading a good book, hanging out at the park with my niece or having a bbq with friends.

My age: 30s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy:

Number of years in practice:

My certifications:

My practice area:

My doula practice can be best described as:

# Lauren Pineda

7333 25th Ave NW Seattle pineda.lauren@gmail.com 206-234-3210 www.laurenpineda.wordpress.com  
www.bradleybirth.com/laurenpineda

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I meet a few doulas who provide on-call back-up  
I have a great time and meet some new friends  
Other:

## About Me:

I exclusively Doula for those seeking a natural, unmedicated birth. I am a momma to 2 kids and I am expecting our 3rd. My husband and I own a catering company (formally a taco truck ).

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I am neutral  
Doubter vs Believer: I am neutral

### Myers-Briggs personality type:

### Enneagram personality type:

## My doula work:

My philosophy: I am a Bradley childbirth educator and follow their principles (being a well informed consumer, tuning in to your body, no intervention, drug free birth) I help prepare my clients for the natural, beautiful birth they desire.

Number of years in practice: 3 almost 4

My certifications: AAHCC (Bradley), CD(DONA)(PALS)

My practice area: I travel about a 20 mile radius from my home in Ballard. I will go as far North as Lynnwood, as far south as Tukwila, and as far east as Redmond/Issaquah.

### My doula practice can be best described as:

Well established  
Somewhere in the middle of just starting out and well established  
Solo practice  
On-call doula

# Lauren Strain

4716 s orcas st Seattle Lauren@birdsandbees.info 206-227-1453 www.birdsandbees.info

## What I hope happens at the Round Up is:

I find more doulas for back-up trades

I meet a few doulas who provide pre-scheduled back-up

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

Other:

## About Me:

In addition to being a PALS and DONA certified doula, I am an infant massage instructor, a parent group facilitator, and studying to become a childbirth educator. I have been doing this work for 11 years and I love it! I also have two girls and a spend every possible second loving up on my family. I'm looking forward to meeting more south seattle doulas!!

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I lean towards believing

### Myers-Briggs personality type:

### Enneagram personality type:

## My doula work:

### My philosophy:

Number of years in practice: 11 years total, went full time as a doula 2 years ago.

My certifications: CD(PALS) CD(DONA) Certified pre and perinatal massage therapist, CEIM, Certified lactation educator.

My practice area: Greater seattle area. Will travel to Eastside birth centers/ hospitals for Seattle based clients.

### My doula practice can be best described as:

Well established

Solo practice

# Laurie Levy

4742 42nd Ave SW Seattle    laurie@laurielevy.net    206.235.5389    Laurielevy.Net

## What I hope happens at the Round Up is:

I have a great time and meet some new friends

Other:

## About Me:

3 kids, I teach anatomy and physiology (including cadaver -ce anyone?) and childbirth classes. I am an Imp and hold an MA in counseling. I am the creator of The Mama-logues: a comedy about motherhood. I am a voracious reader, critter enthusiast and am currently looking for a 12 step group for my NPR problem.

My age: 40s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I lean towards doubting

Myers-Briggs personality type: Infp/j

Enneagram personality type: Sadly I am a 4 ;)

## My doula work:

My philosophy: Challenge and support, it is her birth not mine.

Number of years in practice: 10- 100+ births

My certifications: PALS, DONA, Great Starts

My practice area: I avoid the eastside and there are a few practitioners that I do not want to work with but that is not for the catalog :)

My doula practice can be best described as:

Well established

Solo practice

# Laurie Ufer

12615 14th Ave. S.W. Burién    laurieufer@hotmail.com    206 265 9252    www.lauriesdoulaservice.com

## What I hope happens at the Round Up is:

I have a great time and meet some new friends

Other:

## About Me:

I like to cross stitch, ceramics, sew, crafts. Most weekends you will find me with my 2 granddaughters.

My age: 50s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I am neutral

Doubter vs Believer: I lean towards believing

### Myers-Briggs personality type:

### Enneagram personality type:

## My doula work:

### My philosophy:

Number of years in practice: 7

My certifications: DONA, NAPS, PALS

My practice area: practice area about 20 miles, work all places, no restrictions

### My doula practice can be best described as:

Solo practice

Open Arms doula

UWMC doula

Volunteer doula

# Libby Golden

1917 25th Ave. S. Seattle wingsforwisdom@gmail.com 206 9482108 www.goldenfishbodyworks.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background

I find a few doulas who want to share a partnered practice with shared call

Other:

## About Me:

I'm a LMP, doula, maternity & family wellness coach, fermentation specialist, gardener and budding urban farmer. I have a son, Jerzy, just turning 1! I'm planning on two training's this year: Dancing for Birth ~ Bellydancing and more training as a fermentationist and gut-health specialist to help mom's build healthy body ecologies and understand pro and pre-biotic foods for themselves and their children. I'm also creating space for offering mother's Blessing Way Ceremonies. On Saturdays, you'll most likely find me working in the yard/garden with Jerzy, or walking with our dog, Levi and Jerzy's papa, Paul in the mornings. On Sundays, you'd find me either in my Capitol Hill studio with a massage and bodywork client, or at home with my family on breaks.

My age: 40s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards minimalism

Minimalist vs Maximalist: I am neutral

Doubter vs Believer: I lean towards doubting

Doubter vs Believer: I lean towards believing

### Myers-Briggs personality type:

### Enneagram personality type:

## My doula work:

My philosophy: Honor the mother and her wishes. Support, support, support. Nurture and nourish. Educate for mom and dad to make informed choices. Ideally staying as close to nature's intentions for birth.

Number of years in practice: LMP ~ 16yrs. Maternity massage ~ 10+yrs Doula ~ off and on for 6 yrs. more so in the last 2yrs.

My certifications: LMP

My practice area: I like to stay in the Seattle area. My home and studio are close to the Center for Birth in Eastlake as well as Seattle Home Maternity birth Center, Swedish First Hill, and Group Health as well as U of WA Hosp.

### My doula practice can be best described as:

Somewhere in the middle of just starting out and well established

Solo practice

Other

massage doula

# **linda reyes songer**

1720 ne 107 seattle linreyson@comcast.net 206.849.8305

## **What I hope happens at the Round Up is:**

I meet more doulas who share my background

I find a few doulas who want to share a partnered practice with shared call

I meet a few doulas who provide on-call back-up

Other:

## **About Me:**

First language: Spanish

My age: 60s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## **My doula work:**

My philosophy: Provide support/assistance to ethnic populations

Number of years in practice: 2.5

My certifications: MSW BDC (birth doula certified)

My practice area: variable

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established

Solo practice

Open Arms doula

SeaMar doula

UWMC doula

# Linzi Stahlecker

8788 22nd Ave NW Seattle linzi@themindfulpractice.net 206.529.7773 themindfulpractice.net

## What I hope happens at the Round Up is:

I meet more doulas who share my background

I find more doulas for back-up trades

I have a great time and meet some new friends

Other: I might meet a doula or two who shares my passion for exercise, I'd love to expand my prenatal exercise offerings..

## About Me:

I'm a prenatal/postpartum exercise specialist. A mother of three. A runner. I'm also a mindfulness practitioner .. oh, and a British expat.

My age: 40s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: The body will most likely do what it is designed to do if it used the way it was designed to be used.

Number of years in practice: 3 years. 58 births.

My certifications: ACSM - certified personal trainer

My practice area: I only work in Seattle.

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established  
Solo practice

# Lyndsey Kueckelhan

2712 Franklin Ave E apt 11 Seattle lkueckelhan@gmail.com 660.537.3571

## What I hope happens at the Round Up is:

I meet more doulas who share my background

I find a few doulas who want to share a partnered practice with shared call

I have a great time and meet some new friends

Other: Find a doula with a little more training who may be able to help me make a comfortable transition into the field and show me the ropes!

## About Me:

I currently work at a Montessori preschool and love it! My dream is to be a midwife some day when I am a grown up and I am always looking for ways to get into that field. In my free time I do everything, but more specifically I love to read, hike, run and wander aimlessly. I am always up for learning something new or going somewhere different. Life is what you make it, and mine is not boring.

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I am neutral

Doubter vs Believer: I lean towards believing

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: I don't want anyone to be alone when they need a helping hand. I want to form a stronger bond between mother and child and father, even if all I do is give a little confidence to them.

Number of years in practice: 0. I just finished training.

My certifications: no doula related certifications, but I am working on them.

My practice area: I would like to stay within the city of Seattle. I cannot travel too far. I would be open to working in any type of facility or home.

My doula practice can be best described as:

Just starting out

# Maggie Kaiser

4730 2nd Ave NE Seattle kaiser.maggie@gmail.com 847.987.4565

## What I hope happens at the Round Up is:

I meet more doulas who share my background

I find more doulas for back-up trades

I meet a few doulas who provide pre-scheduled back-up

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I have a great time and meet some new friends

Other:

## About Me:

I am a pre-school teacher and cook. I speak Spanish and have spent time living in Mexico and Spain. I have chickens and a garden and love being outside, especially on my bike. I also like to knit, sew, cook, read, listen to music, and hang out.

My age: 20s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy:

Number of years in practice:

My certifications:

My practice area:

My doula practice can be best described as:

# Maggie Sharar

6790 Murray ave sw apt 26 Seattle Maggiesharar@gmail.com 206-588-6591 Wwww.maggiesharar.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I find doulas who want to share childcare duties  
I have a great time and meet some new friends  
Other:

## About Me:

I am an artist, mother, nanny, and doula. I am really interested in doing more henna and belly casting and could use some help spreading the word! M-f you can find me nannying with my daughter. Weekends are for family time and my prenatal appointments. I create my of my art late at night. I love West Seattle!

My age: 20s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: I am driven to support natural birth. All aspects of my life are centered around natural homeopathic healing, organic allergen free food, and the body mind connection.

Number of years in practice: 1

My certifications: Working on a PALS and DONA birth doula certification.

My practice area: 10-15 miles surrounding West Seattle.

My doula practice can be best described as:

Just starting out  
Solo practice

# Mali Munch Hawthorne

7336 21st Ave NE Seattle doula@brightgirl.net 206-617-3671 Doulaing: <http://www.bellyandbunting.net>

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I find doulas who want to share childcare duties  
I have a great time and meet some new friends  
Other: to give everyone high-fives.

## About Me:

I also do private childbirth and "new parenting" classes. I take doula apprentices. I can't usually pay them, but I don't charge them either.

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I am neutral

Myers-Briggs personality type: ENFP at last test. But I have also come out ENTP and ENFJ.

Enneagram personality type: 4

## My doula work:

My philosophy: "Think about it, but don't worry about it." My clients tend to either be the kind that are terrified of everything OR the type that are all "I'm just gonna go squat in the yard, no biggie."

Number of years in practice: 13

My certifications: all lapsed, do not plan to recertify

My practice area: I will travel up to one hour by car from Seattle.

My doula practice can be best described as:

Well established  
Solo practice  
Volunteer doula  
I also doula for wome who are planning to abort.

# Mariola Klein

13040 SE 46th St Bellevue klein.mariola@gmail.com 425-830-1437

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I find a few doulas who want to share a partnered practice with shared call  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I find doulas who want to share childcare duties  
I have a great time and meet some new friends  
Other: the evening will be warm and sunny and we all have a great time ;-)

## About Me:

Besides being a new doula (I am still working on my certification) I am also massage therapist working mainly with physicians in Bellevue area. I have two children, both over 20. I am native Polish. I lived also for 14 years in Germany. I like dancing, hiking any kind of sport (volleyball, rollerblades, zumba and yoga are my favorite). I also like art, strolling through galleries, art museum. I would like to meet more doulas who share my background.

My age: 50s

### Medical mind-set

Naturalist vs Technologist: I am neutral  
Naturalist vs Technologist: I am neutral  
Minimalist vs Maximalist: I am neutral  
Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: ENFP (Extroverted, Intuitive, Feeling , Perceiving)

Enneagram personality type: The Peacemaker (9)

## My doula work:

My philosophy: To help all women regardless of their age, race, status, etc. as much as I am able to.

Number of years in practice: 1

My certifications: LMP. I am working on my doula certification.

My practice area: About 25 miles from Bellevue. I do not have any restrictions.

My doula practice can be best described as:

Just starting out  
Open Arms doula  
Volunteer doula

# maritta arita

30628 4th Place South Federal Way Pinkhat7 18089367896

## What I hope happens at the Round Up is:

I meet more doulas who share my background

I have a great time and meet some new friends

Other: to Learn and add to my confidence , expand my understanding of the Birth community as well as expand on resources for mom's i am going to serve. So excited to attend this event.

## About Me:

Speak German. VBAC(HBAC2) mom 4 sons.first 2 by c-sec. I am social but somewhat shy. Still exploring Washington . Born and raised in Germany.Lived w/my hubby of 34 y.in CA,Hi,TX .Christian. enjoy supporting Birth choice and to share info about options to all moms.

My age: 50s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I am neutral

Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: ENFP

Enneagram personality type:

## My doula work:

My philosophy: If you don't know your options you are not able to make informed decisions.Would you like to know what is available and How we can work together for you to feel empowered and Encouraged to have your needs met.

Number of years in practice: my passion always has been to assist ,empower and hold the hand of any women in need for a women to go the journey. even more so after birthing my 2 youngest sons at home. i did not know there was a name for that.i would say i assisted women since the eig

My certifications: i am working on getting certify. Sep. 2012 Doula Class at Simkin center.Feb.2013 When Survivors give Birth. with Penny at Bastyr. Member of ICAN .Went to REACHE and working with OPEN ARMS. Supported a Women from my Home fellowship in her 22hr. birth.

My practice area: i need to think about this a bit more because i do not want to limit my self at this time.

My doula practice can be best described as:

Just starting out

Open Arms doula

open to a Partnership and /or Back up. would like some Mentoring

# Marnie Valenta

4828 S Lucile St Seattle marnievalenta@gmail.com 206-861-8401 www.seattlemassageandbirthsupport.com

## What I hope happens at the Round Up is:

I meet a few doulas who provide pre-scheduled back-up

I meet a few doulas who provide on-call back-up

Other:

## About Me:

I mostly provide doula services for massage clients and friends at this point. My schedule is varied and I like to be out of town for camping and other trips.

My age: 40s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: Follow the client's lead. Deep listening.

Number of years in practice: 12

My certifications: Massage License Certified Doula

My practice area: Seattle area, all birth places

My doula practice can be best described as:

Well established

# Marquita Straus

4540A South Henderson Seattle Marquita@sacredlightbirthservices.com 2064862936  
www.sacredlightbirthservices.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I find a few doulas who want to share a partnered practice with shared call  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I find doulas who want to share childcare duties  
I have a great time and meet some new friends  
Other:

## About Me:

I am a Birth Enthusiast (read: FANATIC) in addition to being a Birth & Postpartum Doula, I am a placenta encapsulation specialist, childbirth educator, breastfeeding peer counselor, birth assistant, and soon to be Midwifery student. My partner & I have a beautiful daughter and a chihuahua fur baby. I enjoy scrapbooking and photography in my spare time. And on the weekend you will most likely find me curled up with a book (rainy day) or at Seward park (sunny day).

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I am neutral  
Doubter vs Believer: I lean towards doubting

Myers-Briggs personality type: ENFJ (Extravert Intuitive Feeling Judging)

Enneagram personality type: Type 2

## My doula work:

My philosophy: I believe that women are Goddesses that hold the power within them to have the birth experience they desire & deserve.

Number of years in practice: 4

My certifications: DONA, BAI, Full Circle, and working on ICEA, IBCLC certifications

My practice area: I am open to all birth places and I travel from south Renton to Everett for most births.

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established  
Solo practice  
Open Arms doula  
UWMC doula

# Maya Caldwell Eleazer

p.o. box 101 Index, WA mayaeleazer@gmail.com 360-799-1218 fullcircledoula.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I meet a few doulas who provide on-call back-up  
I have a great time and meet some new friends  
Other:

## About Me:

I am a mom of two kids, ages 10 and almost 12. When they were young, I was a La Leche League leader for 5 years. I then moved in to teaching prenatal, kids and mommy and me yoga, before eventually finding my way to working as a doula. I have been working solely as a doula for about 4 years.

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I lean towards doubting

Myers-Briggs personality type: INFJ

Enneagram personality type:

## My doula work:

My philosophy: I try really hard to support the mother wherever she is at, and to be honest. I will do anything the mother or partner need during labor to feel supported.

Number of years in practice: 4- but have been attending births of friends and acquaintances for over 12 years.

My certifications: I'm thinking of getting PALS certified.

My practice area: Eastside, Seattle, South Seattle

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established  
Solo practice

# Megan Davis

6938 Flora Ave S Seattle doulamegandavis@gmail.com 206-768-8758 www.doulamegandavis.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I have a great time and meet some new friends  
Other:

## About Me:

Postpartum Doula work is my sole work for income. My other "job" is being a mom to two young children. I used to love going to lots of movies back when I had time!

My age: 40s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: ENFP

Enneagram personality type:

## My doula work:

My philosophy: I very intently focus on the whole family, not just birthing mom and baby. As a mom who has both given birth and been in the partner role I feel that I bring a unique perspective and understanding of both roles. What I love most about my work is watching my clients grow into their roles as new parents (or parents again) and supporting their growing confidence.

Number of years in practice: 6

My certifications: NAPS Certified

My practice area: King County

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established  
Solo practice  
Other  
Postpartum Doula

# Megan Orozco

14301 SE 17th St. #E1 Bellevue sacredgrovebirthing@gmail.com 4259430899 www.sacredgrovebirthing.com

## What I hope happens at the Round Up is:

I find more doulas for back-up trades  
I have a great time and meet some new friends  
Other:

## About Me:

I have two children. I am a student and about to take training to become a CBE. On the weekend you can catch me spending time with my children, reading books about childbirth, and doing homework!

My age: 20s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: I believe the space the woman instinctively creates should be protected. I do not believe my philosophy should empower the woman but the power within herself. What drives me is my belief in the amazing abilities a woman has and this amazing power that deserves the support from all that surround her. It is important to me that every woman receives the support as needed for her situation.

Number of years in practice: 1

My certifications: Pending DONA and PALS

My practice area: 30 miles, open to any location!

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established  
Solo practice  
Open Arms doula

# Melana Taitch

PO Box 1231 Vashon melanaa@yahoo.com (206) 463-3775

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I meet a few doulas who provide on-call back-up  
I find the doulas who need an on-call back-up doula. I can provide that!  
I have a great time and meet some new friends  
Other:

## About Me:

Island doula who loves all things birth, also a mom of three boys. On the weekends you will find me hanging with our backyard chickens or walking with my pup on a forest trail.

My age: 30s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: I support all moms and their families in whatever their birth journey brings.

Number of years in practice: 13, the first 10 very limited number of births.

My certifications: Really close to PALS certification!

My practice area: Seattle, South & West Seattle, White Center, Burien, SeaTac areas. Also Tacoma and Kitsap Peninsula (within 15 miles of the Southworth Ferry ) Hospital, Birth Center, or Home

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established  
Solo practice  
Open Arms doula

# Melinda Burgess

9005 Palatine Ave N Seattle mamamoonseattle@gmail.com 3609813934

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I find a few doulas who want to share a partnered practice with shared call  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I find doulas who want to share childcare duties  
I have a great time and meet some new friends  
Other: To learn. I just finished my training!

## About Me:

I just finished my doula training. I have a one year old son, Alder. I love sailing and gardening.

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I lean towards believing

### Myers-Briggs personality type:

Enneagram personality type: Im a 2. Helper.e

## My doula work:

### My philosophy:

Number of years in practice: 0

My certifications: I have a CNA and worked as a nursing assistant for some time. I just completed the placenta encapsulation class. And will be doing the Rebozo and TENS unit training in late June.

My practice area: I will work in Seattle and most surrounding areas.

### My doula practice can be best described as:

Just starting out

# Molly Dutton-Kenny

11314 25th Ave. NE. #205 Seattle Mollyduttonkenny@gmail.com 510-559-0505

## What I hope happens at the Round Up is:

I meet more doulas who share my background

I meet a few doulas who provide pre-scheduled back-up

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I have a great time and meet some new friends

Other: I am a doula with Full Spectrum Doulas (doula support for pregnancy loss, abortion, still birth, infertility, etc.) I want to get the word out about FSD as a community resource!

## About Me:

I am a student midwife and a full spectrum doula. I work with birth, postpartum, abortion, pregnancy loss, stillbirth, surrogacy, etc. I am a volunteer doula with Open Arms and a Core Organizer with Full Spectrum Doulas here in Seattle. I enjoy studying birth and midwifery in other cultures and have traveled extensively, most recently in West Africa working with a midwife. In my spare time (ha! What spare time?) I like to knit and weave.

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I lean towards believing

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: I believe in intuitively reading the client to try to see what kind of support is best for them in that moment. I am more hands-off and do my best to encourage partners and other support people to actively support the labor, birth, and postpartum. I'm most comfortable working with other doulas that approach doula work as tender care taking and who work within a frame of love. I also do a lot of advocacy work with Reproductive Justice.

Number of years in practice: 3

My certifications: Choosing not to certify

My practice area: I mostly do home and birth center births, but occasionally do hospitals as well. I live in North Seattle and will travel 30 miles.

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established

Solo practice

On-call doula

Open Arms doula

Full Spectrum Doulas volunteer

# Nancy Allin

PO Box 50707 Bellevue nancy.allin@gmail.com 4258279498 www.hypnosisforbirth.com

## What I hope happens at the Round Up is:

I have a great time and meet some new friends  
Other:

## About Me:

I have been a birth doula since 1995 (over 330 births so far), and also a clinical hypnotherapist and counselor teaching Hypnosis for Birth as well as offering services for general life concerns. I have 3 grandkids (LOVE being a nana!), Hobbies include sewing, jewelry making, cooking gluten free, and sleep.

My age: 50s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards maximalism  
Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: ENFP

Enneagram personality type: website was down.

## My doula work:

My philosophy: I believe birth is a crucial time for couples and how they get started in parenting. My approach is to support them both, helping the partner to be connected and involved as much as possible, while staying out of the way so the "energy that made the baby can help bring the baby out".

Number of years in practice: 18 year

My certifications: Clinical hypnotherapist and certified counselor

My practice area: Mostly King county. Happy to go to most hospitals on a limited basis. I avoid UW if at all possible.

My doula practice can be best described as:

Partnership with 1 other doula

# Nancy Rust

5918 31st Ave SW Seattle nance@nancyrustdoula.com 20066597878 nancyrustdoula.com

## What I hope happens at the Round Up is:

I find a few doulas who want to share a partnered practice with shared call

I meet a few doulas who provide on-call back-up

I find doulas who want to share childcare duties

Other: I'm not entirely sure what I'm hoping for but I would enjoy meeting other doulas. I don't feel very well connected in the doula-ing community yet.

## About Me:

Birth Doula. 2 kids (boys, 3 & 4yrs old). I enjoy reading, writing, drinking espresso, and sewing in my spare time.

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I am neutral

Naturalist vs Technologist: I am neutral

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: ISFJ

Enneagram personality type:

## My doula work:

My philosophy: My philosophy as a birth doula is that one size does NOT fit all. Everybody is different and we have all sorts of wonderful options available to us today. I help my clients visualize their ideal birth, whatever that might look like, and then help them pursue the dream, if possible. Sometimes we have to change course and then my hope is to help them roll with the punches so they can still have a positive experience, even if things don't go according to plan.

Number of years in practice: 3

My certifications: none

My practice area: All birth places. I will go anywhere within the Seattle city limits but prefer to stick as close to home as possible (west seattle, south seattle, etc)

My doula practice can be best described as:

Well established

Solo practice

# Naomi Rivkis

4126 37th Ave SW Seattle nrivkis@yahoo.com 2065387099

## What I hope happens at the Round Up is:

I find more doulas for back-up trades

I find a few doulas who want to share a partnered practice with shared call

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I find the doulas who need an on-call back-up doula. I can provide that!

I find doulas who want to share childcare duties

I have a great time and meet some new friends

Other: I find doulas whose clients might be interested in prenatal/postnatal massage, since the other 'hat' I wear is as a massage therapist (in training still, but not for long).

## About Me:

I'm a trained but inexperienced doula who is also finishing her second quarter of massage school. I intend to do prenatal and postnatal massage work out of my home.

My age: 40s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I am neutral

Doubter vs Believer: I lean towards doubting

Myers-Briggs personality type: INFJ

Enneagram personality type:

## My doula work:

My philosophy: I'm very much a woman-centered doula. While I believe natural childbirth is the safest, healthiest way for mother and baby under normal conditions, I also believe it is not my job to tell my clients what kind of birth to have. It's my job to help my clients have the birth they want, to as great an extent as nature makes possible, and whatever that might be.

Number of years in practice: 1

My certifications: None yet, working toward PALS and DONA certifications.

My practice area: I live in West Seattle, and I'm willing to travel up to an hour and a half. I'm willing to work in any birthing location which will allow me in.

My doula practice can be best described as:

Just starting out

Volunteer doula

# Natalie Bardsley

6104 St. Albion Way Mountlake Terrace nbardsleydoula@gmail.com 206-250-3050  
<http://happybabypostpartumdoula.vpweb.com/default.html>

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I find a few doulas who want to share a partnered practice with shared call  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I find doulas who want to share childcare duties  
I have a great time and meet some new friends  
Other:

## About Me:

I have a 10 month old son Hunter, about to be 11 months:) I am currently working on my postpartum doula certification. I love taking walks with my dog and taking Hunter to the pool.

My age: 30s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy:

Number of years in practice: 1

My certifications:

My practice area:

My doula practice can be best described as:

Just starting out

# Ona Dalto.

23604 19th Ave W Bothell onadoula@yahoo.com 206 399-8805 Wwww.citybythesounddoulaservices.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I have a great time and meet some new friends  
Other:

## About Me:

I am a mother of two and my hobbies are drawing, piano, guitar, and the beach is where I love to be rain or shine when I am not working

My age: 40s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I lean towards believing

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: Give it your all or don't do this work. I believe the less we judge the more we learn and the more we learn the better we can help those that need us

Number of years in practice: 15 but I am just now trying to get my certifications

My certifications: 0

My practice area: For birth clients no more than 40 miles and the same for postpartum clients

My doula practice can be best described as:

Solo practice

# Ona Dalton

23604 19th Ave W Bothell onadoula@yahoo.com 206 399-8805 citybythesounddoula.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I find a few doulas who want to share a partnered practice with shared call  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
Other:

## About Me:

I am a mother of two children I love to play piano and guitar and you will find me at the beach when I am not working.

My age: 40s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I lean towards believing

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: I believe the less we judge the more we grow and the more we grow the more we can help those that truly need it

Number of years in practice: 15

My certifications: Currently working on certification

My practice area: I have about a 20 mile radius

My doula practice can be best described as:

Just starting out  
Solo practice

# Pamela Ives

510 N 107th St Seattle pamanni@msn.com 309-706-3176

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I find a few doulas who want to share a partnered practice with shared call  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I have a great time and meet some new friends  
Other:

## About Me:

I have not been 'doulaing' in about a year and would like to get back into it as a full time job. I moved here about a year ago so I am interested in meeting other doulas and finding out about how the private doula practice works. I currently work at Swedish in the Mother and Infant Outpatient Services department renting breastpumps, scheduling childbirth classes ect.

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I am neutral

Myers-Briggs personality type: ENFJ

Enneagram personality type: Type 2

## My doula work:

My philosophy: I believe in 'mothering the mother' with no judgement on the families choices during childbirth. I believe that natural childbirth is ideal however not always feasible for a variety of reasons.

Number of years in practice: Approx. 2 years

My certifications: DONA certified First Aid/CPR Certified Lactation Counselor Certified Infant Massage Teacher - KIDZ

My practice area: No restrictions on the birth place (hospital, home, birthing center.) I am restricted in my travel range to be about a 20 mi radius from Greenwood

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established  
Would love to start as a back up doula or partnered doula

# Paula Kett

6110 24th Ave NW, #301 Seattle paula.kett@gmail.com 734-649-4803

## What I hope happens at the Round Up is:

I meet more doulas who share my background

I meet a few doulas who provide on-call back-up

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I have a great time and meet some new friends

Other:

## About Me:

I have been a nurse for 5 years and recently transitioned into doula work. I currently work as a teacher training nursing assistants, but am looking to delve full-time into childbirth work/education/postpartum work when this job ends (June 14). I do not have kids, but have a beautiful niece who I see just about everyday. I am as active as I can be, I love exploring, eating, and cooking new types of food, and one of my favorite things to do on the weekend is to walk around downtown Ballard and shop at the farmer's market. I travel as often as I can and have done quite a bit of work in Kenya with maternal health - I am interested in continuing work in global maternal health as in the areas I worked, I saw a huge need for the doula role. I am also heavily involved in a community coffeeshop in Greenwood called the Green Bean and as I gain experience, I hope to periodically offer free classes for women/families in the neighborhood.

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards maximalism

Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: ENTJ

Enneagram personality type:

## My doula work:

My philosophy: My personal intention in offering doula support is to succeed in helping women feel empowered in their birth experience and birth choices. I believe in supporting informed choice and helping cultivate a healthy perspective and attitude toward pregnancy and birth!

Number of years in practice: 6 years as a nurse, 8 months as a doula

My certifications:

My practice area:

My doula practice can be best described as:

Just starting out

Solo practice

# Rebecca Blankinship

8008 Maple Point Drive Clinton rebecca.blankinship@gmail.com 360 708 8519 www.nurturemedoula.com

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I have a great time and meet some new friends  
Other:

## About Me:

I'm a mama to beautiful 16 month old girl Nunu. I am an aspiring fashion designer and hope to launch Mama Nunu's Beautiful Birth Wear next year. I love traveling and am very interested in the cultural traditions and belief systems surrounding birth and motherhood. You might find me at the park or a festival with my little one and friends on the weekend (in the summer that is, bring it on Seattle I'm ready!). I also help people get started with websites, everyone needs a web presence and yes, You Can Do It! [www.rebeccaswebsites.me](http://www.rebeccaswebsites.me)

My age: 30s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: I am new to the doula world but what brought me here is the desire to help support the knowledge base that we are powerful, our minds, hearts, bodies and spirit. I plan to offer Blessingway ceremonies with unique ceremonial activities for mother and her circle. I will also offer sessions for new parents to use their creativity to record their birth stories, in art or in story form.

Number of years in practice: 0! Just starting out.

My certifications: None yet. I took the doula training at Bastyr in March 2013.

My practice area: I will only work on Whidbey Island where I live.

My doula practice can be best described as:

Just starting out  
I'm a back-up doula, only  
I'm still exploring all of my options.

# Rebecca Shepherd

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## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I meet a few doulas who provide pre-scheduled back-up  
Other:

## About Me:

Having been a doula for going on six years, I am finding that to make this work sustainable for me full time, I need to schedule small windows of time each month or two that I am off- call (creating space for downtime, weekend getaways, self care). I am looking for back up support for these times, as well as more networking for general backup opportunities.

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I am neutral  
Naturalist vs Technologist: I am neutral  
Minimalist vs Maximalist: I am neutral  
Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: Don't know - but aren't we more complex anyhow ?! :)

Enneagram personality type:

## My doula work:

My philosophy:

Number of years in practice: 6

My certifications: DONA, PALS

My practice area: Seattle - 10-15 mile radius

My doula practice can be best described as:

Well established  
Solo practice

# Sarah Osborne

3324 S 8th St Tacoma Osborne4Family@msn.com 206-719-6965 www.BabyBlessingsDoulaCare.com

## What I hope happens at the Round Up is:

I have a great time and meet some new friends  
Other:

## About Me:

Been married 14 years, have 3 kids (ages 13, 9 and 4). Been a birth doula for 4-1/2 years. I lead the South Sound ICAN Chapter and am passionate about helping VBAC mamas. Along with my doula business I am also a medical transcriptionist and work from home doing that. I love music and love to sing. I love crafting. Most weekends you'll find me snuggled on the couch watching a movie with my hubby.

My age: 30s

Medical mind-set

Myers-Briggs personality type: ESTJ Extravert(11%) Sensing(38%) Thinking(25%) Judging(67%)

Enneagram personality type: I am a 9 Taking wings into account, I seem to be a 9w1

## My doula work:

My philosophy: Birth is a natural event & medical interention is very rarely needed. Basically, I want what my client wants. I want them to be happy and I want to support them in their goals for their birth.

Number of years in practice:

My certifications: CD(CONA)

My practice area: I'll pretty much travel about an hour away from Tacoma; so, I'll go up to Kirkland/Bothell/Kenmore area and down to Olympia and to Silverdale and everywhere in between.

My doula practice can be best described as:

Well established  
Solo practice  
On-call doula

# Shelia Kandeler

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## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find a few doulas who want to share a partnered practice with shared call  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I have a great time and meet some new friends  
Other:

## About Me:

My background is in social work, but I haven't practiced in a long time as I chose to stay home with my 3 girls, ages 9,11, and 14. I volunteered w La Leche League for 10 years before training as a doula. Outside of doula work, I spend my time volunteering at my church, rowing, playing guitar, and enjoying my family.

My age: 40s

Medical mind-set

Myers-Briggs personality type: INFP

Enneagram personality type:

## My doula work:

My philosophy: I believe that birth matters immensely in the lives of women, and that they deserve continuous, unconditional support that helps them foster a sense of control, achievement, and heightened self worth. Regardless of the type of birth a woman seeks, I believe the support of a doula should empower her and highlight her amazing strength, helping to lay a foundation for parenting and nurturing a child. I keep the following mantra in mind always: be very kind to the mama.

Number of years in practice: Almost 2

My certifications: Trying to complete the paperwork for PALS and DONA.

My practice area: About 20 miles and anywhere as long as the birth is attended by an OB or midwife.

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established  
Solo practice

# Susie Bordner

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## What I hope happens at the Round Up is:

I find more doulas for back-up trades

I meet a few doulas who provide pre-scheduled back-up

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I have a great time and meet some new friends

Other:

## About Me:

4 kids, 6 grand kids. :) Love to walk, read, be by the water

My age: 50s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I lean towards believing

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: Helping a woman feel strong and confident in her choices, while providing the nurturing and encouragement needed to help her give birth. I want to be her biggest cheerleader!

Number of years in practice: Birth- 2 years Postpartum- 4 years

My certifications: PALS NAPS, DONA

My practice area: About 20-25 miles around Kirkland. All birth places

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established

Solo practice

Volunteer doula

# Tabitha Milian

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## What I hope happens at the Round Up is:

I meet more doulas who share my background

I find more doulas for back-up trades

I meet a few doulas who provide on-call back-up

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I find the doulas who need an on-call back-up doula. I can provide that!

Other: That there is a diverse group of people that attend, and that there are non-alcoholic/no sugar added beverages, as well as a lacto-intolerant alternative munchie.

## About Me:

Hey all, i'm a cuban-moroccan with a sprinkle of dutch person that appreciates and respects other cultures/customs, I think of myself as a world citizen. I love to learn and connect, especially from other Doulas of color. I am all about making change within this world and know that one of my avenues of service is doula work. I am currently learning about what an abortion doula does and will take an abortion doula workshop this June in San Francisco. I truly believe in the necessity of supporting wombyn during and after pregnancy, with whatever choices are right for them. I'm excited to meet those who can come out.

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards minimalism

### Myers-Briggs personality type:

### Enneagram personality type:

## My doula work:

My philosophy: Non-judgmental, culturally relevant and respectful, I have more of a radical perspective on birth. And I like using non gender conforming pronouns.

Number of years in practice: 2

My certifications: Certifying through DONA Breastfeeding certification

My practice area: I live in Seattle, and prefer Seattle and outlying cities. I work in all birth places.

### My doula practice can be best described as:

Just starting out

Partnership with 1 other doula

On-call doula

Open Arms doula

Volunteer doula

soon to be abortion doula

# Talya

74716th ave e Seattle Talyam3@gmail.com 2067349512

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I find a few doulas who want to share a partnered practice with shared call  
I meet a few doulas who provide pre-scheduled back-up  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I find doulas who want to share childcare duties  
I have a great time and meet some new friends  
Other: To find out what other talents those doulas have , just for fun!

## About Me:

I am Israeli, so after living under the HOT sun all my life, I LOVE seattle weather. I moved here after 2 years of living in Boulder, CO, where I went to massage school. I live in a co op on capital hill, I love climbing and yoga Weekend I like to be in nature, and meet with my friends.

My age: 30s

Medical mind-set

Myers-Briggs personality type:

Enneagram personality type:

## My doula work:

My philosophy: I am a birthing from within doula and mentor, my work is gently guided by BFW philosophy.

Number of years in practice: Few month

My certifications:

My practice area: I serve the seattle city area I serve in and out of hospital birth

My doula practice can be best described as:

Just starting out  
Solo practice  
Partnership with 1 other doula  
On-call doula  
Open Arms doula  
Volunteer doula

# Tanaya Caim (Iversen)

2341 NE 92nd St Seattle tanaya@gmail.com 206.375.9683 www.livelovepursue.com

## What I hope happens at the Round Up is:

I find a few doulas who want to share a partnered practice with shared call  
I have a great time and meet some new friends  
Other:

## About Me:

Hobbies include gardening and sustainable living initiatives. Passionate about support alternative families in the Seattleland area.

My age: 30s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards maximalism  
Doubter vs Believer: I lean towards believing

Myers-Briggs personality type: INFJ

Enneagram personality type: 2W3

## My doula work:

My philosophy: Empowering families to make informed decisions about the birthing process. Helping pregnant people find their ROAR and really own the process as much as possible.

Number of years in practice: 5 years experience, <1 year since "official" training

My certifications: working on DONA, PALS, and Lamaze

My practice area: 25 miles from Seattle, no ferries.

My doula practice can be best described as:

Somewhere in the middle of just starting out and well established  
Solo practice  
On-call doula  
UWMC doula  
would LOVE to establish a group practice

# Tiffany/Guenther

17404 100th St SE Snohomish yourbirthchoice@gmail.com 2068760951

## What I hope happens at the Round Up is:

I meet more doulas who share my background  
I find more doulas for back-up trades  
I meet a few doulas who provide on-call back-up  
I find the doulas who need a pre-scheduled back-up partner. I can provide that!  
I find the doulas who need an on-call back-up doula. I can provide that!  
I have a great time and meet some new friends  
Other: that there is yummy food!

## About Me:

I submitted my paperwork for certification through DONA and PALS. I have a daughter who will be a year old on June 24th. I recently obtained a Bachelor's degree in Biology, specifically Environmental Conservation, Evolution and Ecology. On a weekend you will find me near water if it is sunny or chilling in my home if it is raining. I do enjoy a fruity mojito from time to time and I love volunteering up at Pig's Peace Sanctuary.

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature  
Minimalist vs Maximalist: I lean towards minimalism  
Doubter vs Believer: I lean towards doubting

Myers-Briggs personality type: ENFJ

Enneagram personality type: Classical: Type 2, wings 2w3 Instinctual variant: Type 2 SO, wing 3

## My doula work:

My philosophy: I feel that a woman's birth experience is one of the most monumental times in her life. She deserves to have all the support she desires and the respect of that support team to let her trust her body and make informed choices. To obtain that birth experience, I believe women need to educate themselves on their birth choices and have the confidence and freedom to implement those choices.

Number of years in practice: 1

My certifications: Awaiting certification through DONA and PALS

My practice area: All birth locations between Marysville, Seattle and Renton. I do not cross over ferries.

My doula practice can be best described as:

Just starting out  
Solo practice  
On-call doula

# Veronica Malki

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## What I hope happens at the Round Up is:

I find more doulas for back-up trades

I meet a few doulas who provide pre-scheduled back-up

I meet a few doulas who provide on-call back-up

I find the doulas who need a pre-scheduled back-up partner. I can provide that!

I find the doulas who need an on-call back-up doula. I can provide that!

I have a great time and meet some new friends

Other:

## About Me:

My age: 20s

### Medical mind-set

Naturalist vs Technologist: I lean towards nature

Minimalist vs Maximalist: I lean towards minimalism

Doubter vs Believer: I lean towards believing

### Myers-Briggs personality type:

### Enneagram personality type:

## My doula work:

### My philosophy:

Number of years in practice: 2

### My certifications:

My practice area: Within 30 mi of Seattle. All birth places

### My doula practice can be best described as:

Just starting out