

KIM JAMES
CURRICULUM VITAE

EDUCATION

Shoreline Community College

Nursing Assistant-Certified Certificate Program, August, 2022

Bastyr University/Simkin Center for Allied Birth Vocations

DONA-Approved Birth Doula Trainer Training with Penny Simkin, June, 2010

Seattle Midwifery School

Childbirth Educator Training Course, February, 2000

DONA International-Approved Birth Doula Skills Workshop, March, 2001

University of Washington

BA in Business Administration, 1989

PROFESSIONAL CREDENTIALS

Body Ready Method Certified Pro, 2022.

Nursing Assistant-Certified, Washington State, #NC61363623, 2022 - Current

Certified Lactation Educator (CLE), Evergreen Perinatal Education, 2019

DONA-Approved Doula Trainer Certification, 2010 - Current

DONA International Certified Birth Doula Certification, 2009 - Current

Lamaze International LCCE Childbirth Educator Certification, 2008 - Current

International Childbirth Education Association ICCE Certification, 2005 - Current

Childbirth Education Association of Seattle CCE Certification, 2001 - Current

PALS Doulas Labor Doula Certification, 2001 - Current

TEACHING EXPERIENCE

2012 – Present. *Bastyr University/Simkin Center for Allied Birth Vocations*. Current guest lecturer during the on-site portion of the Simkin Center Childbirth Educator Training Workshop (ICEA contact hour approved).

2008 – Present. *Bastyr University/Simkin Center for Allied Birth Vocations*. Current senior instructor teaching the 32-hour Birth Doula Skills Workshop. Wrote 2018 version of doula workshop curriculum currently used in workshop.

2008 - Present. *Parent Trust for Washington Children*. Developed the curriculum and currently teach the 8-week Lamaze series for Parent Trust for Washington Children.

2008 - 2013. *Parent Trust for Washington Children*. Developed the curriculum and taught the Preparing for Sibling Adjustment class for parents.

2007 - Present. *Parent Trust for Washington Children*. Current guest lecturer teaching select sessions of the 24-hour Basic Teacher Education Program (BTEP) Childbirth Educator Workshop (ICEA contact hour approved).

2002 – Present. *Parent Trust for Washington Children*. Current instructor having taught over 2000 hours of comprehensive four, seven and eight-week childbirth education series.

RELATED EXPERIENCE

2015 – Present. Independently contracted doula with the Swedish Medical Center's Swedish Doula Program.

2000 – Present. *Certified Birth Doula*. Attended 300 + births as primary labor support doula. Specializing in clients with high-risk pregnancies, ART-assisted conceptions, and parents starting families after age 35. www.kimjames.net

ARTICLES AND PUBLICATIONS

2022. Gracefully Supporting Early Labor & Avoiding the Pitfalls of Under-Supporting Our Clients' Emotional Well-Being. DoulaMatch.net Blog. September 14, 2022.

2019. *DONA Certified Doulas Earn Higher Fees and Attract More Clients: A Doula Fee and Referral Comparison from DoulaMatch.net*. DONA Doula Chronicles Blog, DONA International. May 15, 2019

2019. *You Are Not a Doula*. Published in the October 2019 PALS Doulas newsletter.

2017. *Affirmation and Confirmation of the Doula Role: The 2017 Cochrane Review Update on Continuous Support for Women During Childbirth*. *International Doula*, September 2017.

2016. *The pitfalls of Under-Supporting Early Labor: A Complicated Story of Ethics and Client Emotional Well-Being*. Published In the *International Doula* and featured in "Best of the International Doula" *DONA Doula Chronicles Blog* on September, 2016 and Volume 24, Issue 3.

2016. *Certification Still Matters: Certified Doulas Earn Higher Fees and Attract More Clients*. Published in the July, 2016 DONA Doula Chronicles Blog, DONA International.

2016. *6 is the New 4: Do You Understand It and How Are You Teaching It in Childbirth Classes?*. Published June, 2016. Science and Sensibility Blog, Lamaze International.

2016. *Informational Support vs Education: The Difference between Doulas and Childbirth Educators*. Published May, 2016, Science and Sensibility Blog, Lamaze International.

2015. *Certification Matters: CDs and PCDs Get Higher Fees & More Clients*. Published on the July 22, 2015 *The DONA Doula Chronicles* blog.

2014. *Mastering and Loving the Doula's Advocacy Role*. Published in the January, 2014 *International Doula*, DONA International.

2012. *Location, Location, Location Choosing a Teaching Space for Maximum Learner Value and Retention*. Published in the October 16, 2012 Lamaze International blog *Science & Sensibility*.

2010. *Teaching What is Possible vs What is Probable*. Published in the September, 2010 *ICEA Journal of Childbirth Education*.

PRESENTATIONS

2018, 2019, 2020, 2021, 2022, 2023. *Doulas and RNs Working Together*. Semi-Annual RN Residency Training. Swedish Medical Center, Seattle, Washington.

2021. *Troubleshooting Our Workshop Challenges*. DONA International Trainers' Day. Virtual Meeting.

2019. *Sensitively and Sensibly Supporting the Induced Labor Right from the Start*. DONA International Leadership Summit Conference. Houston, TX.

2016. *Difficult Participants: A Trainer's Guide to Prevention and Treatment*. DONA International Annual Conference, Bellevue, WA.

2014, 2015. *Bias: Examining and Avoiding the Pitfalls of Teaching Medical Interventions*. REACHE Regional Childbirth Educator's Conference, Lynnwood, WA; Lamaze International and DONA International Conference, Kansas City, MO.

2013. *Evaluation Power!* Lamaze 2013 Annual Conference, New Orleans

2013, 2014, 2015. *Mastering the Doula's Advocacy Role*. Spokane, WA; DONA International 2013 Virtual Conference; Boise, ID.

2012. *Doubters, Believers and Choices... Oh My! New Tools for Decision-Making*. Lamaze International Conference, Nashville, TN.

2011 and 2012. *Helping Our Clients Create Realistic Expectations*. Seattle, WA; Spokane, WA.

2012. *The Doula's Advocacy Role*. Vancouver, British Columbia, Canada

2011. *Marketing Your Doula Business When No One Knows What a Doula Is*. Spokane, WA.

2011. *Supporting Families through TOLAC and VBAC*. Spokane, WA.

PROJECTS

BirthWatch: A Facebook Application. A Facebook application that publishes pregnancy developments, a pregnancy countdown ticker and emails on getting the most out of pregnancy, labor and birth. Launched 2010.

www.DoulaMatch.Net A US and Canada doula availability database and referral website created for families looking for doulas available during their due dates who match their criteria for certification, experience and fees. Launched 2008.

PROFESSIONAL MEMBERSHIPS

International Childbirth Education Association
Pacific Association for Labor Support
DONA International
Lamaze International

VOLUNTEER ROLES

2023 – Present *DONA International* Certification Workgroup Member
2017 – 2023 *DONA International* Education Committee Member
2018 – 2019. *DONA International* Nominations Committee
2017 – 2018 *DONA International* Education Assessment Committee Member
2012 – 2017. *Lamaze International*. Membership Committee Member
2010 – 2016 *DONA International* Washington State Representative
2008 – 2012. *REACHE (Regional Childbirth Educator Conference)*. Board Member
2001 – Present. *Parent Trust for Washington Children*. Education Committee Member
1999 – 2001. *Program for Early Parent Support (PEPS)*. Neighborhood Group Leader

Kim James Bio

Kim James: I am a certified birth doula, childbirth educator and birth doula trainer. My professional credentials come from DONA International, PALS Doulas, International Childbirth Education Association, Lamaze International, and Great Starts. I cannot imagine more profound work than supporting people through one of the biggest transformative events of their lives: parenthood. I enjoy working with families who are facing high-technology births who want to blend high-touch with high-tech. I'm most interested in studying and applying techniques that support parents' self-advocacy to enhance emotional support and emotional safety. In all areas of my professional work, I'm guided by the belief that working within committed groups achieves better outcomes and equity for more people rather than working independently and solely for oneself. When training and working with new doulas, I strongly encourage certification and joining doula organizations for both the individual and occupation-wide benefits. More information about me and my doula and childbirth education practice can be found here: <https://www.swedish.org/swedish->

[physicians/profile.aspx?name=kim+james&id=203977](http://www.parenttrust.org/gsinstructors/kimjames/) Or here,
<http://www.parenttrust.org/gsinstructors/kimjames/> , or here <https://bastyr.edu/simkin-center/faculty>

Kim James Short Bio

Throughout her 20-year career, Kim has made significant contributions to childbirth education and advancing the work of doulas through her work as a birth and parenting educator at Parent Trust for Washington Children, adjunct faculty and DONA-approved trainer at the Simkin Center for Allied Birth Vocations at Bastyr University and a certified doula with the Swedish Doula Program at the Swedish Medical Centers in Seattle Washington.