

Lorie Michaels, CD(DONA), LCCE, CLC, PMH-C, SpBCPE, SpBAP, BRMPro
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Trainer Bio / Objectives

As a doula, mentor, and educator with over 15 years of experience, I am passionate about equipping doulas with the skills, confidence, and community they need to thrive. My teaching approach blends evidence-based care, cultural humility, and holistic tools like Emotional Freedom Techniques (EFT) and restorative movement. I specialize in supporting doulas who want to serve with compassion while also sustaining themselves professionally. Through BirthPro and my work with nonprofit and agency programs, I've trained and mentored doulas across the country—always centering equity, inclusion, and advocacy. My goal as a trainer is to help you deepen your practice, expand your perspective, and feel fully prepared to support families with skill and heart.

Professional Experience

BirthPro Doula Mastery & Mentoring | Founder & Doula Mentor

March 2025 - Present birthpro.org

- Founded and lead an inclusive doula mentorship and training initiative focused on supporting marginalized birthworkers and advancing birth justice.
- Designed and launched evidence-based, culturally responsive doula training curriculum focusing on LGBTQ+ and BIPOC experiences.
- Mentored doulas in professional development, integrating business skills, client care, trauma-informed practices, and advocacy into their practices.
- Integrated holistic tools like Emotional Freedom Techniques (EFT) and restorative movement (BRM/RYC) into training and mentorship programs.
- Built online learning platforms and created custom digital materials, including case studies, reflective assignments, and simulations.
- Presented workshops on birth equity and doula mentorship at community events and webinars.

Support Birth | Founder

October 2023 - Present supportbirth.org

- Founded a nonprofit doula collective offering inclusive, trauma-informed care for families, with a focus on high-risk birth, postpartum recovery, and holistic support.
- Led community outreach efforts to expand access to doula services, particularly for underserved families.

NamasteHealing | Women's Personal Coaching (EFT & Body Ready Method)

September 2007 - Present namastebirth.com

- Provide coaching for women, specializing in Emotional Freedom Techniques (EFT) and the Body Ready Method, to support emotional release, physical well-being, and personal transformation.
- Facilitate one-on-one coaching sessions and group workshops designed to foster self-empowerment and holistic healing.

Birthing Gently Premier Doula Agency | Doula & Education Director

August 2013 - Present birthinggently.com

- Oversee the creation and delivery of lactation and doula education, ensuring accessibility for families in the Greater Boston Area.
- Design and maintain the agency's website, managing promotional and marketing materials to support program outreach.

Arizona Director | Doula Mentor & Volunteer Coordinator, Birthing Gently

January 2023 - January 2024

- Coordinated the Community Doula Volunteer Program and mentored new doulas to ensure quality, equitable care for Arizona families.

Certifications & Education

- **Founder, Support Birth Nonprofit Doula Collective**
- **Spinning Babies® Certified Parent Educator**
- **Spinning Babies® Aware Practitioner**
- **Evidence Based Birth® Instructor (in progress)**
- **Body Ready Birth® Instructor (in progress)**
- **Restore Your Core® Instructor (in progress)**
- **Body Ready Method® Pro**
- **PMH-C Certified Perinatal Mental Health Professional**
- **Certified Lactation Counselor (CLC)**
- **Lamaze Certified Childbirth Educator (LCCE)**
- **DONA Certified Doula**
- **Postpartum Healing Lodge Certified Postpartum Doula**
- **Clinical Applications of EFT**

- **Size Inclusive Birth Pro**
- **Belly Binding**
- **Sacral Flexion Patterns**
- **Racial & Social Justice for Birth Workers**
- **Certified Placenta Encapsulator**
- **OSHA Blood Borne Pathogen Training**
- **Polarity Therapist**
- **Reiki Master**
- **Tapping Mentor**
- **PTSD & Trauma Support with Veterans Stress Solution**
- **Energy, Trauma, and Healing with EFT**
- **Touch for Health**
- **Matrix Energetics**
- **Bachelor of Arts (B.A.), Psychology**
- **Associate's Degree, Chemical Dependency Counseling**
- **Defense Language Institute, Korean Language Studies**

Skills & Expertise

- Remote care, offering virtual consultations and support for families throughout pregnancy, birth, and postpartum
- Lactation support, including virtual breastfeeding guidance and challenges resolution
- Perinatal mental health expertise, with a focus on trauma-informed care and emotional release through EFT
- Evidence-based childbirth education, with a focus on physiological birth, informed decision-making, and holistic practices
- Holistic postpartum care, including emotional support, breastfeeding assistance, and community advocacy
- Strong advocacy for marginalized communities, especially LGBTQ+ and BIPOC families, ensuring equitable and inclusive care

- Leadership and mentoring, with extensive experience developing educational content and supporting new doulas
- Expertise in online learning platforms, digital course design, and marketing funnels for expanding access to doula training