PACIFIC RIM COLLEGE

FALL 2026 HOLISTIC DOULA CERTIFICATE

Thursday	Friday	Saturday	Sunday
September 3	**September 4**	**September 5**	**September 6**
Doula Training & Ethics 4:00pm - 7:00pm *Emily McGregor & Marika Hall*	**Fundamentals of Anatomy & Physiology** 3:45pm - 7:00pm *Dr. Carrie Watkins*	**Research & Presentations** 10:00am – 3:00pm *Emily McGregor*	**Doula Training & Ethics** 9:00am - 12:00pm *Emily McGregor* **Holistic Nutrition** 1:00pm – 5:00pm *Amber Baker*
September 10	**September 11**	**September 12**	**September 13**
Fundamentals of Anatomy & Physiology 3:45pm - 7:00pm *Dr. Carrie Watkins*	**Tai Qi for Doulas** 4:00pm - 7:00pm *Malcolm Clark*	**Doula Training & Ethics** 10:00am – 2:30pm *Emily McGregor*	**Intro to Midwifery & Primary Health Providers** 9:00am – 5:00pm *Kaitlyn Whitworth*
September 17	**September 18**	**September 19**	**September 20**
Fundamentals of Anatomy & Physiology 3:45pm - 7:00pm *Dr. Carrie Watkins*	**Tai Qi for Doulas** 4:00pm - 7:00pm *Malcolm Clark*	**Intro to Family Support** 9:00am – 12:30pm *Emily McGregor* **Doula Training & Ethics** 1:30pm – 5:30pm *Emily McGregor*	**Holistic Nutrition** 9:00am - 12:00pm *Amber Baker* **Acupressure for Pregnancy & Childbirth** 1:00pm – 6:00pm *Celina Lyons*
September 24	**September 25**	**September 26**	**September 27**
Fundamentals of Anatomy & Physiology 3:45pm - 7:00pm *Dr. Carrie Watkins*	**Tai Qi for Doulas** 4:00pm - 7:00pm *Malcolm Clark*	**Intro to Midwifery & Primary Health Providers** 9:00am – 5:00pm *Kaitlyn Whitworth*	**Intro to Family Support** 9:00am – 12:30pm *Emily McGregor* **(CPR)** **Doula Training & Ethics** 2:30pm - 5:30pm *Emily McGregor*
October 1	**October 2**	**October 3**	**October 4**
Fundamentals of Anatomy & Physiology 3:45pm - 7:00pm *Dr. Carrie Watkins*	**Tai Qi for Doulas** 4:00pm - 7:00pm *Malcolm Clark*	**The Energetics of Doula Work** 9:00am - 5:00pm *Marika Hall*	**Doula Training & Ethics** 9:00am - 12:00pm *Emily McGregor* **Holistic Nutrition** 1:00pm – 5:00pm *Amber Baker*

Thursday	Friday	Saturday	Sunday
October 8	**October 9**	**October 10**	**October 11**
Fundamentals of Anatomy & Physiology 3:45pm - 7:00pm *Dr. Carrie Watkins*	**Research & Presentations** 4:00pm –6:00pm *Emily McGregor*	**Doula Training & Ethics** 9:00am – 5:00pm *Emily McGregor*	**Intro to Midwifery & Primary Health Providers** 9:00am – 5:00pm *Kaitlyn Whitworth*
October 15	**October 16**	**October 17**	**October 18**
Reading Break *No Classes*	*Reading Break* *No Classes*	*Reading Break* *No Classes*	*Reading Break* *No Classes*
October 22	**October 23**	**October 24**	**October 25**
Fundamentals of Anatomy & Physiology 3:45pm - 7:00pm *Dr. Carrie Watkins*	**Tai Qi for Doulas** 4:00pm - 7:00pm *Malcolm Clark*	**Business Skills for Doulas** 9:00am - 5:00pm *Amber Thibault*	**Yogatherapy for Doulas** 9:00am - 5:00pm *Molly Moon*
October 29	**October 30**	**October 31**	**November 1**
Fundamentals of Anatomy & Physiology 3:45pm - 7:00pm *Dr. Carrie Watkins*	**Yogatherapy for Doulas** 4:00pm - 7:00pm *Molly Moon*	**Intro to Family Support** 9:00am – 5:00pm *Emily McGregor*	**Holistic Nutrition** 9:00am – 5:00pm *Amber Baker*
November 5	**November 6**	**November 7**	**November 8**
Fundamentals of Anatomy & Physiology 3:45pm - 7:00pm *Dr. Carrie Watkins*	**Doula Training & Ethics** 4:00pm - 7:00pm *Emily McGregor*	**Acupressure for Pregnancy & Childbirth** 1:00pm – 6:00pm *Celina Lyons*	**The Energetics of Doula Work** 9:00am - 5:00pm *Marika Hall*

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Thursday	Friday	Saturday	Sunday
November 12	**November 13**	**November 14**	**November 15**
Fundamentals of Anatomy & Physiology 3:45pm - 7:00pm *Dr. Carrie Watkins*	**Doula Clinic** 3:45pm - 7:00pm *Malcolm Clark*	**Herbal Medicine** 9:00am – 5:00pm *Amy Klazek*	**Herbal Medicine** 9:00am – 5:00pm *Amy Klazek*
November 19	**November 20**	**November 21**	**November 22**
Fundamentals of Anatomy & Physiology 3:45pm - 7:00pm *Dr. Carrie Watkins*	**Doula Clinic** 3:45pm - 7:00pm *Marika Hall*	**Infant Feeding** 9:00am – 5:00pm *Candice Wray*	**Infant Feeding** 9:00am – 5:00pm *Candice Wray*
November 26	**November 27**	**November 28**	**November 29**
Fundamentals of Anatomy & Physiology 3:45pm - 7:00pm *Dr. Carrie Watkins*	**Doula Clinic** 4:15pm - 6:15pm *Malcolm Clark*	**Herbal Medicine** 9:00am – 5:00pm *Amy Klazek*	**Doula Training & Ethics** 9:00am - 12:00pm *Emily McGregor* **Holistic Nutrition** 1:00pm – 4:00pm *Amber Baker*
December 4	**December 4**	**December 5**	**December 6**
Fundamentals of Anatomy & Physiology 3:45pm - 6:45pm *Dr. Carrie Watkins*	**Doula Clinic** 3:45pm - 7:00pm *Marika Hall*	**Yogatherapy for Doulas** 9:00am – 1:00pm *Molly Moon*	**Business Skills for Doulas** 9:00am – 5:00pm *Amber Thibault*
December 10	**December 11**	**December 12**	**December 13**
Fundamentals of Anatomy & Physiology 3:45pm - 6:45pm *Dr. Carrie Watkins*	**Doula Clinic** 3:45pm - 6:00pm *Malcolm Clark*	**Research & Presentations** 9:00am-5:00pm *Emily McGregor*	**Doula Training & Ethics** 9:00am - 2:30pm *Emily McGregor* **Closing Circle** 3:00pm - 5:30pm *Emily McGregor & Marika Hall*

Program Totals	
Doula Training & Ethics	39 hours
Intro to Midwifery & Primary Health Providers	21 hours
Fundamentals of Anatomy & Physiology for Doulas	45 hours
Intro to Family Support for Doulas	14 hours
Intro to Herbal Medicine for Doulas	21 hours
Tai Qi for Doulas	15 hours
Holistic Nutrition for Pregnancy & Childbirth	21 hours
Acupressure for Pregnancy & Childbirth	10 hours
Yogatherapy for Doulas	14 hours
The Energetics of Doula Work: A Hands-on Exploration of Holding Space for Birth	14 hours
Infant Feeding Foundations & Support	14 hours
Doula Research & Presentations	14 hours
Business Skills for Doulas	14 hours
Doula Clinic	14 hours
Total	**270 hours**

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Core Teaching Faculty

Amber Baker is a holistic nutritionist, educator, and academic leader with over a decade of experience in clinical practice, nutrition education, and integrative health. As Dean of the School of Holistic Nutrition at Pacific Rim College, she provides leadership for curriculum development, faculty support, and student success while teaching courses in holistic and clinical nutrition. In addition to her academic role, Amber maintains a private nutrition practice and co-founded clinic, a multidisciplinary health clinic in Victoria focused on collaborative, patient-centred care. Her areas of interest include women's health, hormone balance, fertility, pregnancy, digestive health, oncology nutrition, and sustainable lifestyle change.

Malcom Clark offers a unique outlook allows him to meet clients and students in their individual needs. He turns old art forms into very practical life skills and has built techniques to relieve physical, environmental and emotional stresses. Client involvement is an important part in healing, which he encourages through hands-on bodywork, communication and home exercises. He has been inspired by practices such as Tai Chi, Qi Gong, Feldenkrais and Zero Balancing. In addition to teaching at Pacific Rim College in the Acupuncture and Doula programs, he also offers Bodywork and classes at his private clinic.

Marika Hall is a registered acupuncturist, holistic birth doula, and shamanic practitioner based in the Greater Victoria area on Vancouver Island. Raised in rural Alberta, Marika's early connection to nature and community inspired a lifelong study of plant wisdom, spiritual healing, and traditional medicine. She operates her practice, Sākrid Acupuncture and Shamanic Healing, in the Saanich and Westshore regions of Victoria. Her multidisciplinary work focuses on reproductive health, shamanic healing, and TCM postpartum care.

Amy Klazek is a Medical Herbalist and a graduate of the Community Herbalist Certificate program and the Diploma of Phytotherapy program at Pacific Rim College. She has a particular interest in nervous system and digestive health, as well as dermatology. As a member of the team at Pacific Rim College, she is proud to contribute to the education of holistic health as the Admissions Director, and as an instructor for the Holistic Doula Certificate and the Community Herbalist Certificate programs.

Celina Lyons received her Masters of Science in Traditional Chinese Medicine from ACTCM in San Francisco in 2005. She completed a post grad training in Functional Medicine in 2021. She is a passionate healthcare provider and educator. Much of her post graduate training has focused on her great loves; women's health, fertility and pregnancy and pediatrics. She grew up with a mother who was a midwife for 40 years. A godmother and teacher who was a home birth midwife and Doctor of Chinese Medicine. Birth, babies and the transformation of women has always drawn her in. She has taught Pediatric Acupuncture at Pacific Rim and has been teaching for the Holistic Doula program since it began.

Emily McGregor After completing the Doula Program at Pacific Rim College in December 2013, Emily stepped fully into her calling as a birth doula. She quickly developed a passion not only for supporting families during pregnancy and birth, but for education as a cornerstone of empowerment. Emily believes informed families are better equipped to make confident, values-aligned decisions, and she prioritizes evidence-based knowledge alongside compassionate care. In addition to her work with families, Emily has dedicated significant time to mentoring new doulas as they attend their first births and develop their professional confidence. She is deeply committed to fostering integrity, competence, and heart-centered leadership within the doula community. As the founder of Firefly Perinatal Education, Emily continues to support families navigating pregnancy, birth, and early parenthood, while contributing to the growth and sustainability of the birth work profession.

Molly Moon is a mother, a doula and a singer of sacred songs. She has been living the practice of Yoga for over 20 years and has led Yoga Teacher Training programs around the world with her passion for guiding the wild, awakening spirit. When not chasing around her toddler, Molly might be found inventing new flavours of Kombucha or pulling weeds in the garden. She brings with her the magic of song wherever she goes.

Amber Thibault is trained as a Wholistic Doula and Registered Nurse, Amber has invested into many families as a Doula and Palliative Nurse, creating successful business for both ends of the spectrum. She created a Doula business where she practiced full time for four years. She now is a part-time Doula while balancing being a full-time business owner of Central Alberta Palliative Care, employing numerous nurses. She splits her time between attending births and supporting families to welcome a life and attending deaths where she supports families to journey through their loved one's last breath. She has been a preceptor for Doula students as well as an educator at Red Deer Polytechnic in their BScN program for nursing students.

Dr. Carrie Watkins is a Naturopathic Doctor, Yoga Teacher and Educator. She obtained her Bachelor of Science at McGill University with a focus in Wildlife and Plant Biology and is a graduate of the Canadian College of Naturopathic Medicine in Toronto. Dr. Watkins has spent many years leading health education and wellness programs in hospital, corporate and community settings. She holds a faculty position at Pacific Rim College teaching biomedical sciences and nutrition.

Kaitlyn Whitworth is an internationally trained midwife currently living in Metchosin, British Columbia. Raised in a large family on the west coast of Vancouver Island, she was a founding member of West Coast Doulas in 2007. She spent four years supporting families as a birth and postpartum doula in Port Alberni, Ucluelet, and Tofino. She is passionate about teaching and advancing holistic maternity care. Her interests include developing educational resources and improving access to culturally safe, inclusive care for marginalized communities and individuals who face barriers to maternity services.

Candice Wray is a Vancouver Island local and mother of two wonderful children. She is also an experienced perinatal and pediatric Registered Nurse, helping childbearing families on Vancouver Island for 6 years out of 12 years as an RN. In April 2019, she added IBCLC to her credentials by sitting and passing the International Board-Certified Lactation Consultant Examination (IBCLCE). With that, a private lactation company called "two moons lactation consulting" was created and a spark for breastfeeding education has been lit. Candice thrives to find new and exciting ways to share her knowledge and experience supporting breast or chest feeding families on Vancouver Island.