

The Death and Resurrection Doula support group is an extension of the healing ministry of Death and Resurrection Doulas. The group will serve as a place for training doulas and certified doulas to debrief and support one another in our growth as professionals, but also as a place of healing that leads to spiritual growth.

The deep work we do as doulas can be challenging and sometimes heavy. It is important that we fellowship and support one another in this work. The group will be a safe haven for doulas to share questions, struggles, successes, and blessings relating to our ministry so that we may learn from one another and rejoice together.

Our Death and Resurrection Doula training curriculum states, “Our faith in the resurrection is strengthened through the experiences of loss and renewal” and “...the Christian life is full of personal and spiritual deaths and resurrections.” As we face losses, deaths, renewals, and resurrections in our personal and professional lives, the group will allow us to come together in the community to share each other’s burdens and point one another to healing through Christ.

It was also discussed in our training curriculum that the more spiritually mature we become, the more we will encounter situations that call for stronger spiritual warfare. As we face the spiritual opposition that will occur when we heal through Christ, grow in relationship with Christ, and endeavor to bring others to Christ, the group will allow us to come together in community to encourage one another to take up our armor and stand firm.

We will meet live online monthly and communicate on a private discussion board. Live meetings will not be recorded to respect privacy.

The group will be co-facilitated by Chaplain Melissa Zietlow and Dr. Darlene Westinghouse.

Melissa Zietlow is a certified Death and Resurrection Doula and a volunteer End of Life Doula with hospice. She is also an ordained Community Chaplain with the International Alliance of Community Chaplains and is honored to serve as a chaplain to the doula community. She is passionate about emotional health and is working through a Mental Health Coaching program through the American Association of Christian Counselors.

Dr. Darlene Westinghouse is a certified Death and Resurrection Doula, a certified Grief Counselor, and a certified Grief Support Group leader. She has held grief support groups for almost three years. She and her husband are leaders in the Christian church they attend. Her doctorate is in Educational Leadership. Her heart is for the broken in spirit, hurting, and grieving.