**Training**

Patricia began her doula training whilst living in England where she was exposed to a wealth of knowledge and the Active Birth Philosophy.   She returned to America and completed her training with CAPPA and DONA doula organizations.  She participated in the “Introduction to Birthing From Within Mentor & Doula workshop.”  She is also trained to provide support in the [HypnoBirthing](http://hypnobirthing.com/) method. Patricia completed an Advanced Doula workshop in Santa Monica with Gail Tully of Spinning Babies.