



# What Is a Full-Spectrum Doula?

A **full-spectrum doula** is a trained professional who provides **emotional, physical, and informational support across the full range of reproductive experiences**. This includes support during pregnancy, birth, postpartum, abortion, miscarriage, stillbirth, infertility journeys, and adoption.

Full-spectrum doulas center the needs, choices, and lived experiences of the individual or family—offering **nonjudgmental, client-led care regardless of pregnancy outcome**.

## What Does “Full-Spectrum” Mean?

“Full-spectrum” refers to the understanding that reproductive health is not limited to birth. A full-spectrum doula recognizes that individuals may experience a variety of outcomes and deserves compassionate, continuous support through all of them.

Support may include:

- and childbirth
- Postpartum recovery and newborn care
- Miscarriage and pregnancy loss
- Abortion care (pre-, during, and post-procedure)
- Fertility and conception journeys
- Adoption or surrogacy support

## The Role of a Full-Spectrum Doula

Full-spectrum doulas provide **non-clinical support**, meaning they do not perform medical tasks but instead focus on the emotional, educational, and physical comfort of the client.

A full-spectrum doula may:

- Provide evidence-based information to support informed decision-making
- Offer comfort measures such as breathing techniques, positioning, and grounding
- Support clients in navigating healthcare systems and communicating with providers
- Hold space for emotional processing before, during, and after reproductive experiences

- Provide continuity of care across different stages and outcomes

## What Full-Spectrum Doulas Do Not Do

Full-spectrum doulas do **not** replace medical providers. They do not:

- Perform clinical or medical procedures
- Provide medical advice, diagnoses, or treatment
- Make decisions on behalf of the client

Instead, they work alongside healthcare providers to ensure the client feels supported, informed, and empowered.

## Core Values of Full-Spectrum Doula Care

Full-spectrum doulas are grounded in:

- **Autonomy:** Respecting each person's right to make their own decisions
- **Nonjudgment:** Supporting all choices without bias
- **Compassion:** Providing care with empathy and understanding
- **Cultural Responsiveness:** Honoring diverse backgrounds, beliefs, and experiences
- **Continuity of Care:** Supporting clients across multiple reproductive experiences

## Why Choose a Full-Spectrum Doula?

Working with a full-spectrum doula offers:

- Consistent, personalized support across different life experiences
- A safe, confidential space to process emotions and decisions
- Advocacy support and improved communication with providers
- Care that is inclusive, respectful, and trauma-informed

## Full-Spectrum Care in Practice

Full-spectrum doula support is especially valuable in moments that may feel isolating or overwhelming. Whether someone is preparing for birth, navigating loss, or making decisions about their pregnancy, a full-spectrum doula ensures they are not alone.