



# Holistic Reproductive Practitioner

two year  
training program

REFLEXOLOGY  
ENERGY HEALING  
DOULA  
CERTIFICATIONS

June, 2022

FROM THE DESK OF

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## MICHELLE STROUD

Dear aspiring Holistic Reproductive Practitioner,

I am so grateful for your interest in the By the Moon Holistic Reproductive Practitioner training program. This program is a culmination of wisdom, knowledge and experience gathered over many years of holding space for and supporting countless people through their healing journeys, specifically the many fertility, pregnancy, birth, complicated birth, loss and postpartum journeys I have had the great honour to be called into in some small way.

Holistic Reproductive Practitioner work is both a great blessing and a great challenge for both clients and practitioner. It is my belief that this is among the biggest work souls can transform through. It is not easy work and to commit to a career in being a supportive guide and companion for these profound healing experiences requires great commitment to continuous self healing. It demands great energy and evolution.


To choose to step into Holistic Reproductive Practitioner work is to become one with the work. This work becomes you. It is a calling, not a career. It inspires deep passion and devotion. It requires deep reflection and healthy boundaries.

It is my calling now to share this work with those who are taking on the important role of helping our fellow humans heal through their challenges. To step into this role is to find the courage to be bigger, lighter, and more whole yourself. Are you ready?

The By the Moon Holistic Reproductive Practitioner two year training program is a multi-certification program. Upon successful completion all course participants will receive certifications in reflexology, energy healing and doula. Holistic Reproductive Practitioners are qualified to support all people but have additional training and experience to take fertility, pregnancy, birth and postpartum support to a deeper level using a truly holistic model that supports healing of body, mind and spirit equally.

I thank you for your interest and if after deep contemplation you find it within your truth that this is a next step in your souls journey, please complete the HRP training application on the By the Moon website. I look forward to connecting with you.

Sincerely yours,



Michelle Stroud  
Holistic Reproductive Practitioner & Trainer

# By the Moon

## Mission and Vision

By the Moon instructors, students and graduates commit to holding a high standard of honesty, integrity, and kindness with each other, with clients, with their community and with other professionals.

By the Moon instructors, students and graduates lead by example by living by these ideals.

### *We commit to collaboration.*

The competitive model of business is outdated and does not contribute to success, abundance, self growth and healing of the whole. The nature of the universe teaches us that supporting the success of others contributes to the success of all, including ourselves. What we put out into the universe, comes back to us. By the Moon instructors, students and graduates engage only in collaborative uplifting engagement with others both in person and in online interactions. When competitive feelings, judgement or jealousy arises, we commit to continued development of self awareness and healing the root of our insecurity.

### *We commit to continuous learning.*

By the Moon training emphasizes the importance of ongoing learning in a variety of ways. By the Moon instructors, students and graduates commit to staying current on the latest evidence, continuous expansion of knowledge from books, from our clients, from other professionals and other training opportunities. We commit to learning through self reflection and self healing.

### *We commit to self development and healing.*

*We can only take others as far as we have come*, is a key mantra of By the Moon. Continuous growth through self healing through healthy daily practices, self healing practices and with the healing guidance and support of other professionals using a variety of modalities allows By the Moon instructors, students and graduates the opportunity to dig deep into their own work so they can lead by example. We are models to our clients, community and other professionals. Deep self work is where the greatest learning occurs and contributes to a thriving successful professional practice.

### *We commit to being sacred space holders.*

For each other, for our clients, for other professionals and for our communities. We hold a vision for the growth, healing and evolution of all for the greater good of all. We hold space for others that they may develop greater self awareness and wholeness in their own unique way.

### *We commit to a truly holistic model.*

Body, Mind, Spirit. Each component is integral to health of the whole, not just on the individual level. We honour that we are all connected and that by supporting the healing of one, even if it is ourself, that we are healing the whole. By the Moon instructors, students and graduates understand that we are all connected, we are whole and a part of the whole.

By the Moon  
**Holistic Reproductive Practitioner Program**  
**Year One**

Anatomy and Physiology  
 Reflexology  
 Energy Healing  
 Fertility  
 Pregnancy

Note: Times are in EDT or EST. Adjust for your timezone.

This is the current draft for the Holistic Reproductive Practitioner program course timeline starting June 2022. This timeline may be subject to change.

Allow for up to 2 hours for live online seminars.

Quizzes are in your manuals. Answer keys provided. Submission not required.

Assignments in **bold** are marked.

Optional interactive online checkins each first Friday of the month at 10:30am EDT or EST and 2nd Wednesday of the month at 12:30pm EDT or EST except for holidays, plus students receive bonus additional inspiring and informative recordings not listed here.

Year One Manuals: Reflexology Manual by Michelle Stroud, Reiki for Fertility, Pregnancy, Birth and Postpartum by Michelle Stroud, The Healing Touch by William Lee Rand.

See Required Readings list for additional reading requirements

June 14, 2022	Application deadline	
	Tuition first instalment balance due	
<b>Term One</b>		
June 28, 2022 10:30 am	Live Online Seminar #1	Introductions, overview, planning for success, course materials, asking for help, finding volunteers for interview assignments
	Study/Read	Read: Taking Charge of Your Fertility, Part one and two Reflexology manual Reproductive system
July 5, 2022	Recorded lecture #1	Reproductive system anatomy and physiology and Taking Charge of your Fertility Part one and two
	Quiz	Complete Reproductive System quiz, not to be handed in
	<b>Assignment #1 due</b>	<b>Reproductive Health Conditions</b>
July 12, 2022 10:30am	<b>Oral presentations</b>	<b>Fertility: Reproductive Health Conditions</b>
July 19, 2022 10:30 am	<b>Oral presentations</b>	<b>Fertility: Reproductive Health Conditions</b>
July 26, 2022 10:30 am	<b>Oral presentations</b>	<b>Fertility: Reproductive Health Conditions</b>
August 2, 2022	Quiz	Fertility: Reproductive Health Conditions - in the student portal
	Study/Read	Taking Charge of Your Fertility - Part three, four and five
August 9, 2022	<b>Test #1</b>	<b>Fertility, reproductive anatomy and physiology, reproductive health conditions, medical treatments, charting</b>
	Study/Read	Skeletal system, skeletal conditions
August 16, 2022	Recorded lecture #2	Skeletal system, skeletal conditions
	Study/Read	The history of reflexology, Zone theory

*By the Moon*  
**Holistic Reproductive Practitioner Program**  
**Year One**

Anatomy and Physiology  
 Reflexology  
 Energy Healing  
 Fertility  
 Pregnancy

	Quiz	Skeletal system, skeletal conditions
August 23, 2022	Study/Read	Foot conditions
	Study/Read	Muscular system, muscular conditions
August 30, 2022	Recorded lecture #3	Muscular system
	Quiz	Muscular system, muscular conditions
September 6, 2022	Read/Study	Reflexology techniques, The urinary system
	Recorded lecture #4	The urinary system
	Quiz	The urinary system
September 13, 2022	Read/Study	The digestive system
	Recorded lecture #5	The digestive system
	Quiz	The digestive system
September 20, 2022	Read/Study	The circulatory system
	Recorded lecture #6	The circulatory system
	Quiz	The circulatory system
September 27, 2022	Read/Study	The lymphatic and immune systems
	Recorded lecture #7	The lymphatic and immune systems
	Quiz	The lymphatic and immune systems
October 4, 2022	Read/Study	The respiratory system
	Recorded lecture #8	The respiratory system
	Quiz	The respiratory system
October 11, 2022	Read/Study	The nervous system
	Recorded lecture #9	The nervous system
	Quiz	The nervous system
<b>Study Break</b>		
November 1, 2022	Tuition second instalment due	



	Exam	Anatomy and Physiology Exam
<b>Term Two</b>		
	Read/Study	The Healing Touch, chapter 1 & 2, Reiki for FPBPPL section 1A & 1B Introduction to the Energy Body. The Chakras
November 22, 2022 10:30am	Live online seminar #2	Introduction to Energy Healing including reproductive energy healing, Reiki in Kanji, The Reiki Principles, Daily Practices
	Read/Study	The Healing Touch, Chapter 4, Start a gratitude journal
November 29, 2022	Recorded lecture #10	Emotional anatomy, the feminine and masculine, the attunement process, using Reiki in creative ways
	Read/Study	The Healing Touch, chapter 5, Reiki for FPBPPL Section 2 The Daily practices and Self Development
December 6, 2022 10:30am	<b>Oral presentations</b>	<b>Pregnancy conditions</b>
	<b>Assignment #2 due</b>	<b>Pregnancy conditions</b>
	Read/Study	The Healing Touch, chapter 10, Reiki for FPBPPL Sections 3A, 3B Session guides
December 13, 2022 10:30am	<b>Oral presentations</b>	<b>Pregnancy conditions</b>
	Read/Study	Reiki for FPBPPL Sections 3C, 3D, 3E Session guides
December 20, 2022 10:30am	<b>Oral presentations</b>	<b>Pregnancy conditions</b>
	Read/Study	Reiki for FPBPPL Section 4 Manifestation Guide
January 3, 2023	Recorded lecture #11	Using session guides, energy healing sessions
January 10, 2023	Recorded lecture #12	Undisturbed birth, decolonizing birth
January 17, 2023	Read/Study	Reiki for FPBPPL Energy Healing: Loss Guide, Trauma Guide
	Quiz	Loss, Trauma,
January 31, 2023 10:30am	<b>Oral presentations</b>	<b>Inclusion</b>
	<b>Assignment #3 due</b>	<b>Inclusion</b>
February 7, 2023 10:30am	<b>Oral presentations</b>	<b>Inclusion</b>
<b>Practical and In Person Training</b>		

	Practical Training	Use online resources to complete practical skills training for reflexology and energy healing.
Date TBD	Optional In Person Training*	4 consecutive days of in person training: Exchange Reflexology and Energy Healing Sessions, Exercises in Healing and Self Development, Reflexology Techniques, <b>Year One Final Exam</b> and more. Locations and dates will be listed in the student portal.  *please note: opting out of in person training may require students to complete additional practical requirements

Course Participants start offering reflexology and Reiki sessions to meet course's practical requirement (if they haven't already).  
See Practical Requirements document for details.

**Holistic Reproductive Practitioner Program  
Year Two**

Note: Times are in EDT or EST. Adjust for your timezone.

This is the current draft for the Holistic Reproductive Practitioner program course timeline for term three and four starting April, 2023. This timeline may be subject to change.

Allow for up to 2 hours for live online seminars.

Quizzes are for your learning. Answer keys provided. Submission not required.

Assignments in **bold** are marked.

Optional interactive online checkins each first Friday of the month at 10:30am EDT or EST and every second Wednesday at 12:30pm EDT or EST except for holidays, plus bonus additional inspiring and informative recordings not listed here.

Term Three and Four Manual: Holistic Full Spectrum Doula Manual by Michelle Stroud

See Required Readings list for additional reading requirements.

Mar 21, 2023	Tuition third instalment due	
<b>Term Three</b>		
April 4, 2023 10:30am	Live Online Seminar #1	Welcome back, planning for success, daily practices, practical requirements, finding volunteers for assignments, getting help, staying on track
	Study/Read	By the Moon Full Spectrum Doula Manual Section 1: Doula Basics
April 11, 2023 10:30am	Live Online Seminar #2	What is a doula? What is a Holistic Reproductive Practitioner? Discuss assignment #1
April 18, 2023	Recorded Lecture #1	The History of Birth Attendants
April 25, 2023	Blog post	Bias and birth workers
	IGTV	Confirmation bias
May 2, 2023	Recorded Lecture #2	Complicated pregnancies - Guest
May 9, 2023	Recorded Lecture #3	Prenatal visits
	<b>Assignment #1 due</b>	<b>Pregnancy screening and tests</b>
	Study/Read	By the Moon Full Spectrum Doula Manual Section 2: Interviews, Visits and Resources
May 16, 2023	Recorded Lecture #4	Stages of Labour
May 23, 2023	Study/Read	By the Moon Full Spectrum Doula Manual Section 3: Birth
May 30, 2023	Recorded Lecture #5	Confidentiality and consent - Guest
	Study/Read	By the Moon Full Spectrum Doula Manual Section 4: Medical Options
June 6, 2023	Recorded Lecture #6	Birth options: Medical part one



By the Moon  
**Holistic Reproductive Practitioner Program**  
**Year Two**

Doula  
 Intro to Nutrition and herbs

	Recorded Lecture #7	Birth options: Medical part two
June 13, 2023	<b>Assignment #2 due</b>	<b>Placenta previa</b>
June 27, 2023	<b>Essay #1 due</b>	<b>Modern birth in Canada</b>
July 4, 2023	Recorded Lecture #8	Caesarean Birth and VBAC
July 11, 2023	Recorded Lecture #9	Collaboration part one
	Recorded Lecture #10	Collaboration and Professionalism part two
July 18, 2023	Read	Gentle birth, gentle mothering, chapter 6
	Recorded Lecture #11	A broad spectrum of births
	<b>Assignment #3 due</b>	<b>Oxytocin</b>
<b>Term Four</b>		
Aug 1, 2023	Recorded Lecture #12	Ending pregnancy, medical terminations and abortion
Aug 8, 2023	Recorded Lecture #13	Birth/Postpartum after infertility or birth trauma
	<b>Assignment #4 due</b>	<b>Evidence and policy</b>
Aug 15, 2023	Recorded Lecture #14	Agreements and selfcare
	<b>Assignment #5 due</b>	<b>Community resources</b>
Aug 22, 2023	Recorded Lecture #15	Postpartum - Guest
	Study/Read	By the Moon Full Spectrum Doula Manual Section 5: Postpartum
Aug 29, 2023	Recorded Lecture #16	Infant feeding
	Lecture supplements	Transgender parents and chest/breastfeeding, A natural age of weaning, Study finds three distinct stages in infant microbiome development, breastfeeding position and latch
	<b>Assignment #6 due</b>	<b>Colds and flu</b>
Sept 5, 2023 10:30am	Live Online Seminar #3	Breastfeeding Troubleshooting

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**Year Two**

Doula  
 Intro to Nutrition and herbs

Sept 12, 2023	Recorded Lecture #17	Postpartum Parenting
	<b>Reflection #1 due</b>	<b>Personal values and biases</b>
Sept 12, 2023 10:30am	Live Online Seminar #4	Pregnancy and infant loss
	Study/Read	By the Moon Full Spectrum Doula Manual Section 6: Pregnancy and Infant Loss
Sept 19, 2023	Live Online Seminar #5	Birth trauma
	<b>Assignment #7 due</b>	<b>Birth complications</b>
Sept 26, 2023 10:30am	<b>Live Online Seminar #6</b>	<b>Assignment #7 discussion and sharing</b>
	Tuition final instalment due	
Oct 3, 2023	Recorded Lecture #18	Nourishing foods for fertility, pregnancy, birth and postpartum
Oct 10, 2023	Recorded Lecture #19	Nourishing supplements for fertility, pregnancy, birth and postpartum
Oct 17, 2023 10:30am	Live Online Seminar #6	Incorporating basic nutrition into HRP work, Review of Making Babies by Sami S. David and Jill Blakely
	<b>Assignment #8 due</b>	<b>Cycle diary</b>
Oct 23, 2023 10:30am	Live Online Seminar #7	Nourishing herbs discussion and <b>oral presentations</b>
	<b>Assignment #9 due</b>	<b>Nourishing herbs</b>
Oct 30, 2023 10:30am	<b>Oral presentations</b>	<b>Assignment #9 presentations</b>
Nov 7, 2023 10:30am	Live Online Seminar #8	Review Class
Date TBD	Optional In Person Training*	4 consecutive days of in person training: Advanced comfort measures for birth, positions and movement, doula tools, babywearing, infant feeding, sessions exchange, practical exams, <b>Year Two Final Exam</b> and more.  *please note: opting out of in person training may require students to complete additional practical requirements at home.

