Dula - new phenomenon in a helping profession
The presented bachelor thesis is focused on benefits of doula for woman during her pregnancy, childbirth and during puerperium. In the theoretical part the thesis is focused on doula history, basic information about doula's profession and on requirements which must be accomplished by a future doula in order to carry out this profession. Next, official doula organization and certification is discussed. The presented work also includes information regarding the support of a woman by doula during the woman's pregnancy, childbirth and during puerperium, and what kind of service can doula offer. Possibilities and methods which can doula apply to a woman giving birth are summarized for a case of doula attended childbirth. Next, the needs of expectant mothers, such as need of space, security, support, nutrition and limit, are mentioned using a psychotherapeutic method Pesso Boyden System Psychomotor. The discussion about the real implementation of such needs by doula is given. Qualitative research within the practical part is trying to find an answer for a following question: What are the proven benefits of a doula for expectant mother? To answer this question, a number of interviews with woman who have experienced attendance of doula were made and evaluated by using a case study.