



VIRTUOUSLY B'EARTHED

DOULA SERVICES

Meet The Doula



Peace and Blessings!

My name is LaKisha Redditt, owner of Virtuously B'Earthed Doula Services! I am a Doula, Community Health Worker, and all around birth nerd. I am delighted that you are considering the support of a Doula, and I'm even more humbled that you would consider me to be of support to you! I am a mother to 3 young Kings and have had my share of experiences that led me to this space of birthwork. I am definitely someone who values relationship and I only hope that if you choose me to be your Doula, we will build a relationship where you feel heard, supported, and prepared to embark on your birthing journey!

Trainings and Continuing Education

2016

- Trained as a Doula with Community Birth and Wellness (Now Jamaa Birth Village)
 - Birth Doula
 - Breastfeeding Peer Counselor
 - Sexual and Reproductive Health Counselor
 - Childbirth Educator
- Trained as a Community Health Worker through St. Louis Community College

2017

- Grandma's Hands: Pregnancy and Postpartum Herbs & Nutrition in the Southern Tradition through Divine Birth Wisdom

2018

- Enrolled in Bereavement Doula Training through StillBirthday
- Became Founding Member and Treasurer of the St. Louis Doulas of Color Collective
- Became Founding Member and Board of Leaders Member of the St. Louis Community Health Worker Coalition

2019

- Completed the Community Research Fellowship Training (CRFT) through Washington University
- Trained with the St. Louis Doula Project by way of the Minnesota Doula Project to provide Doula Services to women who are incarcerated or justice involved
- Started teaching Doula Skills to 1st year Medical Students at St. Louis University Medical School in an elective called Labor of Love
- Spinning Babies Workshop

2020

- Enrolled in Birth Arts International Trainings
 - Birth Doula
 - Postpartum Doula
 - Childbirth Educator
- Became an Herbal Therapist for Women's Health and Wellness and Emotional Wellness Facilitator through Indigenous Remedies
- Became Placenta Encapsulation Specialist through Woman's Choice Perinatal Services
- Became Chairperson of the St. Louis Doula Project

2021

- Became Placenta Encapsulation Specialist Instructor through Woman's Choice Perinatal Services

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