



KATHARINE TABOR

Labor, Birth • Postpartum Doula

Hello, My name is Katie and I am a Certified Labor, Birth, and Postpartum Doula based out of the New York area for the last 8 years. I'm passionate about continuing to relearn traditional birth ways, decolonizing birth and reproductive justice. I believe it's essential to support individuals and grassroots organizations fighting to end the crisis on maternal health, in this city and country.



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New York City Area

WORK EXPERIENCE & TRAININGS

LABOR • BIRTH DOULA, POSTPARTUM DOULA

2018-Present

- 2018 Birth Doula Training Doula with Yiska Obadia
- 2018 Comfort Touch Doula with Yiska Obadia
- 2018 Certified Reiki Level Two-MINKA Brooklyn
- 2018 Pre/Postnatal Yoga Teacher Training - Maha Mama NYC
- 2019 Certified Lactation Counselor-Birthday Presence
- 2019 Hypno Doula Training, The Mongan Method with Paula Aji
- 2019 Trauma Informed Practitioners with Rachel Aedan
- 2020 Medical Intuition with Aki H Baker and Manu Del Prete
- 2020 Birth Art Mentor - Birthing From Within
- 2020 Supporting LGBTQIA+ Families in Birth and Postpartum

- with Morgane Richardson
- 2020 Grandma Hands Pregnancy and Postpartum Herbs & Nutrition in the Southern Tradition with Divine Birth Wisdom
- 2020 The Reasoning Doula Mentorship with Chanel Porchia-Albert
- 2020 Supporting Loss as a Doula with Jill Schock
- 2020 Loving, Dying and Letting Go - The Institute for The Study of Birth, Breath and Death
- 2020 Matriz y Concha - Indigescuela with Panquetzani

TRAINING

Education

- B.A. in Psychology - NJ City University

FEATURES/AWARDS/FUN FACTS

Professional Skills: Prenatal Postpartum Doula, Loss Support, Lactation, Reiki, Birth Art Mentor. In 2015, The birth of my daughter ignited a fire in me to become a birth worker. In my free time, I enjoy connecting to Mother Earth, finding peace exploring the many layers to this world. I currently reside in Brooklyn, NY with my family. I work in surrounding boroughs as a Full spectrum birth worker, reiki practitioner, and multidisciplinary artist.



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