

# HYPNOSIS for Childbirth UK

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## HYPNOTHERAPY

Hypnosis is not magic, no swinging watch chains or flashing lights, in fact, only the human voice is used to induce a state of hypnosis. There is no question of being controlled or manipulated. Nobody can be made to do anything they do not want to do which would be contrary to their own moral judgement or beliefs. A person in hypnosis is not asleep, their sense of hearing is often heightened, leaving you to wonder why you can hear everything more clearly, a clock ticking, cars outside and still feel wonderfully relaxed.

We have all experienced a light hypnotic trance, daydreaming, when your mind drifts listening to a piece of music or standing in a long shopping queue. Hypnotic experiences are commonplace in everyday life. In fact, the therapist is just the catalyst who enables you to enter the state of hypnosis by relaxing your body, while focusing your mind towards new ideas and positive possibilities in your life. When you return to normal conscious awareness at the end of a session or use of my CD, you will open your eyes feeling rested, calm and refreshed. If you need to come out of hypnosis at any time, then your conscious mind will bring you back to the here and now without any effort on your part.

### Fees

Introductory consultation is free.

3 to 4 sessions at £50 per session – fees include all CDs. Sessions last between 50 – 70 minutes.

Fees are paid at each session.

## **HYPNOSIS FOR CHILDBIRTH**

Learning to use the tool of self-hypnosis during childbirth provides a more natural birth by giving you a remarkable degree of control over your mind and body. This reduces the levels of anxiety whilst in labour, creating a calmer experience and a less stressed baby. During your sessions with me we can work together to reduce any other symptoms such as back pain, headaches and insomnia.

Childbirth is a natural process but in our Western society, women no longer rely on instinct or listen to their bodies to experience childbirth; instead they often approach labour with fear and anxiety made worse by all the stories they have heard from various sources. Every pregnant woman needs to understand the mechanics of labour and delivery so that she can appreciate what is happening to her body during childbirth. With the backing of 30 years of medical experience and as a mother of two, you can be reassured of my knowledge and understanding of all the processes involved.

### **Advantages of using Hypnosis during childbirth:**

#### ***Reduces labour time***

Pain definitely is not all in your mind, but your mind does affect your perception of pain. Fear and anxiety trigger the body's "fight or flight" response, an instinctive reaction that prepares the body to handle a perceived threat. When under stress, a woman's uterus contracts and the cervix tightens. The greater the fear, the more intense the muscular reaction and the harder the uterus must work to force the cervix open during labour.

Hypnosis can help you relax and accept your contractions, lowering tension in the body and allowing the birthing muscles to work in harmony. It is well established that hypnosis reduces the first stage of labour by up to 3 hours.

#### ***Less Analgesic drugs required (if any)***

Modern medicine offers a number of drugs to help reduce the pain levels but they all have side effects both for mother and baby. Hypnosis is a natural 100% safe tool for you to use alongside medical intervention, giving you the choice of using less analgesic.

#### ***A less exhausted mother after birth***

#### ***Less stress for your baby***

Babies have been shown to cry less, sleep and feed better and are generally calmer born to mothers using hypnosis.

### **Hypnosis Sessions**

3 or 4 sessions are required (not including the free initial consultation). I like to see the husband or partner once during this time. This is to establish from both, the needs and expectations during birth and to give the opportunity for the partner to experience hypnosis. Most of the therapy is continued with the use of my CDs which are to be regularly listened to at home by the mother to be. Regular practise prepares your subconscious mind for the birth and allows you to switch on the techniques with minimum effort.

### **Hypnosis does not cure anything**

It is used as a therapeutic tool to assist the subconscious mind to take on board suggestions that are for the mother and baby's benefit. It is not a replacement for medical intervention and can work alongside a hospital or home birth.

### **When should I book an appointment?**

The first free consultation is normally about 32 weeks of your pregnancy. I will explain what each session will comprise of and how the CDs are incorporated into the programme.