

introduction to
Birth Hypnosis
 2 Day Training



November 12 & 26, 2011
9.30am – 5.30pm

This training is a specially designed step-by-step process for birth attendants to teach women, enabling them to achieve deep relaxation during pregnancy, labour and birth.

\$360 - BYO lunch
766 Riversdale Rd, Camberwell
Bookings Essential

Ph: Anna 9718 1239 - 0408 954 120
 anna@openingtolife.com.au

The body instinctively knows how to birth. Hypnosis in childbirth means training the mind to let go so that the body can relax and birth more easily.

This training is designed as a simple and practical recipe for:

- Understanding hypnosis and relaxation what it is and how it is a natural everyday state of mind.
- Facilitating the hypnotic/relaxation state via relaxation techniques and scripts.
- Learning how to use breathing techniques as a tool to facilitate relaxation.
- Understanding the body's innate ability to birth.
- Understanding the hormonal symphony that is part of the birthing process.
- Understanding how the right breathing lessens the experience of pain during labour.
- The step by step process to guide any woman through to use hypnosis /relaxation in their labour and birth.
- Clarity of expectations about your role as a doula/midwife/birth support person, not as a therapist.

You will come away with:

- A step by step process to follow when facilitating women through the process.
- Effective scripts and an understanding of how to use them effectively.
- Understanding how to create a unique and personalised process for each woman.
- 4 CD's to practice and experience deep relaxation and trigger the relaxation response as an everyday experience for pregnant women/couples.
- Suggestions for working with and stepping through fears.
- The ability to instinctively bring deeper relaxation to all births.
- Resources to give to your clients in your HypnoChildbirth practice including:
- Resources for you to help with your HypnoChildbirth practice including:

"Thank you for creating the birthing with hypnosis workshop. It was a wonderful weekend of learning, connecting and increased my confidence to use hypnosis techniques with the people I see.

You made it easy to understand and simple to implement with my clients. As you have given me a structure that I can adapt to suit my style, I have a beautiful combination of clear direction matched with my creativity in how that looks. I know others will enjoy and benefit from it likewise. "

Erika Munton - Birth Attendant/Educator/Life Coach