

HOW DO WE *journey* FROM



WHILE ENJOYING THE EXQUISITE BEAUTY AND
AMAZING POWER OF BIRTH IN COMPLETE COMFORT?

WITH EDUCATION, SUPPORT, TRUST &
EXCELLENT CHILDBIRTH HYPNOSIS TOOLS



Encouraging women to explore what they already know...
to go within while giving birth...
to trust in their body and their baby...
to use the incredible power inside to guide them
to a place of bliss and joy as they bring forth life.

I teach powerful methods of self-hypnosis, guided visualization,
deeply hypnotic relaxation and positive affirmations.

To create a truly calm, comfortable birth experience. With the mother
awake, aware, and completely in tune with her baby and her labor.

She is able to fully relax and enjoy her birth,
free from tension, fear and pain.

THAT'S WHAT WE DO AND... IT WORKS!

714-952-2229 ~ www.hypnobabies.com



BIRTH PROFESSIONAL INFORMATION PACKET TABLE OF CONTENTS

Why use Hypnosis for Childbirth?	3
How is Hypnobabies Different from Other Birth Hypnosis Programs?	4
What is Hypnosis?	7
Hypnosis for Childbirth: What Is It and Does It Work?	8
How You Can Assist the Hypno-Family	11
Medical Research	12
Hypnosis FAQ	13
Hypnosis for Childbirth FAQ	14
Testimonials	15

WHY USE HYPNOSIS FOR CHILDBIRTH?

- ◆ The Hypno-mom will use fewer drugs or no drugs, which means less risk of side effects for mother and baby, due to elimination of the Fear-Tension-Pain Cycle, through the use of post-hypnotic suggestions.
- ◆ Most Hypno-moms have shorter labors since there is less resistance of the birthing muscles when pain and fear are minimized or eliminated.
- ◆ The birthing woman generally has much more energy throughout first and second stage, due to a total relaxation throughout the birthing process.
- ◆ The birthing environment is much more calm and peaceful when the natural childbirth mother is comfortable.
- ◆ Breech and posterior babies can be turned using hypnosis.
- ◆ Blood pressure, heart rate, and temperature can be lowered and nausea, back and hip pain eliminated with hypnosis during pregnancy and labor.
- ◆ There are fewer interventions for failure to progress and therefore fewer fetal and maternal complications during labor.
- ◆ The deep relaxation in Hypnobabies sessions has also helped many a nervous birth partner to enjoy their partner's pregnancy and childbirth, and the skills that the Hypno-couple learns for relaxation and hypnosis will benefit them for the rest of their lives.
- ◆ Our Hypno-couples are "deprogrammed" from the usual negativity of childbirth stories and scenarios they've always heard, by way of training in Hypnobabies classes and audio CDs which have positive messages and hypnotic suggestions. This automatically allows for a positive attitude and much more confidence in birthing.



DID YOU KNOW?

There are people who have life-threatening allergies to anesthetics who successfully undergo medical and dental surgery with hypnosis as their only anesthesia! This is the same kind of hypno-anesthesia used in our Hypnobabies Program, so we know it can work for childbirth, and it does quite well!



HOW IS HYPNOBABIES DIFFERENT FROM OTHER BIRTH HYPNOSIS PROGRAMS?

There are many “brands” of childbirth hypnosis. Some names you may hear are: Hypnobirthing, Hypbirth, the Mongan Method or LeClaire Hypnobirthing. We are asked many times what is the difference between Hypnobabies and other natural childbirth or birth hypnosis programs, and here we answer that question by telling you what we do well without disparaging any other particular group. Other natural childbirth courses have excellent programs and benefits that have helped many women have better, more relaxed births. We recognize that and celebrate them and what they do every day for birthing women!

WE ARE NOT A REGULAR BIRTH HYPNOSIS CLASS. Hypnobabies is very detailed and successful, uses medical hypnotic anesthesia techniques, from Gerald Kein's amazing Painless Childbirth program, as opposed to simple visualization and imagery, and contains the same kinds of hypnotic scripts used by people who undergo surgery successfully with hypnosis as their only anesthetic.

HYPNOBABIES CLASSES PROVIDE EXCELLENT AND COMPLETE CHILDBIRTH EDUCATION, and we are the

only birth hypnosis program that does so. Providing our *Complete Childbirth Education* ensures that our wonderful students will not have to take other natural childbirth classes whose philosophy is so different that it negates what they have learned in our birth hypnosis class. "Pain management and coping skills" are actually opposite of what is learned in Hypnobabies; we teach Pain Elimination by using real hypno-anesthesia. This is the reason that DONA recognizes Hypnobabies as the only hypnosis for childbirth course that meets the DONA certification requirement for doula applicants to observe a complete childbirth class series.



OUR STUDENTS PARTICIPATE IN A HYPNOSIS SCRIPT EACH WEEK IN CLASS AND THEN HAVE THAT SAME SCRIPT TO WORK WITH for reinforcement during the next week, which makes a huge difference when programming the inner mind for success. It is called "compounding" in the world of hypnosis, is necessary for hypnotic suggestions to be retained by the woman's subconscious, and is unique to Hypnobabies classes.

HYPNOBABIES TEACHES "EYES OPEN" CHILDBIRTH HYPNOSIS, which allows each wonderful Hypno-mom to walk and talk and move around freely yet remain very relaxed, fully present, aware and in touch with her body and baby and *completely comfortable while doing so*. Other programs rely on immobility for focus and concentration, which can severely impede the progress of labor and the descent and positioning of the baby. An upright, "Eyes Open" Childbirth Hypnosis mommy means a faster and easier birthing!



OUR PROGRAM IS A LONGER AND MORE COMPLETE CHILDBIRTH HYPNOSIS COURSE (18 FULL HOURS OF INSTRUCTION as opposed to 12-15 hours of other classes). Others may contain some excellent hypno-tools for birthing, but none contain the amount of information, in depth hypno-anesthesia, training, practice and support of Hypnobabies. All elements have been carefully designed to work together and the results are amazing. Not all of our Hypno-moms will have a completely pain-free birthing, yet for most it will be very close to it, and this makes all the difference in the world to so many women. Very gratifying!

UNIQUE TO HYPNOBABIES: WE REQUIRE THAT OUR CERTIFIED HYPNOBABIES INSTRUCTORS HAVE A TRAINED BACKGROUND IN CHILDBIRTH AND 50 HOURS OF HYPNOSIS TRAINING before becoming trained as a Hypnobabies Instructor, so that *all* childbirth questions and concerns from each Hypno-couple can be addressed, hypnotic depth can be assessed, and problems such as resistance and abreaction can easily be dealt with.



WE DO BIRTHING REHEARSALS IN CLASS #6 so that our Hypno-moms can experience using their actual Hypnobabies techniques and many different labor positions *while in hypnosis in class* which is invaluable, and also shows the Birth Partner hands-on exactly how to use his/her cues and assistance. What a confidence builder, and has made a huge difference in success rates here at Hypnobabies!

ALSO UNIQUE TO HYPNOBABIES IS OUR VERY SUCCESSFUL HYPNOBABIES BIRTH VISUALIZATION, in which our students can mentally and emotionally *practice* entering labor, experience their comfortable birthing techniques and give birth easily and in a very detailed and personal way. This “mental birthing rehearsal” is very important to the process of easy and comfortable birthing and is

done many times until their Hypno-baby is born, helping program the subconscious mind to produce exactly the kind of birthing they want. Athletes like Tiger Woods and public speakers of all kinds do this to prepare with great success, and so do our Hypno-moms!

WE FULLY TRAIN OUR BIRTH PARTNERS by giving them their own Birth Partner’s hypnosis CD for a calm and confident attitude towards pregnancy and childbirth, and their own detailed Birth Partner’s Guide booklet for labor, which allows them to fully grasp their role in the preparation for baby’s birth as well as easily helping the Hypno-Mom during birthing. This is unique to Hypnobabies and we are very proud of this feature.

OUR STUDENTS NEVER HAVE TO GUESS HOW TO MAKE A COHESIVE PLAN FOR BIRTHING USING THEIR HYPNOBABIES TECHNIQUES; our program is very clear and concise and includes a Quick Reference Guide for each birthing couple to use during their labor. We also include our wonderful Birth Guide CD which keeps our Hypno-mom deeply in hypnosis with constant hypnotic relaxation and anesthesia suggestions for both the first stage of labor, and the pushing phase (NO “Ring of Fire”) as well as “positive birth team” hypnosis throughout. Birth Professionals are shocked at how completely relaxed and physically comfortable our Hypno-moms are, how easily they are able to move around and communicate and still be



deeply hypnotized, and how “in control” they are of their bodies, minds and emotions. Our Hypnobabies students tell us that our Birth Guide CD is “Pure Gold!”

LONG BEFORE THEY EVER STEP FOOT IN THEIR FIRST HYPNOBABIES CLASS, OUR HYPNO-MOMS GET TO MEET THEIR BABY and bond with him/her in a CD called Your Special Place, and the second track is Painless Childbirth, which helps teach them how childbirth can easily be so comfortable. This de-programs them from the usual childbirth horror stories. Each Hypno-Mom is able to learn deep relaxation and hypnosis skills for several weeks (or months!) before Hypnobabies Class even starts. This makes it much easier to learn her Hypnobabies Hypno-anesthesia Techniques in each class, bringing the Birth Partner into the preparation, (if they have one) and also how to use hypnosis for many other things: nausea, back and hip pain, insomnia, pre-term labor, perineal massage, internal exams, turning a breech, etc.

OUR HYPNOBABIES INSTRUCTORS ARE ALWAYS AVAILABLE FOR HELP BEFORE, DURING AND AFTER EACH HYPNO-BABY IS BORN. We also have a free Hypnobabies Yahoo e-mail group for our Hypno-moms to join for support and encouragement after their Hypnobabies class has ended, so that they can enjoy a community where others are using Hypnosis for Childbirth as well. We have daily tips and suggestions, childbirth hypnosis birth stories and a great deal of camaraderie.

HYPNOBABIES CAN ALSO BE VERY SUCCESSFULLY USED BY SINGLE MOTHERS or those whose partners will not be participating in their birth preparation process. All of our hypno-anesthesia techniques can be easily learned, practiced and used alone, or with a Birth Partner or doula. We have specific CD sets and help for single Hypno-Moms, to make their Hypnobabies journey easier and more fulfilling.

HYPNOBABIES IS AN EXCELLENT CHOICE FOR ANY WOMAN WANTING HYPNOSIS FOR CHILDBIRTH THAT WORKS EASILY AND BEAUTIFULLY!



WHAT IS HYPNOSIS?

BY JACK SPARKS, CERTIFIED HYPNOTHERAPIST

Hypnosis has proven to be one of the most effective means of bringing about the changes you desire in your life. While in hypnosis your conscious, or critical mind (the part that's analyzing this now), is temporarily turned down and you work directly with the hidden, feeling mind where real change takes place quickly. Hypnosis is a SAFE, natural response which allows you greater control over all aspects of your life. Your conscious mind is powerful. Your subconscious mind is infinitely more powerful!

ORIGINS:

People have been entering hypnotic-type states for thousands and thousands of years; various forms of meditation play an important role in many cultures' religions. But the scientific conception of hypnotism wasn't born until the late 1700s. The father of modern hypnotism is Franz Mesmer, an Austrian physician. Mesmer believed hypnosis to be a mystical force flowing from the hypnotist into the subject (he called it "animal magnetism"). Although we now know that all hypnosis is self-hypnosis; hypnosis was originally known as mesmerism, after Mesmer, and we still use its derivative, "mesmerize," today. It was used extensively by field doctors in the American Civil War in place of chemical anesthetics. Freud also made extensive use of hypnosis in his early career. This is the origin of the "therapist's couch."

HARD TO BELIEVE?

When people ask me what can be accomplished through hypnosis, I respond, "almost anything" provided there is a readiness and willingness on the part of the person being hypnotized. I have witnessed everything from (migraine) headaches being removed in 45 seconds to a lifetime habit of stuttering cured in only one session!

In addition, many women have experienced completely painless childbirth with hypnosis. Dental patients can endure even root canals comfortably, without anesthetic using hypnosis, and medical surgery is also performed under hypnosis on those having allergies to anesthesia, with great success. These therapies are being used much more commonly, and they illustrate the amazing results possible through hypnosis and self-hypnosis.

HYPNOSIS AND YOU:

Hypnosis is truly the "people's therapy" and has proven effective in a variety of areas including: smoking cessation, losing weight, gaining confidence, recalling and overcoming trauma, overcoming panic, anxiety and insomnia. And there are no harmful side effects.

Whether you're a frustrated student wanting to get truly excited about learning, a smoker who's really ready to quit, or a pregnant woman wanting an unmedicated birth without suffering, hypnosis is for you.



HYPNOSIS FOR CHILDBIRTH: WHAT IS IT AND DOES IT WORK?

BY KERRY TUSCHHOFF, HCHI, CHT, CI

Mention Labor and Delivery to an expectant mom in her last trimester, and chances are good that her heart will begin to race, her mind floods with concern and in some cases, panic. She knows that the day is coming when a force much bigger than herself will take over and her body will govern itself completely. For some women, this is a very fearful event, but for Hypno-moms, it is merely a challenge. These wise women use hypnosis to eliminate pain and fear from the birthing experience.

CHILDBIRTH HYPNOSIS COURSES

When learning how to use hypnosis for childbirth, our students are taught an understanding of how their uterine muscles will work efficiently together, as they were designed to do, when their body is completely relaxed. The depth of relaxation necessary can easily be achieved with hypnosis, and they will learn these skills in Hypnobabies classes or with home study, and practice them at home every day until the baby arrives. The Birth Partners have a very integral role in the preparation process: listening to the hypnosis CDs, reading the workbook and guiding the mother into deep relaxation with hypnosis scripts. They are also a very helpful part of the labor and birth process as they help the mother to focus and concentrate, as well as supporting her physically. All aspects of Labor and Birth are covered in our Hypnobabies course, as well as information on Nutrition, Exercise, Avoiding Complications, Fear Clearing Sessions, Birth Plans and Choices in Childbirth. Hypnobabies has it all!

FEAR AND EXPECTATION

In other cultures, childbirth is regarded as a natural, normal event in a woman's life. The birthing women are given support from other women, and children are often present to witness the event. In this way, birth is celebrated and honored. Young girls then grow up with the belief system that birth is a positive event and their expectations of childbirth reflect this attitude. As a result, their births are similar to their predecessors; without pain and fear. They have a positive expectation of childbirth. In our culture, it is very much the opposite. For many generations we have been told that delivering a baby will be untold hours of painfully agonizing work, to be faced with fear and trepidation. We have heard stories from well-meaning friends and family that send shivers up our spines, and so the legacy continues. We experience pain in childbirth, in part because we very much expect to!

WHY HYPNOSIS?

Because in hypnosis you access your subconscious or more powerful part of your mind where real, lasting change takes place. You may have heard it said that we only use 10% of our brain; hypnosis is a way to get access to that other 90%. Especially in habit and pain control, this eliminates any internal battle that may occur.



In Hypnobabies, our students are taught to surround themselves with only positive people and messages, to create a positive view of childbirth and the expectation that the birthing of their baby will be a beautiful, peaceful experience. Fear Clearing Sessions are integral to this process, as they allow them to address fears, work through possible solutions and then release them. Fear in labor can create tension, which creates pain, then more fear, and the cycle continues. Fear and anxiety can also create adrenaline production in the body, causing the labor to become dysfunctional, a common reason for Cesarean Section surgery.

Freedom from fear can make a significant difference in the birthing experience.

By learning and practicing hypnosis, our students are able to enter into self-hypnosis instantly, and create their own natural anesthesia whenever and wherever they need it. This is important as any drugs taken by a laboring woman can be dangerous for her, and especially her baby. With hypnosis, she is in total control over her body, and is always an active participant in her birth process. She is aware of everything around her (if she wants to be!), and as labor progresses, she will go deeper inside herself, trusting in her body's natural ability to give birth with ease and comfort. Through her hypnosis training, the hypno-mom's mind is programmed to give her exactly what she needs.

TOO GOOD TO BE TRUE?

Can women give birth with little or no pain? YES, and there are many variables in labor and birth that can affect the outcome, therefore couples need to have a positive but realistic view of hypnosis for childbirth. Each pregnant woman and her partner must take responsibility for the choices they make while in labor and how they can affect the dynamics and outcome. Many a wonderful birth has been thwarted by not realizing how to make positive, informed birthing choices, and yet these issues are easily addressed and learned in a good consumer oriented childbirth course such as Hypnobabies. Success in natural childbirth of any kind depends on these choices.

Without a doubt, all Hypno-moms are much calmer and more relaxed during labor, which automatically creates more comfort, as well as having powerful post-hypnotic suggestions to actually eliminate pain and fear. How effective is this? Statistics vary for each program, depending on the length and number of classes/sessions, the number of hypnosis scripts in the program and the depth of the hypnotic suggestions, as well as the dedication and compliance to the program of each birthing couple. In addition, ideally, for childbirth hypnosis classes, the instructors/hypnotherapists will have backgrounds in hypnotherapy and childbirth education, and be able to address each woman's personal needs. (All Hypnobabies Instructors have both.)



STATISTICS: The following are statistics for my Hypnobabies course: (Hypnobabies is a 6 week course, 18 total hours of instruction)

- 1) Comfortable labors - 70-75%. Women who report that they felt mostly pressure or tightening sensations.
- 2) Pain-free until transition - 10-15%. Pressure only, until the 10-60 minute transitional period, with mild to intense degrees of sensation thereafter. "Very manageable."
- 3) Pain-free until active labor - 10%, with mild to intense degrees of sensation thereafter This group can have any number of things that affect their birth experiences; posterior or mal-presentations that do not resolve, other labor complications, emotional issues, lack of support, or they simply did not do their homework! (30 - 35 minutes a day) Hypnosis for childbirth won't help someone that is not willing to do the work involved in preparing for her baby's birth.



In our surveys and studies, all women reported that our Hypnobabies deep Relaxation, Hypnosis techniques and cues, and Fear Clearing were invaluable to them during their labor, making it a much more pleasant and easy experience.

It is well worth the time to look into hypnosis for childbirth as an option, for all birthing women. It is important to remember that all drugs given to a woman in labor reach the baby in less than 5 minutes, in an adult dose, so using hypnosis techniques can help avoid them. The deep relaxation has even helped many a nervous dad to cope, as they experience hypnosis in class as well! In addition, the skills our hypno-couples will learn for relaxation and hypnosis will benefit them for the rest of their life. Enjoy!

Kerry Tuschhoff, HCHI, CHt, CI is a Certified Hypnotherapist, childbirth educator, and founder of Hypnobabies Network as well as owner of the Hypnobabies Prenatal Center in Los Alamitos, CA

She teaches Hypnobabies Childbirth classes, Hypnobabies Instructor Training Courses, Hypno-Doula Workshops, Pregnancy Nutrition and Breastfeeding workshops, Birth Hypnosis Specialty Courses and gives seminars in her community on natural pregnancy and childbirth options.

Kerry also created the Hypnobabies Home Study Course for women who need self-study options for hypnotic childbirth, and is the author of Joyful Pregnancy the Hypnobabies Way, The Introduction to Childbirth Hypnosis Workbook for Professionals, and The Hypno-Doula Training Workbook.

The foremost expert in Hypnosis for Childbirth, she is also an international conference speaker and lecturer. Kerry can be reached at: (714) 952-BABY (2229).



HOW YOU CAN ASSIST THE HYPNO-FAMILY

Thank you for taking the time to learn about how you, the obstetrical care provider, can work with your special patients! We are all very suggestible, and the words we use have specific connotations to them. Many of the words commonly used regarding labor and birth have negative associations to them in the minds of our expectant mothers, so we have changed some of them to create a positive association. If you can use them as well, it would be very helpful and very much appreciated.

- ◆ **“PRESSURE WAVE”**: in place of “contraction” or “labor pains”.
- ◆ **“RELEASE” AND “PEACE”**: These are cue words to bring our Hypno-moms into a deep state of relaxation and hypnosis very quickly, creating a loose, limp state of the body, and hypno-anesthesia throughout the middle part of the body. They can still talk, walk and change positions in between pressure waves, but will need to be completely relaxed during them, especially as labor progresses.
- ◆ **“PRESSURE AND COMFORT”**: We do not use the word “pain” at any time, we use instead pressure, and create comfort with our minds. **Please don’t ask her if she wants drugs at any time, or if she is in pain since our Hypno-mom is in hypnosis and the mere suggestion of pain could cause it to happen!**
- ◆ **“BIRTHING”**: is our word for “delivery” or “labor”.
- ◆ **“EXHALE PUSHING”**: This is the way our moms push the baby down and out through the birth canal. It is a much more gentle way to encourage opening and unfolding, and is completely **mother-directed**. One of the hallmarks of a birth using hypnosis is that most of our mothers are so relaxed that in the absence of complications, 2nd stage is much shorter for most of them. The birthing muscles have been programmed to relax and open with the urge to bear down, and respond to “exhale pushing” very well. The mother will follow her body’s cues, change positions, breathe and push when she needs to, and there will be no loud prompting, unless a complication arises. Please don’t ask her to lie on her back to push!

The Hypno-mom who is able to **dim the lights**, use her **Hypnobabies CDs and scripts** and **stay in a state of hypnosis** during her pressure waves will remain much more comfortable. You can help this process by speaking to her after a pressure wave is over, and this will be much appreciated. Please be aware that a mother using hypnosis will not be employing the usual natural childbirth comfort measures for pain relief, and movement **will be used for descent and positioning of the baby, but not for pain “coping”**. The deep relaxation of the birthing muscles along with our powerful hypno-anesthesia techniques will allow for faster progression due to non-resistance and lack of tension.



MEDICAL RESEARCH

A 2001 retrospective survey found that nulliparous childbirth hypnosis students averaged 4.5 hours of active labor and just over 1 hour for second stage. It also found a 7% maternal request epidural rate for normal vaginal births. The cesarean rate was 6.7%. Breastfeeding without formula supplementation: 93%. Women who would use this method again: 96%.¹

A 1990 study compared childbirth hypnosis and typical childbirth preparation techniques. The hypnosis group reported reduced pain, shorter stage one labors, less medication, higher APGAR scores, more frequent spontaneous deliveries and lower depression scores after birth.²

A 2006 study showed that of the nulliparous women taught self-hypnosis for birth 36% used epidurals (compared to 53% of the non-hypnosis group) and only 18% required augmentation (compared to 36% of the control group).³

A 1993 semi-prospective case control study found a shorter first stage of labor for primagravidas (6.4 hours after hypnosis and 9.3 for the control). The mean lengths of second stage for 37 minutes for the hypnosis group and 50 minutes for the control. For multiparas the first stage was 5.3 hours for hypnosis students and 6.2 hours for the control. Multiparas had almost identical second stages: 24 and 22 minutes respectively.⁴

In 1994 a prospective case series studied the use of hypnosis in turning breech babies. It compared women who received hypnotherapy after 37 weeks gestation to women who received standard obstetrical care. 81% of the babies in the hypnotherapy group converted to vertex compared to only 48% of the babies in the control group.⁵

A 2003 Cochrane Database systematic review found that women taught self-hypnosis were half as likely to require pharmacological analgesia and were 2.33 times more satisfied with their pain management in labor compared to controls.⁶

In a 1986 study that compared hypnosis and Lamaze training, the first stage of labor was shortened in the hypnosis group by 98 minutes for first time mothers and by 40 minutes for second time mothers. These women were more satisfied with labor and reported other benefits such as reduced anxiety and insomnia.⁷

A 2001 randomized controlled trial of teenage mothers was done. Of the 22 moms using hypnosis, none experienced surgical intervention, compared with 12 of the 20 moms in the control group. Consistently fewer patients in the hypnosis group used anesthesia, pitocin or postpartum medication and fewer had infants admitted to the NICU.⁸

¹ Gallagher (2001) Hypnosis for Childbirth: A retrospective survey of birth outcome using prenatal self-hypnosis.

² Harmon, Hynan, Tyre (1990) Improved obstetric outcomes using hypnotic analgesia and skill mastery combined with childbirth education.

³ Cyna, Andrew, McAuliffe (2006) Antenatal self-hypnosis for labour and childbirth: a pilot study.

⁴ Jenkins, Pritchard (1993) Hypnosis: practical applications and theoretical considerations in normal labor.

⁵ Mehl (1994) Hypnosis for turning breech baby

⁶ Smith, Collins, Cyna, Crowther (2003) Complementary and alternative therapies for pain management in labour.

⁷ Weishaar (1986) A comparison of Lamaze and hypnosis in the management of labor.

⁸ Martin, Schauble, Rai, Curry (2001) The effects of hypnosis on the labor processes and birth outcomes of pregnant adolescents.



HYPNOSIS FAQ

WHAT DOES HYPNOSIS FEEL LIKE?

Hypnosis is a means of purposefully entering into a perfectly natural state of mind that people spontaneously move in and out of several times in a day. Have you ever had the experience of driving along the highway and suddenly realizing that you passed your exit several miles back? Or been so caught up in a book or movie or video game that you don't even realize that someone has been speaking to you for the past several minutes? THAT is hypnosis. So you see, when a hypnotist induces you into hypnosis they are not asking you to experience anything strange or that you haven't experienced before.



CAN ANYONE BE HYPNOTIZED?

Anyone of at least average intelligence, who can follow directions can be hypnotized. Occasionally, a person may need several attempts before actually entering into a hypnotic state. What causes this? Generally, it's holding onto a little bit of fear- fear of loss of control. This is actually a misunderstanding as the proper use of hypnosis actually gives you greater control over all aspects of your life.

WILL I DO SOMETHING AGAINST MY WILL?

When you are hypnotized, you are aware of all suggestions given to you and you will not do anything against your moral or ethical principles (despite what you may have seen in stage shows of hypnosis).

WILL I REMEMBER EVERYTHING THAT HAPPENS IN HYPNOSIS?

Yes, you will remember everything that happens in hypnosis if that is your desire. Occasionally a person might choose to selectively forget certain facts for a time and then bring them up later when they are more ready.

WHAT IF YOU CAN'T BRING ME OUT OF IT?

There is no danger of a person failing to come out of the hypnotic state. In fact it would be impossible to remain hypnotized. Some people choose to stay in hypnosis a little longer because it feels so good and it's the most relaxed they've been in their lives!

BUT I CAN'T BE HYPNOTIZED!

Again, ANYONE can be hypnotized (see above). There is no such thing as a "good" subject or a "bad" subject, only those who choose not to follow directions.



HYPNOSIS FOR CHILDBIRTH FAQ

WHEN IN PREGNANCY IS THE BEST TIME TO BEGIN LEARNING HYPNOBABIES?

Anytime! Some women find that they want to start early in their pregnancy, as soon as they have decided on a natural childbirth. This can help them to stay more relaxed and comfortable which is great for mom and baby's health. Others feel that they want to start later on, at about 6 - 7 months as they are able to devote more time to the program (approximately 30 minutes a day or more.) Potential Hypno-moms should be aware that the CDs and scripts need to be done regularly all the way until the baby comes, so they will need to decide how much time and effort is best for their family.

I HEARD A COMMENT ABOUT HYPNOSIS FOR CHILDBIRTH THAT IT MIGHT TAKE WOMEN AWAY FROM THEIR BIRTH EXPERIENCE; DOES THIS TEACH WOMEN TO DISTANCE THEMSELVES FROM THE LABOR AND BIRTH?

Great question! Being in hypnosis is not like sleeping or being detached from what is going on at all. Hypnosis allows the birthing mother to actually tune completely inside of herself, where her own incredible strength truly lies, feel every contraction, every move of her baby and be hyper-aware of everything going on. This is all while being confident, relaxed and comfortable, even joyous, and I cannot imagine being closer to the childbirth experience than that. She also has the ability to open her eyes and move around, all while in hypnosis, if she so chooses.

DOES SHE NEED TO HAVE A PARTNER OR CAN SHE DO IT ALONE?

It is always nice to have someone to help the Hypno-mom as she prepares for her baby's birth, but if this is not possible, she can still achieve a comfortable birthing by studying on her own. Just make sure that she has her hypnosis scripts on CD/audio tape and uses them every day. It's the easiest thing she will do to prepare for her child's birth, and yields such positive results.

MANY OF MY CLIENTS PLAN TO USE UPRIGHT POSITIONS DURING LABOR, BUT ALL I HAVE SEEN ARE VIDEOS OF WOMEN USING HYPNOSIS FOR CHILDBIRTH THAT ARE JUST LYING DOWN. DO THEY HAVE TO BE IMMOBILE FOR BIRTH?

No! They can choose a birth hypnosis program such as Hypnobabies that uses techniques that allow them to walk, talk and move and still be completely comfortable. (Hypnobabies' "Eyes Open Childbirth Hypnosis") The Hypno-mom will be free to choose any positions that work best for her and her baby.



TESTIMONIALS

“During my first pregnancy I took a live class from a different hypnosis for birth program, and was very disappointed. So I really did my research into all the available options before investing in the Hypnobabies Home Study. In my opinion, it is so far above and beyond anything else available on the market that it is in a category all its own. The Hypnobabies Home Study is amazingly complete, easy to learn and use, and resulted in an amazingly enjoyable birth! The natural childbirth information is invaluable and the self-hypnosis skills have been life-changing. They worked powerfully during my baby's birth and I have discovered many wonderful ways to use them daily since then. They are excellent birth and pregnancy skills, but also life skills that I use to eliminate stress, improve my sleep and handle daily discomforts for me and my family. My husband loved the fact that even though his schedule didn't allow him to be very involved in my preparation for the birth, he was able to quickly learn very effective and simple ways to play a huge role in my comfort during our natural birth. During the birth, my caregivers were amazed by how calm, happy and interactive I was. They nearly sent me home because I was "too happy to really be in labor". They realized their mistake moments later when they discovered I was fully dilated and ready to birth my baby! They now recommend Hypnobabies to all their moms who are interested in having a truly comfortable, enjoyable birth. It's amazing!” Susan

“I used the Hypnobabies program with my second pregnancy and birth and could not be more thrilled! My first baby was born naturally, but I basically 'muscled' my way through on sheer will power (30 hours of back labor and an hour of pushing while the doctors and nurses yelled at me to push harder). When I got pregnant the second time, I knew I wanted things to be different this time around. I did a lot of research on hypnosis for birth, and chose Hypnobabies because it was the most complete program I could find. I started using the affirmations early in my pregnancy, which really helped put me in a positive state of mind. I loved all of the CDs and looked forward to listening to them, and had a truly PERFECT birth. My birthing happened exactly as I had visualized (using the Visualize Your Birth hypnosis script)... starting in the early morning, getting stronger in the afternoon while my son napped so I could use my hypnosis without interruption, then birthing at dinnertime (I was only off by 27 minutes on the birth time from what I'd visualized!). It was around 11 hours from my first pressure wave to birth, and only 6 hours of active birthing, with just 11 minutes of pushing. I felt calm, comfortable, confident, safe, and lovingly supported the entire time. My husband knew just how to help me because of the great tools Hypnobabies provides for birth partners. The only sounds while I was pushing this time around were my husband reading me birth prompts, and me using my 'peace' cue to move my anesthesia around my body. It was so peaceful and beautiful, and I felt so connected to my baby and the entire experience - absolutely exactly the way I wanted it! I showed my birth video to my family last weekend, and my Grandma said, "I never knew birth could be like that!" My sister-in-law said, "Natural birth doesn't look so bad with hypnosis." And she's right - my birth was perfect! Thank you, Hypnobabies!” Kristin