

HypnoBirthing®

Unit I:

Discovering and embracing HypnoBirthing® The Mongan Method for easier, more comfortable birthing.

- Films of HypnoBirthing® labor and birth
- The philosophy of HypnoBirthing®
- Background of HypnoBirthing®
- Exploding the myth of pain in labor - Uterine surges - muscle response
- What's wrong with labor - Why it hurts; why it doesn't have to
- The origin of pain concept that is no longer valid - a look at other cultures
- How fear affects the length and discomfort of labor
- Introduction of principles of hypnosis and self hypnosis for birthing
- How the mind determines the body's response with class exercises

Unit II:

Prenatal bonding -- Preparing your mind and body for birthing.

- Films of HypnoBirthing®
- Prenatal bonding - discussion and exercises
- A Mother's conversation with her unborn child
- A father's script
- Breathing for labor; Sleep Breathing, Slow Breathing, Birth Breathing
- Rapid progressive relaxation and deepening techniques for labor
- Visualizations for labor

Unit III:

Getting ready to welcome your baby

- Films of HypnoBirthing®
- The nutrition your body and baby needs
- Stretching inner thigh muscles, pelvic floor exercises
- Avoiding episiotomy - perineal massage, favorable labor positions
- Light touch massage
- Preparing your birth plan
- Daddy's promise
- Looking at your estimated due date
- How to achieve a natural onset of labor

Unit IV:

Understanding the simplicity of the birthing miracle

- Films of HypnoBirthing®
- How your body works with you and for you during labor
- Settling in at the hospital
- The two phases of labor - Opening & thinning phase, birthing phase
- special circumstances
- The birthing companion's integral role in labor
- How labor proceeds
- Releasing limiting emotions and fears

Birthing -- Breathing love; bringing life

- Comfort measures through labor
- Meeting a slowed or stalled labor
- Birth breathing for smooth birthing - Breathing your baby down to birth
- meeting, feeding, and bonding with your baby
- Birthing of the placenta
- The fourth trimester