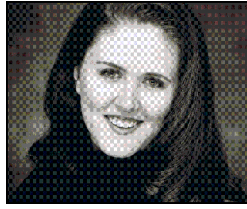


The HypnoBirthing® Curriculum

"My dream is that every woman, everywhere, will know the joy of a safe, satisfying birth, for both her baby and herself--one she'll not need to forget." Marie F. Mongan (1999)



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Highlights:

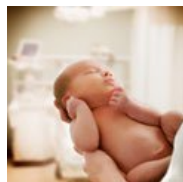
Five (5) Weekly Classes / 3 Hours Each Class
Cost: \$275-395, depending on group size and location.

Included Materials:

HypnoBirthing® text w/ CD
Handouts/scripts
CD ("Rainbow Relaxation" and "Birth Affirmations")

Students Learn:

- ✓ To explode the myth that pain is a necessary accompaniment to labor.
- ✓ Techniques of deep relaxation to eliminate the Fear-Tension-Pain Syndrome.
- ✓ To create their body's own natural epidural, the only safe labor enhancement.
- ✓ Natural ways to bring their body into labor without artificial induction.
- ✓ How to create a birthing environment that is calm, serene and joyful, rather than tense and stressful.
- ✓ To use their natural birthing instincts to birth their baby in the way that most mirrors what nature intended.
- ✓ Special circumstances that require the attention of a medical professional.
- ✓ Laboring & birthing positions and comfort measures
- ✓ How to release subconscious fears and negative emotions
- ✓ How a calm, normal birth, with minimal intervention, benefits both mom and baby



Outline of Classes:

I. Class #1

- A. HypnoBirthing® Terminology
- B. History of Women & Birthing
- C. How Fear Affects Labor and Uterine Muscles
 - 1. How the Uterus works
 - 2. Theory of Pain: Fear-Tension-Pain (Grantly Dick-Read)
 - a. Sympathetic/Parasympathetic Nervous System (“Fight or Flight”)
- D. Introduction to Hypnosis for Birthing
 - 1. Rules of the Mind
- E. Sleep Breathing Technique
- F. HypnoBirthing® videos #1 & #2

II. Class #2

- A. HypnoBirthing® videos #3 & #4
- B. Prebirth, Perinatal and Postnatal bonding
 - 1. “Knowing the Unborn” or “What Babies Want” video
- C. Selecting Caregivers and Birthing Environment
- D. Preparing Your Mind and Body
 - 1. Positions for Relaxation
 - 2. HypnoBirthing Breathing Techniques
 - 3. Relaxation Techniques
 - 4. Visualization
 - 5. Deepening Techniques
- E. Releasing Limiting Thoughts
- F. Preparing Your Body for Healthy Birthing – Nutrition
- G. Toning the body – Prenatal Exercises
 - 1. Walking, Toning, Squatting
 - 2. Pelvic Floor Exercises (Kegals)
 - 3. Perineal Massage Instruction

III. Class #3

- A. HypnoBirthing® videos #5 & #6
- B. Birth Preferences / Birth Plan
 - 1. Brief explanations of common interventions and smart consumerism
- C. The Last Weeks of Pregnancy:
 - 1. Breech presentation
 - 2. Signs Indicating That Baby is Nearly Ready
 - 3. Looking at Your Due Date
 - 4. Special Circumstances That Require the Attention of a Caregiver
 - 5. Avoiding Artificial Induction of Labor

- 6. Achieving a Natural Start of Labor
- D. “Prelude to Labor” (Hypnotic visualization)
- E. How Labor is Designed to be Comfortable – Physiology of Birth
- F. Emotion & Fear Release (Hypnotic visualization)

IV. Class #4

- A. HypnoBirthing® videos #7 & #8
- B. Onset of labor - Thinning and Opening phase
- C. Arriving at the Hospital
- D. As Labor Moves Along:
 - 1. Birth Companion’s role
 - 2. Birthing Prompts / Birth Companion's Birth Guide
- E. If Labor Slows or rests:
 - 1. Review of Misconceptions, Options
 - 2. Natural Methods to Restart Labor
- F. Patient Advocacy & Role Play
- G. As Birthing Advances - Nearing Completion (Transition)
- H. Birth Rehearsal Imagery (Hypnotic visualization)

V. Class #5

- A. Hallmarks of Labor
 - 1. Mother Nears Completion - Thinning and Opening Phase Ends
 - 2. Positions During Descent and Birthing
 - a. Positioning and Repositioning
- B. Birth - The Final Act
 - 1. Birth Breathing
- C. Final Images, Tidbits
 - 1. Hypnotic Fear Release / Forest Fantasy Metaphor
 - 2. Pelvic Station
 - 3. Birth Explained Simply
 - 4. Visualization for Optimal Birth Positioning
- D. Breastfeeding Self-Attachment Videos
 - 1. “Delivery Self-Attachment”
 - 2. UNICEF’s “Initiation of Breastfeeding by Breast Crawl”
- E. Russian Waterbirth Video: “Birth Into Being”