

Hypnobabies Loves Midwives!



Your service, love and dedication to expectant and birthing families is invaluable and we love to educate our students about the Midwifery Model of Care. Many midwives don't yet have experience with Hypnobabies or hypnosis itself, therefore how the power of our minds creates change and manifests healing, pain relief and emotional confidence is still unknown to them. This article is dedicated to the wonderful midwives who attend Hypnobabies births.

It is our intention to help midwives learn more about Hypnobabies language terms, philosophies, hypnosis techniques, and how they can more effectively support their Hypnobabies clients' unique birth preferences. We hope you will accept this information with an open mind and heart!

The first thing we'd like you to know is that Hypnobabies Childbirth Hypnosis is **not regular "hypnobirthing"!**

Hypnobabies is a complete childbirth education program that teaches and uses somnambulistic, medical-grade hypnosis techniques, and our 17 deep hypnosis tracks all contain Theta binaural beats which allow our Hypnobabies students to enter hypnosis easier and flow deeper into a hypnotic state! You can learn much more about Hypnobabies' program hypnosis tracks, our comprehensive childbirth curriculum, and many other "differences" here: <https://www.hypnobabies.com/class-benefits/>

Serving your Hypnobabies clients during their prenatal visits ... some things to know:

1. Hypnobabies clients are in a state of heightened suggestibility when in the presence of a perceived authority figure, and **you** are an authority figure to all of your midwifery clients.
2. Listening to an authority figure speak creates a state of heightened suggestibility in the listener's minds (conscious and subconscious), because the listener holds the speaker in high regard. More importance is put on the words spoken than if a non-authority figure spoke the very same words.
3. Everything said by you, an authority figure, during a prenatal visit becomes a **directive** to your client's subconscious mind (the feeling mind) and this can result in experiencing physiologically anything that is said to them in a "what to expect" manner.

4. This is especially true for your clients who are learning Hypnobabies because they have a daily hypnosis practice making them even **more** suggestible. It's very important that they hear everything spoken to them in encouraging, positive or neutral language.
5. This means using terms that have a neutral or positive association for your client. Most people who have seen, read or heard others' birth stories have developed a fearful, or negative association with the terms that we have historically used to describe birth.
6. The words an expectant client associates with their impressions of childbirth often have a negative connotation (emotional meaning) to their subconscious mind.
7. They may even express consciously that they don't have a negative association with the words that were used to tell the frightening or drama-filled birth stories, but it's important to know that we all form connotations for the words we hear. This happens automatically in the subconscious mind and is expressed in our behavior.
8. When a client hears birth terms that have a negative connotation to them, spoken by an authority figure during prenatal visits, or while vulnerable and highly suggestible during birthing, they automatically recall the associated feeling subconsciously, and can actually experience the same feeling in the moment that they associate with those words. If they associate the word with fear, they'll experience fear.
9. As birth workers, we all have come to understand that fear is the most prevalent impediment to the process of giving birth.
10. The Hypnobabies program purposefully uses neutral/encouraging language to eliminate the automatic fear response that is experienced when hearing birth described in terms/words that have a negative association and connotation.
11. This is why Hypnobabies uses words/terms to describe birth like:



- BABY rather than FETUS
- GIVING BIRTH not the DELIVERY or BEING DELIVERED
- BIRTHING WAVE or PRESSURE WAVE instead of CONTRACTION
- BIRTHING TIME instead of LABOR or even HARD LABOR
- TRANSFORMATION rather than TRANSITION (when "transition hit" ...)
- DISCOMFORT never PAIN (no positive connotations for the word pain)



- POWERFUL STRETCHING or PRESSURE SENSATIONS not RING OF FIRE

What about childbirth preparation ... taking other classes and doing Hypnobabies?

1. For all the reasons cited above regarding the impact that birth language can have on the expectant client's feelings and perceptions, and even their experience of pregnancy and childbirth, we ask that expectant students choose one childbirth preparation program and only one; that they choose a program that appeals to them and that they embrace that one program fully.
2. When choosing to use Hypnobabies Childbirth Hypnosis to prepare for birth, it is imperative that the student hears and speaks, and thinks only in terms/words that form positive, encouraging associations, and connotations for words that describe birth.
3. The Hypnobabies student will be learning and using hypnosis to reframe their perceptions of birth at the subconscious level (their feelings).
4. They are learning through their hypnosis practice that birth can be easier and more comfortable, so that they may become fearless and confident about birth. Eliminating fear from birth while learning hypnosis tools for physical comfort creates a new positive perception of what birth can be in the subconscious mind; in their feelings about birth.
5. If at the same time, they also see videos and hear in another childbirth class that birth is the worst pain they'll ever experience ... but that they are strong, and can endure the pain, and that the pain is purposeful, or that pain is empowering and helps them bond with their baby ... their hypnosis conditioning to the opposite will be undone. This is because the subconscious mind cannot entertain or experience two such opposite philosophies in the same moment, in the same body. They simply cannot feel confident and afraid at the same time.
6. Choosing is the important message here. We are not saying that Hypnobabies is for everyone; we know that it is not. However, in order for a person who chooses Hypnobabies to make the best use of the hypnosis tools that create comfort, they need to avoid attending other classes where the language and the philosophy is one of preparation for coping with unavoidable pain.
7. Some people think that Hypnobabies teaches only hypnosis, and that expectant students need to take other classes in order to be fully prepared for a natural birth ... not true! Since Hypnobabies includes very **thorough, consumer-based childbirth preparation education** along with birth hypnosis tools, it isn't necessary for our students to take other classes in order to be fully informed about all aspects of preparing for birth such as:
 - Maintaining a healthy, low risk pregnancy
 - Nutrition and prenatal exercises
 - Anatomy and physiology of late pregnancy



- The birth process
- Consumer issues, choices in pregnancy and childbirth (creating informed choice)
- We cite and promote evidence based care throughout the course
- Creating Birth Preferences and newborn preferences
- Birth videos of Hypnobabies families
- Birth Partner preparation
- Birth Rehearsal practices in class, or scripted practice for Home Study students

A midwife can support their Hypnobabies clients during the prenatal period by:

1. being open-minded and hypno-curious!
2. using neutral, encouraging terms when talking about birth or when describing procedures or explaining their choices during prenatal visits.
3. learning about the Hypnobabies program (it's different than other hypno-birth courses)
 - Learn how the Hypnobabies Lightswitch technique helps your client enter hypnosis, and the difference between being OFF, in the CENTER and being ON.
 - Learn about the deepening word cues, "Relax", "Release" and "Peace".
 - Ask your client to demonstrate each of the techniques and cues for you! It's pretty fascinating actually, to see them instantly enter hypnosis at will.
4. asking your client if they practice their eyes-open childbirth hypnosis technique 5 times every day:
 - If yes, congratulate them! (Everyone's experience of their baby's birthing will be easier and more comfortable, including yours!)
 - If no, remind them to do so! It is the foundation of the Hypnobabies Childbirth Hypnosis program, and the key to their hypnosis working well during birthing.
 - Since Hypnobabies is not a "listen only" program, IF they're not learning and practicing the hypnosis techniques and deepening cues daily, they're not DOING Hypnobabies. They're just enjoying a nice relaxing nap ... not hypnosis.

Things about Hypnobabies that your client will appreciate you knowing:

1. The single most important thing to know is that everything said to a person in hypnosis **becomes a directive**. If they are told that what they will feel is going to be painful or unpleasant, by way of warning them what to expect next, they can experience something uncomfortable that they otherwise wouldn't have. For example: saying, "Powerful stretching sensations as your baby's head crowns" or "lots of pressure now as baby crowns", rather than "let me know when you begin to feel the burn", or "now you're going to feel the ring of fire" will eliminate fear, and create confidence and a much more comfortable experience.

2. Your clients need to **use their hypnosis techniques early in birthing**, and maintain a deep level of hypnosis throughout birthing for it to be most effective. It's a myth that being in hypnosis "too early" can stall birthing. The opposite is actually true. Hypnosis tracks can be used to start birthing, and to increase the power of birthing waves.

3. Hypno-clients need **a constant stream of hypnotic suggestions coming into their subconscious mind** in order to actually stay in a deeply hypnotized state. They can listen to Hypnobabies audio tracks or to their Birth Partner reading Birth Prompts to them or listen to the Relaxation Music and use self-hypnosis tools on their own.

4. It's **the HYPNOSIS conditioning and its continuous use during birthing that creates comfort** and therefore allows profound relaxation, not the other way around.

5. **Hypnobabies is not guided imagery or just a better relaxation technique; it's real medical hypnosis (hypno-anesthesia)** that doctors and dentists use for their patients who cannot tolerate medical anesthesia for surgeries or other procedures. Hypnobabies students learn to create hypno-anesthesia and must maintain a deep level of hypnosis to access it instantly during birthing.



The Signs of Birth Progressing Can Be Subtle in Hypnobabies Clients:

The signs that a Hypnobabies client is in their Birthing Time are the same as other natural birthing clients, just typically more subtle. When they're in their early Birthing Time, they are able to listen to hypnosis tracks and sleep, sometimes all the way to 5 centimeters dilation. They will continue to rest until their birth progresses to the point where they know instinctively that something different is needed, like changing position or eating or using the restroom.

It's important that the Hypnobabies client follows their own internal program for comfort. A lot of times it isn't apparent that a Hypnobabies client is making progress during the early part of their birthing, so the birth care provider might suggest maneuvers or positioning and movement to get things going, when their birthing is actually moving right along ... it's just not obvious because they



may not be demonstrating that they're as uncomfortable as most clients would be. Since approximately 70% of Hypnobabies students report being more comfortable through most their birth experience, your Hypnobabies client might not exhibit signs of being in "the usual" pain during birth.

If a Hypnobabies client's birthing has seemingly stalled, it's more important to look to their emotional state first. They could listen to the "Fear Clearing" hypnosis track and resolve any concerns or fears that might be preventing them from progressing to the next phase of birthing. For example, a client that has experienced abuse who could become afraid of pushing their baby out as they neared second stage, is able to let go of those concerns for the moment in order to attend to the task at hand and go on to give birth to their baby quickly. This is the purpose of the Fear Clearing session. They might need to address those concerns with a therapist later on, but in the moment they're able to regain confidence and composure and give birth.

As the Hypnobabies client's birthing progresses, they might become more and more inwardly focused and communicate less. This isn't because they aren't able to speak during a pressure wave. They could if they wanted to; not speaking is more likely due to not wanting to interrupt their focus and the depth of their hypnosis. Waiting to hear some distress in their voice, or panic in their tone as an indication of being in active labor is not valid for a Hypnobabies client. Many a doula or midwife who is used to listening to the client's tone of voice for signs of distress before going to join them, has missed the baby's birthing altogether. Midwives and doulas have also reported that some of our Hypnobabies students are so calm and focused during late first stage that they didn't know when they were having a pressure wave!

There are usually signs that a Hypnobabies client is in late first stage/transformation. During late first stage, their breathing might deepen like any birthing client, and they may breathe a bit more rapidly. They might even moan or vocalize, and any sounds they make will become lower in tone as baby moves deeper into the pelvis. They might tremble and feel hot or cold alternately just like others who are in late first stage.

However, it's not common for a Hypnobabies client to experience nausea or to vomit as an indication that second stage is near. This is because they remain so relaxed emotionally and physically throughout birth that there are less stressor hormones in the body to cause nausea. For the same reason, some of our Hypnobabies students, especially during their second or subsequent births, never have pressure waves that are closer than 3 - 4 minutes apart or that last longer than 60 seconds.

Since their bodies are not fighting the birthing process, they are not experiencing the Fear, Tension Pain cycle which can interfere with the efficiency of the uterine muscles and slow down birthing. This is the reason so many of our students give birth more rapidly than the average person. Remaining profoundly relaxed throughout first stage gives your Hypnobabies clients the energy to push their babies out when the time comes.

What About Suggesting Other "Tried and True" Natural Childbirth Tools?

If a Hypnobabies client is experiencing some challenges during their baby's birth, they need their support team to help them **get refocused on their hypnosis tools**, not to suggest that they switch gears in the middle of their birthing to some other method of breathing, or movement or coping mechanisms. They may be experiencing a moment of self-doubt and they would benefit from listening to Fear Clearing or possibly some private time to listen to some deepening cues from their Birth Partner.

What they really need is encouragement to **deepen their self-hypnosis** and to continue to use the tools that have been working for them up to this point. If their Hypnobabies tools ever worked for them, they will work again. They can decide to quit using their hypnosis skills, but hypnosis doesn't just quit working all by itself. There is no time limit on the effectiveness of hypnosis. If a Hypnobabies client has been using it effectively up until a certain point, they can be encouraged to re-enter, re-commit and reinforce their level of hypnosis until they're back on track again. The Hypnobabies birthing track, "Easier First Stage" is the hypnosis track they turn to the most. It is designed to keep them deeply in hypnosis, to activate and reinforce their hypnotic cues and to focus attention on their hypno-anesthesia, and feeling safe, secure and confident no matter what is happening around them.



If they've been handed a major change to their birth plan, her Birth Partner could put on the Hypnobabies "Change of Plans" hypnosis track/read script to help them accept the new path their baby's birthing is taking, and to refocus on their hypnosis tools for comfort.

If a Hypnobabies client experiences a challenge or if they say they feel like they "just can't do this" (as we've seen those who use every method of childbirth preparation do), this is not the time for your Hypnobabies client to "try something different" (unless it is a different Hypnobabies cue or technique). For instance, if we ask a Hypnobabies client to "open their eyes and to breathe with me" to help them refocus, we've just engaged the neo-cortex of the brain and popped them right out of hypnosis. Their pre-conditioned hypnosis techniques will be of no use to them if they're no longer in a state of hypnosis.

It's also not the time to suggest using Hypnobabies in ways that aren't familiar to them or suggest that they use the tools in ways that they weren't designed to be used. This could be disorienting at a time when they just need to be reminded of what they've learned and practiced, in order to get their focus on hypnosis back.

As Ina May Gaskin said in her TEDx Sacramento presentation ...

*"I noticed that labor could be well established, that the uterus could be opening, the cervix opening, and things could come to a halt. OK, now what do we do then? Well, I found out that sometimes words could help, but they had to be **the right words**, something strong and relevant for that woman."*

Just as with any other method of preparation for childbirth, there are ways to work within the Hypnobabies program to get your client past any obstacles to achieving their goal of a natural birth. We wouldn't suggest to a Bradley student that they begin using Lamaze distraction breathing techniques if they're struggling a bit to remain relaxed while doing their deep abdominal breathing during late first stage. We use what they've learned in their Bradley classes to help them to refocus and regain confidence and composure with the tools they already know. Clients need familiarity and the security of the tools they've chosen, learned and practiced during their preparation for their baby's birth.

The most important thing to remember at a Hypnobabies birth is that **the client needs to be listening to (using hypno-tools) something familiar that will keep them deeply in hypnosis throughout the entire Birthing Time**. They're not DOING Hypnobabies if they're not using their hypnosis tools (inside, to themselves) and/or listening to hypnotic suggestions on audio tracks, or hearing birth prompts read by their Birth Partner or Hypno-Doula.

Easier, More Comfortable Childbirth ... Chance? Coincidence? Accident?

A Hypnobabies student gives birth more confidently, more comfortably, more easily than most natural childbirth moms ...



Is it a fluke...a one-time occurrence...or maybe "just how that one client gives birth..."? This is unfortunately what some birth professionals think is the case after they attend a Hypnobabies birth, assuming that the "hypno-tools" which that Hypnobabies client used "worked for them, but probably won't work for others ". Or that "this client was just lucky and had an easy time of it", or "I've never actually seen hypnosis work in a birth before so I'm not sure...."

Not having a true understanding of the medical-grade hypnosis contained in Hypnobabies and having attended other types of "hypno-births" is most likely the cause of these responses. In reality, it is deep somnambulistic hypnosis, complete childbirth education and the compounding (repetition)



of hypnosis techniques that creates easier, more comfortable Hypnobabies births.

Please take some time to read Hypnobabies Birth Stories on our website at www.Hypnobabies.com under the Hypno-Curious? Tab and you'll see first-hand accounts of many Hypnobabies students experiencing easier, more comfortable Hypnobabies births that resulted not from chance, but **from their own dedication to learning, practicing and using Hypnobabies hypnosis techniques during childbirth!** We have several categories of births: [Homebirths](#), [Birth Center Births](#), [Hospital Births](#), [First-time Moms](#), [VBAC Births](#), [Waterbirths](#), [Breech Babies](#), [Inductions](#), [Multiples](#).

A Midwife's Experience with Hypnobabies

One wonderful midwife, [Stephanie Soderblom](#), who was very skeptical at first, shares her insights and revelations with us:

"Despite the fact that I have been attending births for fourteen years, my first experience with Hypnobabies happened only a year ago...and I have to admit that I wasn't looking forward to it. Why not? Because I'd had previous experiences with "hypno"-classes and the subsequent births were often MORE challenging as the parents were not only underprepared for what they were about to experience, they were set up for disappointments with unrealistic expectations of a "pain free" birth if they just did their hypnosis "right". It was not unusual for my client to feel labor becoming active (generally 3-4 cm dilated) and panic, thinking she was not doing things 'right' because of how it felt, losing all confidence in her ability and desire to complete the job at hand...the exact opposite of what you want in labor.

The upcoming birth was a first time mother and, as most people know, first babies tend to be the most challenging. I was skeptical and nervous about it as I knew this was a "hypno-birth" mother. I braced myself for the false alarms I often saw, emotional breakdowns, the pep talks I was used to giving to "hypno-birth" mothers about how she was NOT failing or doing it wrong, that her body COULD do this, that nothing was wrong. During our prenatal visits with this Hypnobabies mom I would ask her if she had any questions this week about nutrition, signs of labor, questions about the birth – and I was always pleasantly surprised at the depth of her knowledge and she would always assure me that they'd just gone over that information in her Hypnobabies class! My curiosity was peaked, but I did remain skeptical.

I got the first call early in the morning that the mother thought her water had broken, but they assured me that she was doing just fine and would keep in touch with me and let me know if anything changed or she needed me. She planned to do what she'd learned in her Hypnobabies class...to eat well and rest until labor commanded her attention. Plan for the day was to take naps and watch a DVD! Alright...now I was impressed! I didn't have to tell a first time mom to take it easy in early labor, or calm a panicking family because her water had broken! How refreshing!

We kept in contact throughout the day until I headed to their house late that evening. Contractions

were coming very regularly, but she was still calm and handling things very well. I figured I'd be there for quite a long time as it still sounded like it wasn't far into her labor. I got to their home and she was listening to her CDs, calm and happy – uh oh, more confirmation that I'd probably be there a long time. Imagine my delight when their son slipped out into the world while his mom sat on a birth stool in her peaceful bedroom! Tucked into bed, mom smiled and looked at me and said, "That wasn't nearly as bad as so many people told me it would be! That was AWESOME!"

I was thrilled beyond words – but figured that the chances were great that it was the parents that succeeded IN SPITE of the method, not because of the method. Glad that they had such a positive experience, Hypnobabies hadn't quite won me over yet – I would need more experience with it before making a final judgment.

Thankfully I wouldn't have to wait long. Another first time mother (who had attended the same class as the previous mother!) called me early in the morning with early labor. Similar story as her classmate; she labored all day, finally calling me out late in the evening. A smiling and happy first time mom greeted me from her rented Jacuzzi hot tub in her family room. I commented to my assistant that we were probably in for a LONG night and after our initial assessment we laid down to rest. One hour later, when I went to check on the baby, she was out of the water and going to the bathroom. Still smiling and happy, we all agreed that an internal exam might be a good idea. I prayed that she would be at least 3cm but braced myself for much less. To say that I was shocked is an understatement: I found her to be 8cm dilated and her water broken around my hand. Her response to finding out she was 8cm was a smile and a calm, "yay"! She got back into her water and soon after she delivered her 10 pound baby girl in her bedroom. Her response to the birth was that it was "beautiful".



I could feel myself converting to being a Hypnobabies fan. Not for myself, mind you, but for my clients who time and time again have had similar experiences. Calm labors, centered mamas, working intensely and never complaining because they EXPECTED and PREPARED to work intensely for an easier birth experience!! Babies born beautifully by empowered mothers who soon after say how wonderful their births were.

I found myself referring people eagerly to the Hypnobabies classes, and my reaction to finding out someone was a Hypnobabies family was, "AWESOME!" It has totally shattered all of my previous misgivings that I had developed, as it became obvious how different the Hypnobabies series was from all other hypno-classes. The main difference that I saw was the amount (and quality) of childbirth information given. Families were given information on how to keep themselves healthy through the pregnancy, stages of labor, physiological changes and ways to help facilitate the birth

through positional changes and movement – and also given information on ways to use hypnosis to assist them through the birth. The parents were given realistic expectations so that they could prepare for what they were likely to experience, not false hope of escaping the experience.



As a midwife, my Hypnobabies births are easy on me as I am dealing with healthy and informed families ready for the challenges ahead – and they are a blessing to the families as the tools and information given to them through their classes help them have the best outcomes possible!! Yes, Hypnobabies...you turned this skeptic into a fan!"

Stephanie Soderblom, LM CPM

<http://www.nurturingheartsbirthservices.com>

For more detailed and comprehensive information for **all** birth professionals who attend Hypnobabies births, please visit our [Hypnobabies Hypno-Doula Training Program](#) page: (Hypno-Doulas, please share this PDF with your Hypnobabies clients' midwives so that they can help our wonderful Hypno-students enjoy an easier, more comfortable birth.)

Thank you for taking the time to learn how you can help your Hypnobabies midwifery clients! As you know, a mother that has chosen midwifery care can to know that their midwife is supportive and knowledgeable about the way the she has chosen to give birth. Thank you again for your love and dedication to all expectant and birthing families. If you have any questions or need additional information about Hypnobabies, please feel free to e-mail us at Info@Hypnobabies.com.

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