

Hypnobabies Childbirth Course Outline



Class 1: Introduction to Hypnobabies:

Hypnobabies' Philosophies and Positive Mindset; Pregnancy Anatomy and Physiology; Belief Systems; The Power of Words and How They Affect Us; How Your Mind Works – The Conscious and Subconscious; The Mind/Body Connection; What Hypnosis is and is NOT; Demonstrations of Hypnosis; How Fear Affects Comfort and Length of Labor; Fear Clearing for Childbirth; Mindfulness for Peaceful Birthing - Part 1; "Becoming Dad" - Part 1; The Importance of Daily Pregnancy Affirmations; Your Beautiful Uterus and How it Works; Creating Your "Mental Lightswitch"; Partner Communication Exercise and the "Contract of Trust".

Hypnosis Script: "Learning Self-Hypnosis". (Entering hypnosis on your own and controlling all sensations in your body.)

Class 2: Staying Healthy and Safe:

Importance of Staying Healthy and Safe in Pregnancy; Nutritional Guidelines; The High Protein Advantage; Eggs, Salt and Calcium in Pregnancy; Hydration for Two; Avoidance of Harmful Substances; Safe and Comfortable Prenatal Sleeping and Resting Positions; Natural Comfort Measures for Pregnancy; Mindfulness for Peaceful Birthing - Part 2; "Becoming Dad" - Part 2; Introduction of the Stages of Labor including the "Baby-Kindness" Stage; New Baby Sensitivity Through Bonding; Using Hypnosis for Pregnancy Discomforts and Health; Prenatal Exercises for an Easier Birth; Birth Partner Assistance.

Hypnosis Script: "Creating Anesthesia". (Modifying your hypnosis to include Hypno-anesthesia and "Eyes-Open Childbirth Hypnosis".)

Class 3: Your Options in Birthing:

Birth Partner's "Relax and Feel Confident" audio track; Mindfulness for Peaceful Birthing - Part 3; "Becoming Dad" - Part 3; The Importance of Making Excellent Birthing Decisions; the "Big Secrets"; Detailed Childbirth Choices – Risks, Benefits and Alternatives for Common Procedures; Getting Informed Consent, Hospital Forms and Your Rights; Questions for Caregivers - Consumer Issues and Positive Communication; Creating the Birth Plan of your Dreams; "Big" Babies; Packing Your Birth Bag; Touring Your Place of Birth; Benefits of a Professional Labor Assistant; "Hypno-Doulas"; Introduction of the Abdominal Lift and Tuck Birthing Techniques; Preparation for Comfortable Pushing.

Hypnosis Script: "Hypnotic Childbirth # 1 – Birth Hypnosis Tools". (Learning cues for deepening hypnosis and Hypno-anesthesia instantly.)

Class 4: The Onset of Labor:

Mindfulness for Peaceful Birthing - Part 4; "Becoming Dad" - Part 4; Your "Guess Date" and Normal Length of Pregnancy; Preparing for your Birthing Day; Signs of Birthing Beginning; Amniotic Membranes Breaking – Your Safe Choices; True vs. "False" Labor; How to Time Your Birthing Waves (contractions); Your Birth Log; When to go to the Birth Place; Automatic Comfort and Relaxation on "The Drive" and Arrival at Your Place of Birth (if out of your home); Hypno-Guardians; Nurses – the Unsung Heroes; Using Hypnosis for Comfort During Internal Exams; Dilation, Effacement, Position and Station of Baby; The Beautiful Progress of Labor, Including Fast, Average and Slow or Stalled Labor; Artificial Induction and



Natural Induction Techniques; Creating a Safe and Serene Birthing Environment; Nausea Elimination; Optimum Fetal Positioning.

Hypnosis Script: “Hypnotic Childbirth # 2 - Deepening Your Hypno-Anesthesia.” (Birth Partner Cues for instantly deepening hypnosis and moving anesthesia around to different areas of your body.)

Class 5: Birth Partners, Transformation and Birth:

Birth Partners Training: Your Role During Pregnancy and Birthing Reviewed; How a Labor Assistant Can Help the Hypno-Partner; 4 Pages of Verbal Birthing Cues; Physical Comfort Techniques; the Change of Plans Hypnosis Script.

Late First Stage Labor - Transition...or “Transformation”; Hypnosis Deepening techniques; Trusting in Your Body, Your Mind and your Baby; Protecting the Hypno-Mom!; Effective Positions for Birthing; Benefits and Use of the Birth Ball; Exhale Pushing and Avoiding the “Ring of Fire” with Hypnosis; Safe Birthing of the Placenta; Cord Traction, Pitocin, Post-Partum Choices. Review: Membranes Releasing, Hypnobabies Tools, Using Your Mental Lightswitch, Fear Clearing for Childbirth; Avoiding a Cesarean Section; Mindfulness for Peaceful Birthing - Part 5; “Becoming Dad” - Part 5.

Hypnosis techniques practice: Using Hypnobabies in the Moment! Full practice of our Hypnobabies Lightswitch techniques, Peace cue, Release cue, Birth Partner’s cues, and Moving Hypno-Anesthesia around Your Body.

Class # 6: Birthing Your Baby and Beyond:

In-depth Birthing Rehearsal using all Hypnobabies Techniques, Birth Balls, Walking, Positional Changes and Eyes Open Childbirth Hypnosis where our Hypno-Moms and Birth Partners practice their Hypnobabies cues and techniques together, in hypnosis, culminating with “giving birth” using Hypno-Anesthesia.

New Mother and Baby Care:

“Becoming Dad” - Part 6; Support for the New Family during the First 2 Weeks Postpartum; Care for the New Mother; Baby Kindness; Normal Newborn Appearance; Creating a Newborn Baby Care Plan/Choices for Baby’s Care including Hospital and Homebirth Newborn Procedures, Bathing... or Not?; Rooming In; Breastfeeding, an Overview; Breastfeeding and Jaundice, Latching, Non-Schedules, Laid-Back Breastfeeding; Resources, Attachment Parenting Information, and much more!

