



Hypnosis for Birth

Nancy E. Allin, CHt

Bellevue, WA (425) 827-9498

www.HypnosisForBirth.com

Frequently Asked Questions - FAQ's

How does Hypnosis for Birth work with other childbirth preparation techniques?

Hypnosis for Birth works well with all childbirth preparation techniques, largely due to its design. My intent with clients is for them to learn how to very quickly go into a deeply relaxed, focused, and aware place to work with their contractions, while diminishing their perception of sensations and discomfort. These skills amplify and build on the information and techniques taught by other childbirth classes, and will work in a variety of birthing positions and situations. I've had women comment after their birth took an unexpected turn [*C-section, transfer to hospital, etc.*] that the hypnosis skills were a huge help in staying calm and flowing with the change.

Are there particular types of clients for whom hypnosis is most helpful?

Most frequently, the women I work with are interested in avoiding or minimizing their usage of pain medication in birth. They are either planning on not using any drugs, or want to avoid systemic drugs while they consider/plan on using an epidural as needed.

I often receive referrals from other birth professionals for women with anxiety around birth, panic attacks, a history of abuse, or previous birth related traumas. I also see couples with anxious fathers or couples who have difficulty communicating with each other. Any of these clients and situations may benefit significantly from the hypnosis process and tools; particularly because I only work in private sessions with women and their partners. Working privately allows me to more specifically meet the needs of each couple and tailor the skills and tools I have learned over the years to their particular situation. Extra sessions are available as needed to address the couple's needs.

Hypnosis is also very helpful for women, and their partners, who are coming into birth without any added challenges – providing tools for both partners to navigate birth more calmly and smoothly.

What are the biggest myths/misconceptions about Hypnosis for Birth?

Probably the biggest is that with hypnosis the person's mind is going to be put to sleep while the hypnotherapist does whatever they want. For birth specifically, women are usually concerned they are going to spend their labor in la la land and not be present in the room with their partner, or thru the process. Neither of these could be further from the truth!

All hypnosis is self hypnosis, and is completely controlled by the individual using it, not the hypnotherapist. Hypnosis is a natural state we all go into, and out of regularly. [*An example would be pulling into your driveway and not really remembering the last 10 minutes of driving, or zoning out during a boring meeting or class.*] By practicing hypnosis, people can develop the mental muscles to focus their minds and hold the focus where they wish. Actually there are many similarities between meditation and hypnosis. You are always in control.

As with any tool, women can choose how they use hypnosis during the birth process. The method I teach is for the mother to go very quickly into her deep focused state at the beginning of a contraction and come back to the room at the end. If needed, she can also stay in her focused state and catch a cat nap between contractions. Additionally the hypnosis does work with eyes closed or open. You are always encouraged to find what works best for you.

What about claims that hypnosis in birth can make it pain free?

Wouldn't it be lovely if this were true for everyone? I truly wish I could say it was. Hypnosis is a proven method for reducing the perception of pain and increasing relaxation during birth, and at other times. However, the actual amount of pain reduction is very individual. Some women report hypnosis allowed them to labor with little discomfort, while others say it allowed them to cope with the labor sensations, and discomfort, more effectively.

Hypnosis is very effective at assisting a woman to maximize her individual ability to achieve her greatest level of comfort throughout birth, and often shortens the length of labor. More importantly, it assists women in staying calm and working smoothly with whatever their birth experience brings. Ultimately I believe that is one of our greatest powers – to manage our response to life events. These learned skills are really life tools and are helpful long after the birth is past, for the woman and her partner.

How is this training different from Hypnobirthing or Hypnobabies?

Different techniques are like different flavors of ice cream – they reflect their originator’s background, experiences, and beliefs. There are some basic ingredients and similarities between methods but they can taste very different.

The techniques I teach have evolved over the years from my original certification in clinical hypnotherapy in 1993, and in Mongan’s Hypnobirthing® in 1995. Additionally I’ve studied other methods of hypnosis for childbirth including; LeClaire’s Hypnobirthing®, Gail Peterson’s, and Chantal DeSoto’s techniques. Those are some of the layers and flavors, and what I teach is most strongly flavored by my experiences with birth.

I am a mother and a grandmother. I first became involved in childbirth after giving birth to my daughter, at home with a midwife in 1977, and began apprenticing with a midwife shortly after. In the late 90’s I was a midwife’s assistant for 2+ years attending numerous births in addition to the births I have attended as a doula. Of the over 270 births I’ve attended 70% have been out of hospital births. My techniques are grounded in what I’ve learned by sitting at the knees of midwives, comforting laboring moms and dads, and studying the science of the mind-body. I have added a healthy dose of common sense, and always come back to my belief in the power of the human spirit, and the elegance and wisdom of birth.

Does hypnosis help in post partum period?

Absolutely! Clearing birth traumas or difficult births can be immensely helpful. I have also helped moms in increasing their breast milk supply with hypnosis. Please contact me any time if I can be of assistance with a particular situation, or if you have questions.

Options & Costs for Hypnosis for Birth:

When & How Long: Ideally starting 2 months from due date - 3 sessions over 6 – 7 weeks. Each session is 1.5 to 2 hours long.

Options:

1. **Private Sessions** Most flexible with schedules, & best with any special needs \$375
2. **Semi Private Small Group** With 3-4 couples; 2 group sessions with 1 private session \$250

How to Sign up:

Call

425-827-9498

Email

nancy@HypnosisForBirth.com

1 refresher session is all that is needed for returning couples.

For articles on research and other information regarding hypnosis usage in birth – please visit my website;
www.HypnosisForBirth.com
click on “Resources & Links”