



HypnoBirthing®

A 4-Day Workshop Leading to Certification
as a HypnoBirthing® Practitioner

presented by *Marie F. Mongan*

HypnoBirthing® is as much a philosophy of birth as it is a technique for achieving a satisfying, relaxing and stress free birthing. HypnoBirthing® teaches women and birthing companions the art and joy of experiencing birth in a safe, more comfortable manner for themselves and their babies. Through guided imagery and self-hypnosis women learn how to call upon their bodies' own natural endorphins and thus eliminate or reduce the need for medication. When a woman is properly prepared for childbirth and when the mind and body are in harmony, nature is free to function in the same well-designed manner that it does with women in other cultures and with all other creatures.

You will be fascinated as you view HypnoBirthing® videos showing laboring mothers, awake, alert and in good humor, as they experience safe, gentle birth – free of the Fear-Tension-Pain Syndrome. HypnoBirthing® teaches a woman how to release all prior programming about birth, how to trust her body and work with it, as well as how to free herself of limiting thoughts and emotions that lead to pain-causing fear and resistant muscles.

HypnoBirthing® helps women rediscover their natural birthing instinct. Moms are awake, aware, and fully in control, but profoundly relaxed as they bring their babies into the world.

Enjoy the rewards that come from teaching relaxation, visualization, fear release, and guided imagery to assist pregnant couples in achieving a gentle, normal, safer, and more comfortable birthing that most mirrors nature's way.

Join the international network of HypnoBirthing® childbirth educators, who are finding it professionally and financially exciting to teach the most remarkable technique to appear on the birthing scene in several decades.

Course #142
Monday-Thursday, Aug. 3-6
Sessions begin at 9 am
*Tuition: \$700

For most of their lives, women have been inundated with the negative stories of other women's birth experiences. Everyone, from their mothers, sisters, aunts, cousins, friends, and even strangers, wants to tell them the horrors of giving birth. They have been conditioned to believe that excruciating pain is associated with birth; and because of this, women today hold an unprecedented fear of giving birth. This extreme fear causes their bodies to become tense, and that tension prohibits their bodies from easily performing a normal physiological function. The result? - exactly what they feared most - long, painful birthings.

People who are drawn to this method of childbirth have long been searching for a way to help women give birth as calmly, safely, and gently as possible. Until HypnoBirthing®, it almost seemed unattainable.

Through a very simple program of self-hypnosis and education, women learn to work through fear-based stories and misinformation, and they are helped to see birth as normal. They learn to trust that their bodies know how to bring their babies into the world in the calm and gentle way Nature intended.

Advantages of HypnoBirthing®:

- ☺ Teaches deep levels of relaxation to eliminate the fear that causes tension and, thus, pain
- ☺ Greatly reduces and often eliminates the need for chemical painkillers
- ☺ Shortens the first phase of labor
- ☺ Leaves mother alert, fresh, awake and with energy
- ☺ Helps keep oxygen supplied to baby during birthing
- ☺ Reduces the need for an episiotomy
- ☺ Reduces and often eliminates fatigue during labor
- ☺ Empowers parents with techniques to achieve a gentle, calm birth for themselves and their baby
- ☺ Gives the birthing companion an integral role in the birthing
- ☺ Embraces the concept of pre-birth parenting
- ☺ Teaches breathing techniques that allow a woman to gently breathe her baby into the world without the violence of hard, physical pushing

Click here to register online



Marie "Mickey" Mongan

MEd, MHy, CI, founder of HypnoBirthing®, is an award-winning hypnotist with over 30 years of experience in counseling and teaching on the college level and in the private sector. She is a licensed counselor and a certified hypnotist, who holds several awards in hypnotism, including the National Guild of Hypnotists President's Award, the coveted Charles Tebbetts Award, and in 2005, she became the first woman ever to receive the Guild's highest honor, the Rexford L. North Award. Early in her career, she was named one of five outstanding educational leaders in New Hampshire. And in 1992, she taught in Moscow as a diplomat for the Bridges for Peace Foundation. She is the mother of four adult children, born in the mid-50s and early 60s, using the theories of Grantly Dick-Read, on whose work HypnoBirthing is based. Her book, *HypnoBirthing® – The Mongan Method*, is the textbook used in HypnoBirthing® classes.

Course Content - Segment 1:

Introduction to Birthing Basics

- The beautiful female birthing body
- Anatomy of the female reproductive system
 - internal & external structures
- Conception and early fetal development
- Characteristics of the uterus: fundus, body, cervix
- The baby's support system: amniotic sac, placenta, umbilical cord
- Three trimesters of pregnancy
- Physical changes during pregnancy
- Fetal positioning during pregnancy
- Turning breech presented babies
- Labor signals: normal, unanticipated
- Characteristics of managed labor
- Characteristics of HypnoBirthing® labor
- Onset of labor
 - Spontaneous
 - Induction techniques
- Fetal positioning during birth
- Labor stages as defined in typical birthing
- Labor phases as defined in HypnoBirthing®
- Mother directed birthing

Introduction to Hypnosis for Birthing

- Applications of hypnosis
- Attitudes about hypnosis
- Basics of brainwave activity
- Laws of the mind
- Rationale for hypnosis in birthing
- Understanding clients' learning styles
- Direct and permissive hypnosis approaches
- Steps to achieving hypnosis
- Dangers of unqualified therapy
- Mind/body association and application
- Judging trance depth
- Guidelines for achieving change
- Eye fixation/closure
- Elman – Ericksonian – Shanti leads
- Eye-lift conversion lead
- Deepening techniques
- Post-hypnotic suggestions
- Alerting techniques

**Teaching women the art
and joy of rediscovering their
natural birthing instinct**

Course Content - Segment II:

HypnoBirthing® Practitioner Certification Program

- HypnoBirthing® philosophy and beginnings
- How the uterus works in birthing
- What's wrong with labor
- How fear affects labor
- Origin of fear and pain in labor
- Pre-birth parenting and fetology
- Selecting the care provider
- Preparing the mind and body for birth
- Hypnosis deepening and visualization
- Releasing fear and limiting thoughts
- Building a partnership with care providers
- Looking at the "due date"
- Avoiding artificial induction
- Preparing the birth preferences sheets
- How the body and baby work together
- The onset of labor
- Breathing through labor
- The hallmarks of labor
- Perinatal bonding
- Breathing with birth
- Bonding with baby

Take Home Materials:

A manual for the introductory course, a copy of the textbook, *HypnoBirthing®-The Mongan Method*; a DVD of seven HypnoBirthings; a CD with relaxation conditioning and birth affirmations; a 70-page practitioner's teaching syllabus with class outlines, scripts, and demonstrations; six hand posters for classroom use; a CD of forms and handouts, and other visual handouts.

Certification:

Attendance at a HypnoBirthing® Practitioner Certification Workshop does not automatically equate to Certification. Each candidate must submit a successfully completed Review of the Program following the course. Certification also includes a listing on our on-line referral system, a copy of our newsletter four times a year, and regular updates.

Click here to register online