

HypnoBirthing® - Frequently Asked Questions

What is HypnoBirthing®?

HypnoBirthing® is self hypnosis, relaxation and breathing techniques to be used for pain relief during labour and childbirth. HypnoBirthing® uses the Mongan Method which is a 12.5 hour syllabus perfected over 20 years of experience all over the world.

Who is HypnoBirthing® suitable for?

HypnoBirthing® is suitable for first time mums and mums who've had kids before. We help women who are scared of birth because they've never done it before, who are anxious because of a bad experience last time, or who just want a calmer, easier, more natural birth experience. If you're pregnant, and looking for an alternative to the over-medicalised, pain-is-inevitable, "gimme all the drugs" mindset, then HypnoBirthing® is for you.

Will I be 'out of it' or in a trance if I do HypnoBirthing®?

No, absolutely not. With HypnoBirthing® (in fact, virtually all hypnosis), you are aware of what is going on around you but you can just 'tune out' the distractions.

I'm not too sure about Hypnosis. Is it safe?

Hypnosis is absolutely safe and nothing to be scared of. Unfortunately, TV, film and stage portrayal of hypnosis has left a lot of people with a mistaken view of what hypnosis is, and what it can (and can't) do.

Can you guarantee a pain and drug free labour?

No. There are many factors that can affect a birth, some of which are outside our control. Also, like any childbirth preparation class, the success of the techniques is related to the amount of practice you put in. However, as a guide, we find that around 65-70% of HypnoBirthing® mums don't need any form of pain relief. Nearly all the mums in this category simply don't experience any pain - just pressure. Around a further 20-25% only require something mild, like gas and air. The remaining 5-10% usually fall into what we call 'special circumstances', where medical intervention is required. However, the HypnoBirthing® mums still tell us that HypnoBirthing® really helped - even if they were induced, or ended up with a caesarean. Remember - the aim of HypnoBirthing® is not a completely pain-free and picture-perfect 'natural' birth (although that is possible). It is to have a calmer, easier, more comfortable birth- where you are in control - and in a way that most mirrors nature.

When should I start the course?

Somewhere between 25-30 weeks is ideal, as the success of the course is strongly linked to how much practice you do. However, provided you can finish the course before you give birth, it's still going to help. Please book in advance to guarantee your place!

Does my husband/ partner need to attend the course?

Yes - birthing companions are a very important part of HypnoBirthing® success. However, if your partner/husband cannot attend all the classes and/or help you practice or attend the birth, your mother, sister or friend can also be your birthing companion. Whoever you choose (and we strongly recommend it's the father if at all possible, as it helps build a strong relationship with the child), they must attend all the classes and the birth.

Can the course be done in one day or over a weekend?

No - the syllabus is designed to be taught in classes that are spaced usually a week apart. This is for your benefit so that you have time to absorb the concepts and get chance to practice between classes. Anyone offering courses in any other format are not likely to be registered HypnoBirthing® practitioners. To check the list of approved teachers in the UK visit the HypnoBirthing website (www.hypnobirthing.co.uk).

Do you offer discounts?

It may be possible to agree to make your payment in instalments or arrange a discount for early booking. The course fee includes all of the necessary materials and refreshments and is considerably cheaper than paying for hypnotherapy on a hourly basis. If after the first class you decide that the course isn't for you then you can receive a refund minus £80 which covers the first class and the course materials.

Is it possible to learn through a home study course?

No. The official book and the CD are designed to be the accompanying material for a practitioner led course. The practitioner will guide you through relaxation sessions that are not covered in the book and you will get practical guidance on the techniques.

If your question has not been answered here then please get in touch by emailing:
info@babycoach.co.uk