



Hypno-Birthing for Joyous and Comfortable Labor



- 5 Sessions, ideally 1 week a part.
- Sessions 1 and 4 are typically 1.5 Hours. The rest are 1 Hour sessions.
- Sessions 1-3 are with primary client only. Partners or a support person is encouraged and invited to join for sessions 4 and 5.
- Program should be started by or before week 30 (gestation) to give ample time to complete the program. This also allows for plenty of time for self-hypnosis mastery.

In this program you will learn the “partial hypnoanesthesia technique” and be asked to practice, practice, practice, in preparation for labor and delivery. Remember hypoesthesia is a skill, just like playing a musical instrument. The more you practice, the better you get! You will also receive customized recordings, including a hypnosis session to be used to keep you calm and comfortable should your birth plan need to change at any time (C-Section, epidural, etc.).

Overview

There are many ideas and beliefs in every culture about labor and childbirth. In many Asian, African, Native American, and South American cultures childbirth is seen as a natural part of the life cycle. The literature suggests that many women have a non-stressful and comfortable experience.

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In Western culture, many women have an expectation that childbirth will be very painful. Using the vernacular of hypnosis, Western culture has become suggestible to the idea that there is great pain with labor and childbirth.

It is also common for people to share their “horror stories” of hours of pain and suffering during labor, epidurals that fail, botched C-Sections, vaginal tearing, and “never being the same after giving birth”. It is not uncommon for pregnant women to be given these stories without asking for them to begin with.

During your first session, we will discuss your ideas and beliefs about pregnancy, labor, and childbirth. And your ideal vision of how you would like for your baby to come into the world. There are no “right” or “wrong” thoughts or answers here. As your therapist, I will honor and respect your thoughts, opinions, and plan for childbirth and motherhood. My goal is to help you reduce any fears or blockages that may get in your way and prepare for the most comfortable and loving childbirth experience possible.

I will use your visions of ideal childbirth as part of your hypnotic imagery while at the same time targeting and resolving limiting beliefs and fears that may be getting in your way. We can also incorporate goals and suggestions to best support a calm, confident mind and healthy body during your pregnancy. Hypnotherapy is excellent for discomfort/pain, anxiety, insomnia, and other emotional and psychological issues you may be experiencing. Along the way, I can offer customized recordings, tips and tools, and organic essential oil blends to support your needs and enhance goal achievement.

Together, we will have you feeling well prepared and confident about childbirth. By addressing and removing fears, limiting beliefs, and discomfort you may be experiencing now, we will also ensure you have the most pleasant and joyful pregnancy experience possible.

My Story

I recently gave birth to my first child in January 2024. I used the same techniques I will be teaching you during my own childbirth experience. I also used hypnotherapy during my pregnancy to help with things like anxiety, bonding with my in-utero baby, accepting my changing body, discontinuing unhealthy habits, and for a peaceful and confident mindset about childbirth and motherhood. I stand by these methods wholly and fully.

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It would be my honor to support you during this very exciting time in your life!

Mindfully Onwards,

Meredith



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