



HypnoBirthing® **A Celebration of Life**

YOU WILL LEARN:

- ✓ Everything you need to know to achieve safer, easier and more comfortable birth
- ✓ To explode the myth that pain is a necessary accompaniment to labour
- ✓ What's wrong with labour as it exists with most other childbirth methods
- ✓ Techniques of deep relaxation to help you eliminate the Fear-Tension-Pain Syndrome
- ✓ How your body is naturally designed to conceive, nurture and birth your baby with ease and comfort
- ✓ To create your body's own natural relaxant, the only safe labour enhancement
- ✓ Natural ways to bring your body into labour without artificial chemical induction
- ✓ How you and your birthing companion can create a birthing environment that is calm, serene and joyful, rather than tense and stressful
- ✓ Gentle birthing techniques that allow you to breathe your baby into the world without the violence of hard physical pushing
- ✓ To use your natural birthing instincts to birth your baby in a way that most mirrors the way that nature intended

"My dream is that every woman, everywhere, will know the joy of a safe, satisfying birth for both her baby and herself—one she'll not need to forget."

Marie F. Mongan, 1999

*Teaching mothers and birth companions
techniques for
safe and satisfying birthing
through guided imagery,
visualization,
and special breathing*

About HypnoBirthing®:

The HypnoBirthing® Childbirth method is as much a philosophy of birth as it is a technique for achieving a satisfying, relaxing, and stress-free method of birthing. HypnoBirthing® teaches you, along with your birthing companion, the art and joy of experiencing birth in a more comfortable manner. You will learn to call upon your body's own natural relaxant and thus lessen or eliminate discomfort and the need for medication. When a woman is properly prepared for childbirth and when mind and body are in harmony, nature is free to function in the same will-designed manner that it does with all other creatures.

You will be fascinated as you view HypnoBirthing® films showing labouring mothers, awake, alert and in good humour as they experience the kind of gentle birth that you, too, can know when you are free of the Fear-Tension-Pain Syndrome.

HypnoBirthing® teaches you to release all prior programming about birth, how to trust your body and work with it, as well as how to free yourself of harmful emotions that lead to pain-causing fear and unyielding muscles.

HypnoBirthing® will teach you the art of using your own natural birthing instincts. With HypnoBirthing®, you will be aware and fully in control, but profoundly relaxed.

ABOUT YOUR PRACTITIONER:



Emma Lund has had 18 years experience working with parents and young people and has been registered as a Psychologist for the past 11 years. Her qualifications are in the areas of Child and Family Psychology, Health Psychology as well as Educational and Developmental Psychology.

Emma is passionate about assisting her clients to improve their psychological wellbeing, general health and relationships, and believes that parents can have an impact on their child's development even before they are born. This is the reason she chose to learn and apply the HypnoBirthing® approach for all three of the births of her daughters. Convinced by experience that it is a wonderful way to bring joy, calm and wisdom to pregnancy and birthing, she undertook the training and became a certified HypnoBirthing® practitioner in 2008.

Emma has been enjoying teaching these natural birthing classes and is committed to encouraging more and more mothers, fathers and babies to share in the joy, fulfillment and success of this approach to birthing.

Who Attends

It is strongly encouraged that you attend the course with the person you have chosen as your "birth companion" (support person during the birth). This is so they can learn and practice techniques with you. Midwives, doulas, obstetricians, other birthing professionals welcome also.

What to Bring

Wear comfortable clothes and please bring book and handouts to each class.

Course Duration

The course comprises 5 Units and are usually taught over four - five classes of 2 ½ - 3 hours.

Format

Both group (minimum of 4 couples) and individual/private classes are available. Weekday, evening and weekend classes offered.

Venues

East Kew or Hawthorn or in-home classes can be arranged for private classes (if you live within 5 km radius of Hawthorn).

Course includes

Tuition fee of \$500 for group classes
Tuition fee of \$750 for private classes
Book *HypnoBirthing, The Mongan Method* & CD Set.
Rainbow Relaxation CD
Handout package
Access to additional resources
Phone consultations

Rebates

If you have private health insurance you may be eligible for a rebate

Please note If for any reason you miss one of the classes, it is recommended that you attend a private session. However there will be an additional charge for this and it is not guaranteed that you will be able to attend the appointment before the next Unit is scheduled.

Please contact Emma Lund for bookings
0419 166 445 or
emma@neopsychology.com.au

To find out more about HypnoBirthing, go to
www.hypnobirthing.com
www.neopsychology.com or
<http://www.facebook.com/NeoBirthing>

COURSE HIGHLIGHTS:

- How the mind and emotions affect the body
- Why labour hurts and why it doesn't have to
- Releasing fear, the enemy of labour
- Preparing your mind and body for birthing
- Avoiding artificial induction and episiotomy
- Developing ultimate-depth relaxation
- Understanding the stages of labour
- Preparing your Birth Plan (suitable for a hospital, birthing centre or home-birth in Victoria, Australia)
- Tapping Nature's own relaxant
- Breathing your baby down for birth

