

Hypnosis for Childbirth

Hypnosis has been widely used and accepted by doctors for maternity care for decades; and with today's rising knowledge about the mind-body connection its use is on the rise. Women have benefited from their use of hypnosis for a variety of concerns from conception to the promotion of lactation and everything in between. Symptoms such as elevated high blood pressure, morning sickness, insomnia, gestational diabetes, breech presentation, fear and apprehension of labor and premature birth have all been successfully treated with hypnosis.

Many reports have shown that the use of hypnosis for deepening relaxation in labor has reduced the average duration of labor by 2-4 hours. One advantage of using hypnosis training for pain control in labor is to eliminate or reduce the use of medication, and thereby avoiding the cascading medical interventions with come with their own risks to the mother, the labor, and the baby. In a control group being studied it was found that women who utilize hypnosis in pregnancy for stress management and anxiety had fetuses who moved a much more active manner. (Fetal movement is considered a sign of a baby's healthy nervous system.) Even more impressively, women who were trained to use hypnosis as the form of treatment for premature labor carried their babies significantly longer in pregnancy compared to the women who used medication as the form of treatment. Hypnotherapy methods are very empowering to women who are choosing natural childbirth.

The intention of hypnotherapy sessions in pregnancy is to give pregnant women the opportunity to experience and learn complete relaxation -mentally, emotionally, and physically. The sessions are therapeutically beneficial and educational, teaching women how to enter the trance or "comfort state", learning how to transform anxiety and fear to confidence and well-being, and learning to trust the inherent wisdom of their bodies. Whenever there are emotional obstacles, conscious or unconscious, hypnosis can clear the way for an easier, more peaceful birth. Individualized suggestions are created for their personal situation. Self-hypnosis techniques can easily be practiced that will enhance her abilities to work harmoniously with her body in labor, facilitate an effective labor pattern and foster the feelings of pride and satisfaction as she gives birth. The same relaxation techniques can be used in the postpartum recovery when she's likely not getting a full night's sleep yet has new and constant responsibilities. At any point the skill to become deeply relaxed can be a powerful tool to get through a stressful time. Sometimes partners of pregnant women like to experience hypnotherapy to focus on their own issues around pregnancy, birth, and coming adjustments. Hypnotherapy techniques are invaluable and easily taught to anyone interested in learning them.

