

Hypnosis and the Birthing Room

Andres Soto - Clinical Hypnotherapist and Childbirth Educator



Most of us are familiar with the light hearted and downright funny antics that take place when a hypnotist hypnotises a few willing subjects and “seemingly” makes them carry out hilarious acts on a stage for the sake of entertainment.

Entertainment aside, now more and more people are turning to hypnosis as a form of therapy to resolve and alleviate physical and psychological maladies.

People are also increasingly seeking out hypnosis to enhance performance in the sporting arena, in their career and studies and even for achieving a more comfortable birth, free from the fear and discomfort so often experienced in birthing rooms.

Hypnosis when practiced by a professionally qualified Clinical Hypnotherapist is a safe, gentle and effective way to address and resolve many issues caused by our often fast pace, stressed out lifestyles and less than positive past experiences.

Hypnotherapy has become the secret weapon for many who use it to increase and maintain peak performance and it has given mothers, babies and birth companions all over the world the tools necessary for a more satisfying and positive birthing experience.

So what is hypnosis and how does it work in therapy?

Hypnosis is a naturally occurring state of consciousness characterised by increased mental awareness, concentration and general relaxation. We experience the state of hypnosis regularly in our day to day lives; while reading a book, watching a movie, driving down the highway or listening to music.

During a hypnotherapy session, your Clinical Hypnotherapist can use several techniques to bring about the state of hypnosis. Once in this relaxed state, you are guided to access subconscious resources to become aware of and resolve the underlying causes of the issues being worked on. It is necessary to point out here that whilst in hypnosis you remain in control of your mind and you cannot be made to do anything you wouldn't normally do in waking state.

Hypnotherapy falls into the realm of brief therapy, which means that for most conditions, you can expect treatments to last between three and eight consultations.

How can hypnotherapy help?

Heal Negative Emotions – The experience of negative emotions such as fear, sadness and anger funnily enough do have a purpose in our lives to a degree. In short doses, these emotions can serve to protect us and allow us to maintain our personal boundaries. However, when these emotions become overpowering and or are experienced persistently, they can become the catalyst for mental and physical dis-ease. From ancient times, it has been recognised that the mind affects the body and the body affects the mind. Hypnotherapy can assist in effectively releasing long stored and persistent negative emotions allowing you to enjoy a more harmonious and positive life experience.

Leaving the 'baggage' behind and creating happier relationships – Many if not most adults have experienced the pain of a relationship break-up at some point in their lives. Break-ups can often lead to feelings of rejection, extreme sadness and low self esteem.

The reality is that breaking up with a partner can be one of the most painful emotional experiences we can go through. Unfortunately there is not a subject taught in our schools that teaches us the very important life skill of effectively dealing with the intense emotion that can sometimes overwhelm even to the 'toughest' individual. Despite the best intentions, our parents and friends are often also ill equipped to help us.

What many people don't realise is that the negative 'baggage' we carry from our past relationships can have a significant impact on the type and quality of our future relationships. Have you ever come across people who seem to experience one abusive relationship after another or who seem to attract partners with the same negative qualities over and over again? These are clear examples of this phenomenon at play.



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Hypnotherapy can help identify and clear limiting beliefs and old unconscious, patterns of behaviour that may be preventing us from having the loving, joyful and fulfilling relationships we all deserve as well as giving us awareness and understanding of what it is we really want in a relationship.

Releasing stress – What would happen if you were to leave your TV switched on continuously without turning it off for days, months or years? Well sooner or later it would turn off, burn out and not turn on again. In today's often chaotic, twenty four seven world, many people are finding it increasingly difficult to 'switch off'. Career pressures, financial worries, and other daily stresses are a key feature in many people's lives. From high flying executives to stay at home parents, we regularly see the cost of prolonged stress in our workplaces and in our homes.

Hypnotherapy can give you the tools to take control, relax and release yourself from the clutches of daily stress, giving you coping techniques allowing you to remain energised, focused and productive. Ask your self... When was the last time you switched off?

Overcoming Anxiety – Anxiety can arise as a result of many life stressors such as financial worries, relationship problems and health concerns. However, often the true cause of anxiety cannot be identified at the conscious level of awareness.

Symptoms ranging from mild, nervousness to extreme panic attacks can have a debilitating affect on those people who experience them.

Hypnotherapy is an effective way to get to the root cause of anxiety, resolving these underlying issues and allowing you to reclaim your power.

Overcoming medically unexplained fertility issues – Far too often we hear of couples who are desperate to have a child and are simply not able achieve their dream of becoming parents.

In many cases, there is not a medical reason for these problems in conceiving which can lead to feelings of frustration and failure for both partners. Further, the stress, fear and financial expense so often associated with invasive medical tests and fertility treatments can also prevent these very treatments from producing the desire result.

Hypnotherapy can address and resolve the underlying emotional blocks, limiting beliefs and subconscious conflicts you and your partner may hold surrounding conception thus allowing you to finally achieve your dream of becoming parents.

Hypnosis for childbirth "The HypnoBirthing® advantage" - The original HypnoBirthing® childbirth education program as created by Marie Mongan is one of the gentlest, calm and joyful ways to bring your baby into the world. This relaxing, stress-free method of birthing has become popular around the world, allowing mothers, their babies and birthing companions to experience birth in an easier, more comfortable and often pain-free manner.

The stress, discomfort and pain so often experienced by mothers, and babies does not have to be a necessary part of the birthing experience.

Using specialised techniques of hypnotic relaxation, visualisation and breathing, it is possible for you to achieve the birth you want for you and your baby. It is also possible for your birth companion to be more than just a bystander and actually become an integral part of the birthing experience.

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For more information on how hypnotherapy can help you please contact Art of Health or our resident Clinical Hypnotherapist Andres Soto directly on 0412 076 480 or Andres@artofhealth.com.au



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