



Birthing bliss!

Yes you did hear me right when I said that! Hypnotherapy has gained credibility in being a recognised and viable option for a positive birth. After all, if it is good enough for Kate Middleton who has been working with a hypnotherapist throughout her pregnancy to help with her severe morning sickness, aid pregnancy relaxation and for a better overall birth experience, surely it is good enough for you?

Childbirth really does get an awful press (and in many cases rightly so!)... I can think of at least a dozen horror stories off the top of my head from friends who have had a terrible experience whilst giving birth. For many people it remains a traumatic memory that we only too freely share... not least to other pregnant mums! With this in mind, expectancy for the birthing experience can be very negative which in turn creates what is called the 'pain – tension - fear' cycle.

Modern hospitals are busy, bright noisy places and many people experience anxiety within them just as a visitor let alone as a birthing mum. Learning self hypnosis allows you to experience deep physical relaxation which in turn speeds up labour by creating Oxytocin, often dubbed the 'love hormone' due to its vital role in childbirth. Incidentally, being stressed and anxious stops your body from releasing this hormone, instead producing adrenaline which results in an extended first stage of labour- exhausting for both mother and baby.

Reframing the pain from contractions helps to remove the focus of 'pain' and instead focuses on the end result - bringing that baby closer to your arms. Visualisation and breathing exercises are a fantastic way of calming the senses down and allowing the body to do what it is designed for... birth.

I frequently see second time mums who have suffered a traumatic experience first time around. In which case, I use Post Traumatic Stress techniques to remove the fear and anxiety from the memory to avoid a repeat performance.

Childbirth as any mother will tell you, happens in its own way and as a society we are fortunate to have expert medical help at hand if we need it. In learning these techniques, enables us to be empowered, bond with the unborn child, remove fear, speeding up labour as well as building positive birth expectancy.

Next month I will be talking about my new combined weight management programme that I've been working on with my nutritionist and Personal Trainer designed at shifting that last stubborn stone! (more updates on this exciting programme can be found on my website and facebook page)

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