

**COMING SOON!!!!**

**HypnoBirth® OKC**

By: Willow Doula

**Classes Start in  
October!**

Locations:

**Green Bambino,**  
5120 N. Shartel, OKC

**Stages Health and Fitness,**  
4910 N. May Ave., OKC

\*Class sizes are kept small, space is limited,  
don't wait!

*For more information about class dates,  
times and fees, call  
405/326-4800 or visit  
[www.WillowDoula.com](http://www.WillowDoula.com)*



Brandy Harris, CD(DONA)

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[www.WillowDoula.com](http://www.WillowDoula.com)  
Facebook: HypnoBirthOKC



## WHAT IS HYPNOBIRTH®?

HypnoBirth® - The Mongan Method is as much a philosophy as it is a technique. The concept of HypnoBirth® is not new, but rather a "rebirth" of the philosophy of birthing as it existed thousands of years ago and as it was recaptured in the work of Dr. Grantly Dick-Read, an English obstetrician, who, in the 1920s, was one of the first to forward the concept of natural birthing. The method teaches you that, in the absence of fear and tension, or special medical circumstances, severe pain does not have to be an expectation of labor.

## HOW DOES IT WORK?

Using HypnoBirth®, you will not be in a trance or a sleep. What you will experience is similar to the daydreaming, or focusing, that occurs when you are engrossed in a book or after a long day, you have driven home and not realized it [often called our 'auto pilot' system].

Awake throughout, you will be aware of your body's surges and your baby's progress; but because you will have trained yourself to reach complete relaxation, you will be able to determine the degree and the manner in which you will feel the surges. You will experience birthing in an atmosphere of calm relaxation, free of the fear and tension that prevents the muscles of your body from functioning as nature intended them to. In this calm state, your body's natural relaxant, endorphins, replaces the stress hormones that constrict and cause pain.

## HOW IS HYPNOBIRTH® DIFFERENT?

HypnoBirthing® is based on the premise that childbirth does not necessarily need to be painful if the mother is properly prepared and relaxed.

When women understand the physiological causes of pain (constrictor hormones/fear/tension), they can better prepare themselves for the sensations they will be feeling. Mothers are able to change their expectations of long, painful labor and are able to replace them with expectations of a more comfortable birthing process.

Rather than exhausting, shallow breathing and the distraction techniques other programs may prescribe to, HypnoBirthing® parents learn deep abdominal breathing and total relaxation, enabling the laboring mother to work in harmony with her body and her baby. This allows her to achieve a shorter and more comfortable labor for herself and baby.

## BENEFITS

- For the mother, the need for pain relief is reduced by 55%.
- HypnoBirthing® also helps to deal with and release any personal fears or emotions which the mother may have about the birth.
- Both parents learn how to stay calm and in control.
- HypnoBirthing® is also reported to significantly shorten and simplify the labor, and as a result it produces a more calm and relaxed baby.
- Significant reduction in use of routine, unnecessary intervention (Pitocin, vacuum, forceps, episiotomy & epidural).
- Babies are reported to nurse and sleep better .
- They are also more likely to have an improved Apgar Score at birth.
- Post Natal depression in mothers who use the HypnoBirthing® method is said to be significantly reduced.

*Source: HypnoBirthing® Institute, 2010.*