One to One Midwives

HypnoBirthing

"When you change the way you view birth the way you birth will change". (M Mongan)

Maureen Collins - MSc, BA(Hon’s), RM, RN

www.onetoonemidwives.co.uk
What is Hypnobirthing?

- Hypnobirthing is a complete birth education programme, that teaches simple but specific self hypnosis, relaxation and breathing techniques for a more comfortable birth. Although birth can be described as a natural instinctive process, society has medicalised the concept of birth to a point where women accept medical intervention as ‘normal’ and therefore feel less confident in their ability to birth.

- Hypnobirthing aims to change the way women view their birth by redressing the socialisation of birth as a medical construct and therefore take the woman from the medical to the social model of birth through a process of:

- Empowerment, Education, Belief and Self-Hypnosis.

- A positive birth experience is a state of mind that comes from the parents being in control of the birth and not necessarily the birthing outcome – subsequently hypnobirthing women who undergo necessary intervention can feel positive and fulfilled.
Physiological Process


• A normal physiologic labor and birth is one that is powered by the innate human capacity of the woman and fetus. This birth is more likely to be safe and healthy because there is no unnecessary intervention that disrupts normal physiologic processes. In 1996, the World Health Organization called for the elimination of unnecessary intervention in childbirth.

• Routine, though unfamiliar, procedures, the presence of strangers and being left alone during labour and/or delivery caused stress, and stress can interfere with the course of birth by prolonging it and setting off what has been described as a "cascade of intervention".

• Just because its routine doesn’t make it Normal!

• For most women, the short-term benefits of normal physiologic birth include emerging from childbirth feeling physically and emotionally healthy and powerful as mothers. Their infants will benefit from the ability of their mothers to respond to their needs and from the lack of exposure to medications that can affect neurological behavior.

• Long-term outcomes include beneficial effects for the woman’s physical and mental health and capacity to mother, enhanced infant growth and development, and potentially diminished incidence of chronic disease.
Supporting Physiological Birth

Normal Physiological Birth

- is characterized by spontaneous onset and progression of labor;
- includes biological and psychological conditions that promote effective labor;
- results in the vaginal birth of the infant and placenta;
- results in physiological blood loss;
- facilitates optimal newborn transition through skin-to-skin contact and keeping the mother and infant together during the postpartum period; and
- supports early initiation of breastfeeding

The following factors disrupt normal physiologic childbirth:

- Induction or augmentation of labor
- An unsupportive environment, i.e., bright lights, cold room, lack of privacy, multiple providers, lack of supportive companions, etc.;
- Time constraints, including those driven by institutional policy and/or staffing;
- Nutritional deprivation, e.g., food and drink;
- Opiates, regional analgesia, or general anesthesia;
- Episiotomy;
- Operative vaginal (vacuum, forceps) or abdominal (cesarean) birth;
- Immediate cord clamping;
- Separation of mother and infant; and/or
- Any situation in which the mother feels threatened or unsupported
Do we really believe that human childbirth needs to happen in big buildings, in very unfamiliar surroundings, attended by strangers? This is a seminal rite of passage, one of life's major milestones, where alongside a newborn baby is also a newborn mother, father and family - are we really saying that this is primarily a medical event above all else? (Walsh D 2001)
HypnoBirthing Philosophy

Birth is Natural, Normal, and Healthy

Birth has a natural rhythm and flow.

When a healthy woman, carrying a healthy baby,
trusts in her body,
Is free of fear,
and is appropriately relaxed,
her body will function normally without pain or incident.
Hypnobirthing Programme

• Self Hypnosis
• Visualisation, Relaxation, Support
• Comfort Measures, Massage
• Empowerment
• Choice/Autonomy
• Birth Plan
• Special Circumstances/Partnership/Affirmation
• Language
• Partner involvement/Family
• Breathing-Sleep
  - Surge
  - Birth
The Mind

The mind has two parts:

The conscious mind – Purposeful, analytical, decision making, logical, contains the fight/fright/freeze response.

Its language is: words

The Subconscious mind – Is like a computer in acceptance, emotional, long term memory and imagination.

Its language is: metaphor and symbol, visualization and imagination.
The Mind
Iceberg Analogy
Rationale for Hypnosis

• Rule 1 – The mind can only hold one thought at a time.
• Rule 2 – Thought precedes reality
• Rule 3 – For every thought or emotion there is a physical response
• Rule 4 – New Programming in the subconscious is always more powerful and wins over past programming
• Rule 5 – Once a thought is accepted and acted upon, behaviour becomes easier with each subsequent similar thought
• Rule 6 – Once a thought is accepted by the subconscious it remains intact until it is replaced with another

• Mongan M (2007)
Laws of the Mind

- Law of Psycho-Physical Response: (Robot Theory)
- Law of Harmonious Attraction: Suggestion – Feeling - Belief - Behaviour - Success or Failure
- Law of Repetition: Affirmation
- Law of Motivation: When the mind is highly motivated the body responds appropriately.
Can Anyone be Hypnotised?

• Yes – Provided they want to – anyone can go into hypnosis
• People least susceptible – those who do not want to, reluctant to let go and relax
• Mentally Impaired
• Under the influence of alcohol or drugs
• Very young children

• On the first occasion hypnosis is used:
  • 5% cannot be hypnotised
  • 4% go instantly into a deep trance
  • 15% go deeply after induction
  • 76% can be hypnotised to some extent (KGH)
Resistance to Hypnosis

- Unconscious fear – TV, Film, Birth Stories
- Fear of losing control
- Fear of giving away secrets
- Fear of Domination
- Fear of remaining in hypnosis forever
- Fear of being unconscious and therefore helpless
- Fear of humiliation

- These fears are unfounded and can be addressed during your first HB session through convincer exercises.
Language
Power of words
Laws of suggestion
Reframing

Simply means taking a negative thought or word and turning it into a positive. Positive Statement are extremely powerful and affirmations become part of everyday Hypnobirthing practice.
Embedded Commands

Neuro-Linguistic Programming (NLP) technique for "planting" a thought (state, process, or experience) within the mind of another person beneath the person's conscious awareness. This is done through *presuppositions*, which are assumptions implied within verbal structures.
Laws of the mind that affect change

• Law of desire
• Harmonious attraction
• Belief and expectancy
• Relaxation
• Visualization
• Substitution
• Mental Practice
• Self concept.
For every thought/emotion, there is a corresponding chemical and physiological response within the body.

Women fear danger, even perceived danger.

**ANS**

Healing Rm
95% - 98%
Endorphins

Emergency Rm
2% - 5%
Catecholamine's
Hormonal Response to Labour

Love Hormones
Endorphins
Relaxation
Oxytocin
Labour Progresses

Catecholamine’s
Stressor hormones
Fight – Flight- Freeze
Fear-Tension-Pain
Failure to Progress
• Mammals try to find warm, secure, dark places to give birth - and human beings are no exception. (The Royal College of Midwives- Campaign for normal birth)
Environment for Birth

**Oxytocin Release**: Healing Room

- Privacy
- Quiet calm atmosphere
- Low lights
- Warm comfortable environment
- Feeling secure
- Being with loved ones
- Relaxation and massage
Benefits of HypnoBirthing

- Puts women in control of their birth.
- Encourages Family/Partner involvement
- Shorter labour and birth
- Higher incidence of natural childbirth
- Baby tends to be calmer, feed and sleep better
- Fewer surgical births.
- A fulfilling experience.
### Outcomes

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<thead>
<tr>
<th>Outcome</th>
<th>Home Birth</th>
<th>National</th>
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<tbody>
<tr>
<td>Normal Birth</td>
<td>93.9%</td>
<td>60.9%</td>
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<td>Home Birth:</td>
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<tr>
<td>Primips</td>
<td>29.6%</td>
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<td>Multips</td>
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<tr>
<td>(68%)</td>
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<td>Named Midwife at home birth</td>
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<tr>
<td>Intrapartum Transfer</td>
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<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt;/4&lt;sup&gt;th&lt;/sup&gt; Degree Tear</td>
<td>1.2%</td>
<td>2.9%</td>
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Images for a calmer state of mind