

## HypnoBirthing® Class Outline:

### **UNIT #1: Building A Positive Expectancy:**

- Introduction
- HypnoBirthing®
- Rationale for Comfortable Birth
- How the Uterus Works
- What's Wrong with Labor?
- How Fear Affects Labor
- Origin of Pain Concept
- Hypnosis and Deep Relaxation/Creating Positive Birth Outcomes
- HypnoBirthing® Stories DVD - 1 and 2

### **UNIT #2: Falling in Love with Your Baby/Preparing Mind & Body**

- HypnoBirthing® Stories DVD - 3 and 4
- Pre-birth Parenting Techniques
- DVD- What Babies Want
- Relaxation and Visualization for Birthing
- Rapid and Instant Relaxation Techniques
- Breathing Techniques for Labor and Birthing
- Progressive, Instant, and Deepening Techniques
- Hypnotic Relaxation and Visualizations

### **UNIT #3: Getting Ready to Welcome your Baby**

- Looking at Your Estimated Due Date
- Making Hospital, Home or Birthing Center Plans
- Preparing the Body for Birthing
- HypnoBirthing® Stories DVD- 5 and 6
- Preparing your Birth Preferences Sheets
- When Baby is Ready
- Your Body Working for You And with You
- Releasing Negative Emotions, Fears and Limiting Thoughts

### **UNIT #4: Overview of Childbirth--A Labor of Love**

- HypnoBirthing® Stories DVD- 7 and 8
- Onset of Labor--Thinning and Opening Phase
- Arriving At The Hospital
- As Labor Moves Along
- Birth Companion's Role
- Light Touch Birthing Massage
- If Labor Rests or Slows
- Positions for Labor and Birthing
- Protecting the Natural Birthing Experience
- As Birthing Advances--Nearing Completion
- Birth Rehearsal Imagery

### **UNIT# 5: Birthing--Breathing Love, Bringing Life**

- HypnoBirthing® DVD- Birth Into Being
- Mother Nears Completion--Thinning and Opening Phase Ends
- Birth Explained Simply
- Breathing Baby Down
- Birth of the Placenta
- Family Bonding
- Forest Fantasy Metaphor