

HypnoChildbirth Trainings 2009

*Training the mind to let go so that the body can
relax and birth more easily*



with
Denise Love

April 18 & 25 and Sept. 5 & 12

With a refresher day for past graduates on
April 26 and September 13

9.30am – 5.30pm

***HypnoChildbirth is an effective tool you can offer
women to help by-pass the internal and external
fear they face when birthing.***

*This training is for Midwives, Doula's, and all
other birth attendants.*

\$320 (Refresher day \$160) - BYO lunch

**766 Riversdale Rd, Camberwell
Bookings Essential**

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HypnoChildbirth...

HypnoDoulas... HypnoMidwives...

Powerful, relaxed mothers

Whilst for many years we have been using deep relaxation to benefit woman during the powerful birthing time, HypnoChildbirth is a tool that is now refined and available to birthing women and birth attendants.

With the use of well organised language, and the right amount of practice, we can now offer women another method of reaching that “*special birthing place*” that all woman need to find, in order to birth their babies without trauma or fear.

You will come away with:

- Scripts and CD's to use to develop your practice as a Midwife or Doula.
- Suggestions for working with and stepping through fears.
- Methods of healing old birth attitudes and beliefs.
- The language that works.
- Clarification of how and why hypnosis works.
- The ability to instinctively bring deeper relaxation to all births.

What you need to bring:

- Trust and a clear understanding of birth.
- Trust in women.
- A willingness to practice your new skills.

“In my experience HypnoChildbirths are shorter, more comfortable labours. Women remain in a deeply relaxed state with no need for position changes unless wanted. Women experience total muscle relaxation and so uterine discomfort (pain) is less and the she remains in the wonderful “trance of labour”.

Women, who practice the tools, can automatically go into this trance right from the beginning of labour, and the birthing of her child progresses without interruption or fear!”

Denise Love, teacher of HypnoChildbirth

About Denise Love



Denise Love, of Life Options Sydney, has been working with birthing women for over 30 years. Known as *Mamma Doula*, Denise is one of the pioneers of the Australian Doula movement.

From working with Aboriginal women in the outback, to training Doula's in Sydney, to teaching Hospital Directors in Thailand, Denise brings a down-to-earth, heartfelt, passionate, uplifting and effective approach to all she does.

“I was very lucky to have Denise Love as my teacher. Her fundamental teaching of trust and courage, along with her wisdom, honesty and passion, has stayed with me, not only in my practice as a Doula and Childbirth Educator, but also in my life. I can never thank her enough.”
Anna Urbanski, Mother, Doula, Educator.

Peace on earth begins with birth.