



COURSE OUTLINE

Unit 1 – Setting the Stage Dehypnotizing & Building a Positive Expectancy

Philosophy and Beginnings of HypnoBirthing®
History of Women and Birthing
How the Uterus Works in Birthing
What's Wrong with Labor
How Fear Affects Labor
The Origin of Fear and Pain in Labor
The Power of the Mind
The Laws of the Mind and Change
Mind/Body Connection
Psycho-physical Association
Breathing and Relaxation
Building Positive Images of Birth

Unit 2 – Falling in Love with Your Baby Pre-Birth Parenting, Preparing Your Mind and Body

Pre-Birth, Perinatal, and Postnatal Bonding
Background of Fetology Studies
Selecting Care Providers
Preparing the Mind for Birth
Hypnosis Deepening and Visualization
Releasing Fear
Preparing the Body for Birthing
Building a Partnership with Care Providers

Unit 3 – Advanced Visualization and Deepening

Labor and Birthing Visualizations and Deepening's
Turning Breech-Presented Babies
Looking at the "Estimated Due Date"
Avoiding Artificial Induction
Preparing Birth Preference Sheets
How the Body Prepares for Birth
Initiating Labor Naturally
Your Body's Perfect Design
Releasing Fears & Limiting Thoughts

Unit 4 – Overview and Summary of Childbirth

Prelabor Tricksters
The Onset of Labor
Birth Companions Support Role
Thinning and Opening Phase
Labor Slows or Rests
Misconceptions about Labor
Birth Companion Advocates for Mother and Baby
Hallmarks as Labor Advances
Breathing
Birth Rehearsal Imagery

Unit 5 – Birthing The Final Act and Bonding

Mother Nears Completion
Optimal Positioning for Baby in Labor & Birth
Positions During Labor, Descent and Birthing
Birthing Phase, Descent, Birth Breathing
Births Perfect Design
Breathing Through Labor
Breathing with Birth
Breastfeeding
The Magical First Hour
Bonding with Baby
Fourth Trimester