



## Hypnosis

- Hypnotherapy, or hypnosis, involves deep relaxation and verbal “triggers” to help you change behaviour. Hypnosis is useful for anxiety, pain and stressful situations such as infertility, high blood pressure or if you have previously had a very traumatic labour. You can also use it if you want to stop smoking. Hypnotherapy is helpful in preparing for labour, usually by teaching you how to hypnotise yourself so that you can use it at home. Your partner can also be taught how to hypnotise you. Research has shown that women who practise hypnosis in pregnancy have shorter labours and develop less postnatal depression. Other pregnancy conditions which have been helped by hypnotherapy include “morning sickness”, pre-eclampsia and breech presentation.
- If you have a history of mental illness or epilepsy, check with your doctor before having hypnotherapy.
- There are many styles of hypnosis techniques used for birth preparation, but certain commercial trade-marked methods, marketed as definitive forms of “hypnosis” for childbirth, are simply methods of deep relaxation, taught in a very formulaic manner. Whilst these techniques can be useful for some women, others may need a more individualised approach. Expectancy midwives, therapists and doulas have been trained to use clinical hypnosis in ways which meet your individual needs. We advise that you seek practitioners who are either midwives or hypnotherapists who have undertaken a course preparing them to provide pregnancy and birth treatments geared to your specific needs and anxieties.

**Always inform your midwife if you attend hypnosis preparation for childbirth or have hypnotherapy for other problems**

For more individualised information on hypnosis for pregnancy and childbirth, telephone **0906 400 6227** (calls charged at £1.50 per minute, from a BT landline; calls from mobiles and other networks may vary).