

# HypnoBirthing®

INTERNATIONAL  
The Mongan Method



## CONTINUING PROFESSIONAL DEVELOPMENT

# Supporting a HypnoBirthing® Mother in Pregnancy, Labour & Birth

A Toolbox of Fresh Perspective for Birth Professionals

### OVERVIEW

HypnoBirthing is a childbirth education program that is recognized worldwide as a leader in the field of childbirth education and preparation. Childbirth education plays an important role in preparing families for a positive outcome at this life changing event. HypnoBirthing is now in 72 countries with fully certified and trained professional Gold Seal practitioners assisting couples in their desire to have a normal, calm and often pain free birth.

With intervention rates at an all time high in Australia, couples are seeking support from health professionals that trust birth and women's ability to birth as nature intended. Building a strong network and community that works together, will allow families to focus on positive birth outcomes, and impact our 'toward normal birth' focus.

This program is a one-day workshop that provides traditionally trained doulas, midwives, nurses and physicians with the specific techniques and philosophical information needed to professionally support HypnoBirthing couples in any birth setting.

Through participation in this workshop you will:

- Understand the unique benefits HypnoBirthing offers, learn about the philosophy & the Gold Seal that is establishing best practice in Australia, as well as recognise how it differs from other methods.
- Learn the physiology of the uterus during labour, exploring the muscle interaction, blood flow & biochemical function. Examine the role of the autonomic nervous system upon fear.
- Understand the differences between HypnoBirthing & medical terminology, & learn to communicate with a HypnoBirthing family, understanding the partners role & the common birthing preferences they choose.
- Explore the various states of hypnosis, and the mind body connection in birthing.
- Consider the impact of integrating HypnoBirthing with the current care in hospitals & learn about HypnoBirthing techniques that can be implemented to support a positive birth outcome.
- Discuss & explore options to support families experiencing special circumstances in birth & develop appropriate skills to support natural birth & a HypnoBirthing couple.

### EVENT DETAILS:

**Time:** 9.00am – 5.30pm  
(Registration table opens at 8.30am)

#### Locations:

**Sydney, Brisbane, Melbourne, Perth, Adelaide, Darwin, Tasmania & Gold Coast**

[Check our website for dates](#)

#### Health Professionals:

**7.5 CPD Points**

**Early Bird\*** \$175.00

**Late:** \$195.00

**Students:**

**Early Bird\*** \$165.00

**Late:** \$185.00

[Or Book a workshop for your local area.](#)

WORKSHOP INFORMATION

**REGISTER TODAY** [www.hypnobirthinginternational.com.au](http://www.hypnobirthinginternational.com.au)