

~ The HypnoBirthing® Premise ~

For most of their lives, women have been inundated with the negative stories of other women's birth experiences. Everyone, from their mothers, sisters, aunts, cousins, friends, and even strangers, wants to tell them the horrors of giving birth. They have been conditioned to believe that excruciating pain is associated with birth; and because of this, women today hold an unprecedented fear of giving birth. This extreme fear causes their bodies to become tense, and that tension often prevents them from easily performing the normal, physiological function of birth. The result?—exactly what they feared most—long, painful, disappointing birthings.

People who are drawn to HypnoBirthing have long been searching for a way that helps women give birth as calmly, safely, and gently as possible. Until HypnoBirthing® was founded, it seemed almost unattainable.

Through a very simple program of self-hypnosis and education, women learn to release emotions tied to fear-based stories and misinformation, and they are helped to see birth as normal. They learn to trust that their bodies know how to bring their babies into the world in the calm and gentle way that Nature intended.

*Returning birthing to a calm,
beautiful and peaceful experience.*

www.hypnobirthing.com

~ What People Are Saying ~

"I love the philosophy; I love the instructor's teaching manner. Thanks to HypnoBirthing®, and the support I received, my baby's birth was wonderful. I was confident and free of fear." –Kristin Miranda, NH

"It was undoubtedly the most calm, exhilarating, beautiful birth (not to mention one of the shortest) I've attended so far as a birth doula. I plan to suggest it to all my upcoming clients." –Leila Botsford, C.D.

*"HypnoBirthing® has changed the way I practice obstetrics."
–Dr. Jeffrey Segil, FACOG, NH*

"Outstanding! Easy-to-learn relaxation and breathing patterns guided me through a five-hour, pain-free labor. I will treasure the experience forever!" –Kim Sweers, FL

*"Wonderful! I tell everyone that it is the only way...my doctor is so impressed!"
–Katharine Oliver, NC*

"My baby's birth was the most amazing experience. I love this program and am deeply led to teach it." –Alicia Watson, CO

For information on classes contact:

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Private & Group Classes Offered

HypnoBirthing®

The Mongan Method



The Gold Standard of Birthing with Hypnosis

HypnoBirthing® is a unique program that will teach you how to have an easier, more comfortable natural childbirth experience using hypnosis! You will learn simple breathing, relaxation and guided imagery techniques to help you release tension and fears, and increase comfort throughout your pregnancy and birth.

Five 2 ½ Hour Classes

Affiliated with the HypnoBirthing® Institute
www.hypnobirthing.com

~ About HypnoBirthing® ~

HypnoBirthing® is as much a philosophy of birth as it is a technique for achieving a satisfying, relaxing, and stress-free method of birthing. This amazing program teaches you, along with your birthing companion, the art and joy of experiencing birth in a more comfortable manner. You will learn how to call upon your body's own natural relaxant and thus lessen, or even eliminate, discomfort and the need for medication. When a woman is properly prepared for childbirth and when mind and body are in harmony, Nature is free to function in the same well-designed manner that it does with all animal mothers in Nature.

You will be fascinated as you view HypnoBirthing® films, showing laboring mothers, awake, alert and in good humor as they experience the kind of gentle birth that you, too, can know when you are free of the fear that causes pain and tension. Through self-hypnosis, special breathing, and visualization, HypnoBirthing® teaches you to release all prior programming about birth, how to trust your body and work with it, as well as how to free yourself of harmful emotions that lead to pain-causing fear and unyielding muscles.

HypnoBirthing® will teach you the art of using your own natural birthing instincts. With HypnoBirthing®, you will not be in a trance or a sleep state. You will be aware and fully in control, but profoundly relaxed.

~ HypnoBirthing® Advantages ~

- ❖ *Teaches deep levels of relaxation to eliminate the fear that causes tension and, thus, pain*
- ❖ *Greatly reduces and often eliminates the need for chemical painkillers and drugs*
- ❖ *Shortens the first phase of labor*
- ❖ *Leaves mother alert, fresh, awake and with energy*
- ❖ *Helps keep oxygen supplied to baby during birthing*
- ❖ *Reduces the need for an episiotomy*
- ❖ *Reduces and often eliminates fatigue during labor*
- ❖ *Empowers parents with techniques to achieve a gentle, calm birth for themselves and their baby*
- ❖ *Gives the birthing companion an integral role in the birthing*
- ❖ *Embraces the concept of pre-birth parenting*
- ❖ *Teaches breathing techniques that allow a woman to gently breathe her baby into the world without the violence of hard, physical pushing.*



~ About the Founder ~

Marie “Mickey” Mongan, founder of HypnoBirthing®, is an award-winning therapist with over 30 years' experience in counseling and teaching on the college level and in the private sector. She holds several awards in hypnotherapy, including the National Guild of Hypnotists President's Award and the coveted Charles Tebbetts Award. In 2005, she became the first woman ever to receive the Guild's highest honor, the Rexford L. North Award. Early in her career, she was named one of five outstanding educational leaders in New Hampshire. And, in 1992, she taught in Moscow as a diplomat for the Bridges for Peace Foundation. She is the mother of four adult children, born in the mid-'50s and early '60s, using the theories on which HypnoBirthing is based.

Mickey Mongan's widely acclaimed book, HypnoBirthing® The Mongan Method, is the textbook used in the HypnoBirthing® classes.

~ About Linda E. Donalds, BCH HBCE ~

As a Certified HypnoBirthing® Practitioner, Linda Donalds teaches these classes from personal experience, having used this method for giving birth to her daughter Kalina in 2008. She is also a Board Certified Hypnotist and has been a member in good standing with the National Guild of Hypnotists since 1998. Over the years, Linda has also completed several additional advanced training programs in the field of hypnotism, including certification in Complementary Medical Hypnotism and Hypnosis for Pain Management. She is uniquely qualified to help you achieve your desire for an easier more comfortable childbirth experience using hypnosis.