



HypnoBirthing®
The Mongan Method



What is HypnoBirthing?

Have you heard about HypnoBirthing®? Unlike days of old or a couple of decades ago, hypnosis is now being used in collaboration with many medical procedures and treatments, such as relieving pre-surgery anxiety, post surgery pain and discomfort, relief from the effect of chemotherapy, irritable bowel syndrome, trichilomania, infertility, etc. The days of people hearing the word Hypnosis and having it conjure up images of tuxedo clad men with swinging watches and people on a stage barking like a dog, or clucking like a chicken are gone, and the "hypnosis" nothing but theatrics.

Marie Mongan's HypnoBirthing® is a Childbirth Education class, taught in five two and a half hour sessions. HypnoBirthing® seeks to break the "Fear-Tension-Pain" cycle, and to take advantage of the body's natural endocrinology during the birth process. Birthing Mothers are taught how to relax. Birth Partners are taught how to observe, connect and help their partner relax deeply. Through the use of positive visualization, repetition, and practice, babies can be born in a calm and serene manner.

"The brain operates in four general states determined by the frequency of the electricity generated by the exchange of chemicals in the neural pathways. The four states include Full Conscious Awareness, the Hypnotic State, the Dream State, and the Sleep State. Full Conscious Awareness is where which we spend most of our waking hours. In this state, our mind is attentive and uses logic to reason, evaluate, assess, judge, and make decisions. Unfortunately, when making life changes, the conscious mind often gets in the way.

In the Hypnotic State, the doorway between the conscious and the subconscious is opened, memories become easily accessible, and new information is stored, In the Hypnotic State, you are not really "thinking" in the traditional sense. You are "experiencing" without questioning, without critical judgment or analysis, like when you watch a movie, and (suggestions are more) likely to 'stick" - precisely because your conscious mind is not getting in the way. You are not "judging" or being "critical" of the suggestions," (<http://www.therapistfinder.net/Hypnosis-Hypnotherapy/>) Hypnotherapy seeks to change and edit our subconscious mind, thereby allowing us to move past or eliminate our fears.

"HypnoBirthing® - The Mongan Method is as much a philosophy as it is a technique. The concept behind HypnoBirthing® is not new, but rather a "rebirth" of the philosophy of birthing as it existed thousands of years ago and as it was recaptured in the work of Dr. Grantly Dick-Read, an English obstetrician, who first forwarded the concept of natural birthing in the 1920s. HypnoBirthing® teaches you that in the absence of fear and tension, severe pain does not have to be an accompaniment of labor. You will gain an understanding of how the birthing muscles work in perfect harmony - as they were designed to - when your body is sufficiently relaxed.



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You will learn how to achieve this kind of relaxation, free of the resistance that fear creates, and you will learn to use your natural birthing instincts for a calm, serene and comfortable birthing. When you have your baby with HypnoBirthing®, you will not be in a trance or asleep. What you will experience is similar to the daydreaming or focusing that occurs when you are engrossed in a book or a movie or staring into a fire. You will be conversant and in good spirits - totally relaxed, but fully in control. Awake throughout your birth, you will be aware of your body's surges; but because you will have trained yourself to reach complete relaxation, you will be able to determine the degree to which you will feel the surges. You will experience birthing in an atmosphere of calm relaxation, free of the fear and tension that prevents the muscles of your body from functioning as nature intended them to. In this calm state your body's natural relaxant, endorphins, replaces the stress hormones that constrict and cause pain." (www.HypnoBirthing.com)

HypnoBirthing® is a complete Childbirth Education class. You will learn all the basic physiology behind the birth process, as well as what to expect during each stage of labor. What you will not learn is how to "Deal" with the pain, as that concept means you are already anticipating and expecting to be miserable. However, you will learn comfort measures and ways to ease your mind, thereby easing your birthing body.

Human beings are animals. Biologically we are designed to birth our babies easily. Think back to an animal birth you may have witnessed; was the animal screaming and grunting in fear and agony? Odds are, no. We've been taught from the beginning of our lives that 'we should fear birth...that pain is a foregone conclusion of Labor. Some women will share their birth stories not to share their joy, but rather to recount their survival story. With HypnoBirthing® we seek to de-hypnotize your concept of a fearful and painful birth that you have learned from friends, movies, stories, and pictures. Pain is a message from our body that something is wrong...not when it is working correctly. Here is another example; raise your arms up over your head. Did it hurt? No! Because your muscles were designed to move your arms and you were not EXPECTING the actions to hurt. Why should the uterine muscles work any differently? When you take a HypnoBirthing® class, you and your partner will walk away with greater confidence and trust in the birth process and you will be able to birth your Baby in the way that most mirrors nature.

HypnoBirthing's ® motto...Women of the Earth, Reclaiming Birth.