



**National College of Hypnosis and Psychotherapy
'Hypnosis for Childbirth: easibirthing[®] method'
Specialist Certification courses**

Some comments and feedback from past students

Sharon Mustard is quite simply the leading authority on the use of hypnosis for birthing and fertility in the UK, BAR NONE! Her innovative programme is being used in both the NHS and private practice throughout the UK. She has developed a UK Centric Model for Hypnotic Birthing, Easibirthing[®] which in our opinion is simply the best method to be used for clients who want to add hypnosis to their birthing or conception experience.

Shaun Brookhouse, Chairman, National College of Hypnosis and Psychotherapy

It was great to meet you last weekend. I feel that you gave life to my hypnotherapy dreams again. The course was amazing and very empowering.

Foivos

Ton of information, lots of visuals, inspirational stories. It left me feeling positive, inspired and confident as a function of both content and Sharon's lovely disposition and experience.

Melina

Sharon was a warm, funny, knowledgeable passionate facilitator. It was the most enjoying, educating course I have been on. Can't wait to do the Fertility training!

Gemma

Thank you for brilliantly maintaining the group dynamic and making everyone feel involved while keeping the humour flowing. I feel really well equipped for working in this area now.

Victoria

I really enjoyed the course, it was packed with content and really well run. You're knowledge in the subject is vast and it is clear to see why you are leading the field.

Gillian

Thanks again, for a really interesting and informative course, it was a real reminder of how truly beautiful and amazing the experience of childbirth is and has evoked a passion in me to pass this on to 'Moms to be' and their partners.

Cheri

I enjoyed the childbirth

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course so much!

You are a fantastic facilitator and I look forward to training with you again. I have seen the comments which others have made about you and your courses, and I think that they don't do you any justice-you are BRILLIANT!!!!
You are definitely the lady whom I would recommend to anyone wishing to train as a birthing practitioner (I have already!)and your course is much more flexible and realistic than the other method which many therapists have trained in (me included).

Serena

I really enjoyed the course and am very much looking forward (once the essay is done) to working with this client group.

Sarah

Thank you for giving such a brilliant course, I enjoyed it much more than I thought I would and really learned a lot.

Gouri

Just wanted to say thank you again for the course and how much I gained from it. What a wonderful group of therapists, a truly pleasurable experience!

Liz

Thank you very much for a really great couple of days there is so much that I would like to feed back to work especially regarding midwives attitudes and language when caring for women.

Jo

Sharon's wealth of knowledge and experience shines through. Not only that, but she encourages the exchange of ideas and experience, ensuring that the whole group participate, contribute and benefit – my top CPD course for many years!

Su

“Altogether an excellent, informative and valuable course. Well done Sharon!”

Peter

“Course material so efficient.

Tutor can have the name “Sharon (its all in your notes) Mustard”

June

“Thanks so much for a great course this weekend in Manchester. I really admire and appreciate your enthusiasm for the topic. It can be quite disheartening being a doula sometimes so listening to someone who really 'gets' the significance of birth - short and long term is refreshing and encouraging.”

Christine

“Interesting, informative, inspirational. Thank you!”

Tracy

“Thank you once again for doing such a super workshop for us this last weekend, I'm sure you have managed to inspire everyone with your obvious passion and knowledge of your subject. I can honestly say that was one of the best courses I have been on.”

Barbara

"Thanks again for a great and very professional course-I have recommended it to a number of people already"

Janice

“Thank you very much for a really fascinating course which I enjoyed immensely.”

Caroline

“Just wanted to say thanks again for a great course-thoroughly enjoyed it and can't wait to use my new found skills!!”

Janet

“Thanks for a great course! I'm really looking forward to spreading the word about hypnotherapy for childbirth and helping women to have the best experience!”

Jacinta

“Thank you for running such an informative, professional and generally excellent course! I was very impressed with the way you managed to educate and inspire us, and particularly the way you valued all of our contributions.”

Julia

“Many thanks to you for the last two days-I found the course not only enjoyable but very informative, and appreciate the hard work you obviously put into delivering it.”

Helen

“Huge thanks for all your time and efforts in teaching and evaluating us Sharon, I'm so pleased I chose to do this course with you.”

Jenny

“I had a wonderful weekend training with you: well done for a great course. The preparation you did shone through, making for a well balanced and stimulating 2 days with a great mixture of information and chat.

Diana

“Absolutely brilliant, completely changed my view.”

Amita

“You have a very infectious passion! I am sure that many many women will be much better off for having met you and enjoy getting to know themselves better through your programmes.”

Veronica

“Thanks for a great weekend, you were really fantastic and have marvellous skill and technique.”

David

“Thanks again Sharon. I think your passion and enthusiasm for the subject inspired all of us on the course and I am sure that is why it went so well! “

Ann

“I have had a really good weekend, I have come away inspired about teaching hypnosis for childbirth.”

Andy

“Thankyou for your generous and passionate delivery of the workshop.”

Maryanne

“Just wanted to say thank you once again for one of the most inspiring courses I have ever attended.”

Marie

“Thank you once again for a really good weekend. I hope everyone else enjoyed it as much as me.”

Jean

"Following the Easibirthing course has exceeded my expectations, not only have I learned a wonderfully structured system, I have also learned so much about why things are just the way they are in this country, and why they just don't need to be if we allow women to listen once again to the wisdom of their bodies which has always been there."

Amanda

It has really helped to learn the “mechanics” of everything; the “why” things work the way they do. Sharon has freely given her knowledge during the training has been invaluable.