

National College of Hypnosis and Psychotherapy
‘Hypnosis for Childbirth’ Practitioners Certification Course Schedule

Day 1:

9.30-10am	Registration & Welcome
10.00-11.00	Welcome and Introduction History of birthing
11.00-11.20	TEA/COFFEE BREAK (refreshments provided)
11.20-1.00	Effect of fear and anxiety on the birthing body Client’s history Experimental evidence of benefits for hypnosis in childbirth
1.00-2.00	LUNCH (There are a number of options nearby)
2.00-3.30	Ideal Mental State: The 3C’s Anxiety Management and Mental Preparation for Birth
3.30-3.50	TEA/COFFEE BREAK (refreshments provided)
3.50-5.00	Basic anatomy & physiology during pregnancy and stage 1 labour Managing and controlling discomfort Using anchors during labour



Day 2:

- 10.00-11.30 Review of Day 1 & Questions
Breathing, Birth Metaphor, Pain Management & Anchoring techniques
- 11.30-11.50 TEA/COFFEE BREAK (refreshments provided)
- 11.50-1.00 Basic anatomy & physiology during transition and stage 2 labour
Baby's experience of birth
Forced pushing
- 1.00-2.00 LUNCH (There are a number of options nearby)
- 2.00-3.45 Practical techniques for transition and stage 2 labour
Positive hypnosis-empowering women
- 3.45-4.05 TEA/COFFEE BREAK (refreshments provided)
- 4.05-5.00 Understanding effect of negative language
When things don't go according to plan

Day 3:

- 10.00-11.00 Review of Day 2 & Questions
Terms used in Obstetrics
- 11.00-11.20 TEA/COFFEE BREAK (refreshments provided)
- 11.20-1.00 Birth Partner's involvement
Stage 3 of labour
Post natal recovery and parenthood
Breastfeeding
- 1.00-2.00 LUNCH (There are a number of options nearby)
- 2.00-3.00 Common disorders in pregnancy, birth and post-natal period
- 3.00-3.20 TEA/COFFEE BREAK (refreshments provided)
- 3.20-5pm Working with medical professionals
Building your practice
Discussion and questions