
Hypnobirthing at the Rosie

What is Hypnobirthing and how does it work?

Hypnobirthing is a new and exciting service that is run by midwives at the Rosie for you and your partners. Hypnobirthing is a complete education programme that develops and teaches techniques that can help towards a natural, calmer, labour and birth. You will be taught breathing, visualisation, massage, relaxation and self-hypnosis techniques which can help to reduce the effects of anxiety and tension. These techniques can be incorporated into other everyday life situations to aid relaxation. Each course provides 10 hours of training over 4 weeks on weekday evenings.

The ideal time to attend your Hypnobirthing course is at 30-32 weeks into your pregnancy. The courses are run by midwives who have trained as hypnobirthing practitioners giving you the benefit of professionals who have expertise in pregnancy, labour, birth and hypnobirthing.

Who is Hypnobirthing for?

Hypnobirthing has the potential to work for all births and research suggests women who have received hypnosis training require significantly less pharmacological pain relief and a decreased need for labour augmentation with oxytocic drugs. Evidence supports it as a tool for increasing normal births and reducing operative delivery rates. Babies born using hypnobirthing techniques tend to be more alert, calm, feed better and sleep better as they have been brought into the world at their own pace in a more calm and gentle way.

During the course you will learn:

- Everything you will need to know to achieve a more comfortable birth
- Explore the relationship with pain and labour and how to work with your sensations
- Deep relaxation techniques to help eliminate fear and tension
- Role of hormones in labour and their impact on birth
- How to create a calm and serene environment for you and your partner
- Breathing & relaxation techniques

Birth partners will learn:

- Massage/rebozo skills
- How to create a relaxing birth room
- Quick techniques to slow her breathing
- Techniques to develop relationships
- How to use visualization scripts

How much does Hypnobirthing cost?

The cost is £250 per couple. Each class will have a maximum of 8 couples.

Hypnobirthing course dates:

Our courses run from 18:30 - 21:00

Course	Week 1	Week 2	Week 3	Week 4
2	09/09/2019	16/09/2019	23/09/2019	30/09/2019
3	11/09/2019	18/09/2019	25/09/2019	02/10/2019
4	07/10/2019	14/10/2019	21/10/2019	28/10/2019
5	09/10/2019	16/10/2019	23/10/2019	30/10/2019
6	04/11/2019	11/11/2019	18/11/2019	25/11/2019
7	05/11/2019	12/11/2019	19/11/2019	26/11/2019
8	06/11/2019	13/11/2019	20/11/2019	27/11/2019
9	02/12/2019	09/12/2019	16/12/2019	23/12/2019
10	07/01/2020	14/01/2020	21/01/2020	28/01/2020
11	08/01/2020	15/01/2020	22/01/2020	29/01/2020

How to book:

Complete the booking form found at the bottom of this page and email it to divisioneevents@addenbrookes.nhs.uk.

What others' say:

As this is a new service we currently do not have any of our own feedback. Please see below feedback from users at Colchester hospital.

"The techniques kept not just me but also my partner calm (which in turn made me calmer)."

"Not only did we feel prepared for every eventuality but the breathing techniques and the bond that Andy and I had established were what got me through a rushed labour."

"We remain convinced that we are calmer as parents and have a calmer happier baby because we practiced the breathing, relaxation and visualisation techniques before the day"

"I remain somewhat mystified that I had such a positive, natural, uncomplicated and pain free home birth due to my previous fears of birth. I already know I will do it all again in the future using the Hypnobirthing approach."

The midwives who will be delivering your Hypnobirthing course.