

Mums from Aberdeen to Totnes get access to the positive benefits of Natal Hypnotherapy™ courses

Submitted by: Natal Hypnotherapy

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Natal Hypnotherapy (<http://www.natalhypnotherapy.co.uk>) the award winning company well loved for the Natal Hypnotherapy CDs (<http://www.natalhypnotherapy.co.uk>), have added 15 new locations around the UK for the highly effective birth preparation courses.

The 2009 intake of Natal Hypnotherapy practitioners includes midwives, naturopaths, doulas and mums who have used the techniques themselves. And they all have one thing in common – the desire to help women have a positive pregnancy and birth experience. Having trained in 2008, they will be running courses from March 2009 onwards around the UK.

Started by Maggie Howell (<http://www.natalhypnotherapy.co.uk/75.html>) in 2003, the ground breaking two-day birth preparation courses help couples to prepare mentally, emotionally and physically for giving birth, resulting in less intervention, lower levels of pain and an increased satisfaction with their birth experience. The course takes a different approach to existing antenatal education by encouraging couples to go back to the basics of birth as a natural and intuitive process, understanding the emotional map of labour and the negative impact of adrenaline and fear on the birth process.

Couples learn a range of tools and techniques including physical preparation, visualisation and hypnotherapy to help them prepare for their own birth. During the course the couple are given tools to help them overcome any fears of birth, to dramatically reduce the pain of childbirth, to feel relaxed and calm at all times, to increase their sense of control, to reduce the need for intervention/drugs so helping her to give birth to a calm baby and decrease the chance of postnatal depression.

In addition the course teaches birth partners all they need to know be supportive, calm and useful! They leave with a better understanding of the birthing process, having had the opportunity to discuss their concerns, fears and needs and knowing how to support and help her and how to work with the medical team.

The Natal Hypnotherapy courses (<http://www.natalhypnotherapy.co.uk/23.html>) are individually tailored and couples learn to write their own positive suggestions, affirmations and self-hypnosis scripts so ensuring the suggestions are completely specific to their own situation and birth choices.

It is recommended that the course be attended between 28-38 weeks of pregnancy. The number of attendees on the course is kept to a minimum to ensure a high standard of personal attention throughout. Each couple is provided with a Natal Hypnotherapy manual, pregnancy, birth and post-birth scripts, guidelines to give to the midwife/medical team, question card to take to the birth and post course support. Course costs between £140 and £280 (dependant on location).

-Ends-

Notes to Editor:

To find out more information on the courses, visit www.natalhypnotherapy.co.uk or call the number below.

Course locations for 2009:-

Aberdeen
Atherton
Barnet
Beaconsfield
Birmingham
Bishops Stortford
Bournemouth
Brighton
Bushey
Cambridge
Chiswick
Doncaster
Eastbourne
Edinburgh
Ewell
Exeter
Gloucester
Greenwich
Hull
Lewisham
Manchester
Newcastle
Oxford
Reading
Stoke on Trent
Telford
Totnes
Twickenham
Weybridge
Wood Green
Woodford

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