

# COURSE OUTLINE



## HYPNOBIRTHING AUSTRALIA COURSE OUTLINE

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Here is an outline of what we cover in our Hypnobirthing Australia™ classes at The Bare Birth Co.

### UNIT 1: CREATING & MAINTAINING A POSITIVE MINDSET

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- Introduction to the positive mindset of hypnobirthing
- How our brain is wired to birth
- The role of our caregivers
- Mind/body connection
- What is self-hypnosis and how will we use it for birthing?
- Our hormones are our friends
- My amazing uterus – understanding the physiology behind birthing
- Fear-Tension-Pain Syndrome
- Causes of Fear (including history) and how it affects our labour
- Re-programming the Subconscious
- The language for empowered birthing
- The power of affirmations
- Birthing environment

### UNIT 2: OUR TOOLKIT FOR BIRTH

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- Self-hypnosis tracks
- Birth music
- Conditioning with scent
- Hypnotic anchors and triggers
- Releasing endorphins through massage and touch
- Acupressure techniques for pregnancy, birth & breastfeeding
- Visualisations for pregnancy, labour & birthing
- The importance of facial relaxation
- Relaxation Breathing – a skill for life
- Surge Breathing – the best tool ever!
- Techniques to help make your surges more comfortable
- The 'urge' to push/bear down – Breathing/Bearing down

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## UNIT 3: PREPARATION & CHOICES FOR EMPOWERED BIRTHING

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- Bonding with baby
- Choices in maternity care
- Birth Preferences – having open communication with your caregivers
- Knowledge is power – researching common interventions and procedures
- Questions to ask, to assist in making informed decisions
- Birth partner as advocate
- ‘Guess date’ – a normal range of pregnancy
- Inductions – things you’re not always told
- Achieving a natural start to labour
- Maintaining a healthy diet
- Preparing the body – staying active
- Optimising baby’s position
- Breech or Posterior – options & positions
- Instant relaxation techniques
- Self-hypnosis, meditation and deep relaxation techniques & scripts

## UNIT 4: BRINGING IT ALL TOGETHER

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- What to expect in the weeks and days leading up to birth
- Signs that labour is starting
- What to expect through labour (membranes releasing etc)
- When to call the midwife/go to the hospital
- Accidental home/car birth – what to do!
- Birth partner’s role
- Common procedures
- Using water during labour and birth
- Upright positioning, movement and birth positions
- Special circumstances (including caesarean birth)
- Fear release
- Vocalisation
- Cord clamping & placenta delivery
- Undisturbed bonding & breastfeeding time – skin to skin
- What to expect afterwards
- Self-hypnosis – Rehearsal for Birth
- A practice routine – preparation for birth!