



*HypnoBirthing Canada
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HypnoBirthing® - The Mongan Method

Taking the Birthing World by Calm!

Six-day Seminar and Certification Program

About the Founder

Marie Mickey Mongan, founder of HypnoBirthing® is an award-winning therapist with over 30 years' experience in counseling and teaching on the college level and in the private sector. She is a licensed counselor and a certified hypnotherapist, who holds several awards in hypnotherapy, including the National Guild of Hypnotists President's Award, the coveted Charles Tebbetts Award, and in 2005, she became the first woman ever to receive the Guild's highest honor, the Rexford L. North Award.

Early in her career, she was named one of five outstanding educational leaders in New Hampshire. And in 1992, she taught in Moscow as a diplomat for the Bridges for Peace Foundation.

She is the mother of four adult children, born in the mid-50s and early 60s, using the theories of Grantly Dick-Read, on whose work HypnoBirthing is based.

Her book, *HypnoBirthing - The Mongan Method*, is the textbook used in HypnoBirthing® classes.

Visit our website at: www.HypnoBirthingCanada.com

The HypnoBirthing® Premise

For most of their lives, women have been inundated with the negative stories of other women's birth experiences. Everyone, from their mothers, sisters, aunts, cousins, friends, and even strangers, wants to tell them the horrors of giving birth. They have been conditioned to believe that excruciating pain is associated with birth; and because of this, women today hold an unprecedented fear of giving birth. This extreme fear causes their bodies to become tense, and that tension prohibits their bodies from easily performing a normal physiological function. The result? exactly what they feared most--long, painful birthings.

People who are drawn to this method of childbirth have long been searching for a way to help women give birth as calmly, safely, and gently as possible. Until HypnoBirthing, it almost seemed unattainable.

Through a very simple program of self-hypnosis and education, women learn to work through fear-based stories and misinformation, and they are helped to see birth as normal. They learn to trust that their bodies know how to bring their babies into the world in the calm and gentle way that Nature intended.

HypnoBirthing®

Advantages

- ✓ Teaches deep levels of relaxation to eliminate the fear that causes tension and, thus, pain
- ✓ Greatly reduces and often eliminates the need for chemical painkillers
- ✓ Shortens the first phase of labor
- ✓ Leaves mother alert, fresh, awake and with energy
- ✓ Helps keep oxygen supplied to baby during birthing
- ✓ Reduces the need for an episiotomy
- ✓ Reduces and often eliminates fatigue during labor
- ✓ Empowers parents with techniques to achieve a gentle, calm birth for themselves and their baby
- ✓ Gives the birthing companion in an integral role in the birthing
- ✓ Embraces the concept of pre-birth parenting .
- ✓ Teaches breathing techniques that allow a woman to gently breathe her baby into the world without the violence of hard, physical pushing.

AboutHypnoBirthing

HypnoBirthing is as much a philosophy of birth as it is a technique for achieving a satisfying, relaxing and stress free birthing. HypnoBirthing teaches women and birthing companions the art and joy of experiencing birth in a safe, more comfortable manner for themselves and their babies. Through guided imagery and self-hypnosis women learn how to call upon their bodies' own natural endorphins and thus eliminate or greatly reduce the need for medication. When a woman is properly prepared for childbirth and when the mind and body are in harmony, nature is free to function in the same well-designed manner that it does with women in other cultures and with all other creatures.

You will be fascinated as you view HypnoBirthing® videos showing laboring mothers, awake, alert and in good humor, as they experience safe, gentle birth - free of the Fear- Tension-Pain Syndrome.

HypnoBirthing teaches a woman how to release all prior programming about birth, how to trust her body and work with it, as well as how to free herself of limiting thoughts and emotions that lead to pain-causing fear and resistant muscles.

HypnoBirthing helps women rediscover their natural birthing instinct. Moms are awake, aware, and fully in control, but profoundly relaxed as they bring their babies into the world.

"According to physiological law, all natural, normal functions of the body are achieved without peril or pain. Birth is a natural, normal physiological function for normal, healthy women and their healthy babies. It can, therefore, be inferred that healthy women, carrying healthy babies, can safely birth without peril or pain."

Dr. Ion Dye, Easier Childbirth, Buffalo, 1891

Course Information:

A six-day workshop leading to certification as a HypnoBirthing Practitioner. Cost: \$995. Can. Tuition includes a manual for the introductory course, a copy of the textbook, HypnoBirthing®--The Mongan Method--; a DVD of seven HypnoBirthings; a CD with relaxation conditioning and birth affirmations; a 70-page practitioner's teaching Syllabus with class outlines, scripts, and demonstrations; six hand posters for classroom use; a CD of forms and handouts, and other visual handouts.

Certification also includes a listing on our on-line referral system, a copy of our newsletter four times a year, and regular updates.

Attendance at a HypnoBirthing Practitioner Certification Workshop does not automatically equate to Certification. Each candidate must submit a successfully completed Review of the Program following the course.

Only those persons who are certified through the HypnoBirthing Institute may use the registered trade name HypnoBirthing® and the logo in their promotional and teaching materials.

Course Instructors

Instructors, named to the faculty by invitation only, are highly qualified professionals who have distinguished themselves through education, experience, motivation, and dedication to the principles and philosophy of HypnoBirthing®. Additionally, each must meet the requirements as set down by the Executive Board of the HypnoBirthing Institute. Your close attention to the course evaluation will ensure that this remains so.

Visit our website at: www.HypnoBirthingCanada.com

HypnoBirthing® - The Mongan Method

The Golden Standard of Calm, Gentle Birthing

*Teaching women the art and joy of rediscovering
their natural birthing instinct*



A 48-hour professional workshop for:

nurses*
doulas
midwives*
physicians
hypnotherapists*
childbirth educators
allied health professionals

*"A thoroughly thought out and well-organized program.
HypnoBirthing® is a wonderful gift to all birthing women"*
-Pam Daigneault, Labor & Birthing Nurse
Worcester Memorial Hospital, MA

*"The concepts are so easily understood and presented in a
forthright manner. The instructor is a is a gifted educator. "*
-Norma Citron, Certified Hypnotherapist
Calabasas, CA

*"HypnoBirthing® is the missing link that those of us in the
birthing field have been seeking for years."*
-Nancy Wainer, CPM, Midwife and Author, MA
"Silent Knife" and "Open Season"

"HypnoBirthing® has changed the way I practice Obstetrics."
Dr. Jeffrey Segil, FA COG, Dover, NH

Enjoy the rewards that come from teaching relaxation, visualization, fear release, and guided imagery to assist pregnant couples in achieving a gentle, normal, safer, and more comfortable birthing that most mirrors nature's way.

Join the international network of HypnoBirthing® childbirth educators, who are finding it professionally and financially exciting to teach the most remarkable technique to appear on the birthing scene in several decades.

"I want to shout from the rooftops. This is so incredible. "
Erin Kimball, Labor & Birthing Nurse
Houston, TX

*"This is the way most births should be-simple, calm, and
undisturbed."*
Maria Williamson, Midwife
Lancashire, England

*"A fantastic, well developed course. Every midwife and every
birthing woman should do HypnoBirthing."*
Karen Steele, Midwife
England

- 32 hours credit toward certification as hypnotist-NGH
- Approved for Hypnotherapy CEU*
- Nursing CEU's by ANCC
- Midwifery CEU's by ACNM & M EAC

Segment I

HypnoBirthing Practitioner Certification Program

- ✓ HypnoBirthing Philosophy and Beginnings
- ✓ How The Uterus Works in Birthing
- ✓ What's wrong with Labor
- ✓ How Fear Affects Labor
- ✓ Origin of Fear and Pain in Labor
- ✓ Pre-Birth Parenting and Fetology
- ✓ Selecting the Care Provider
- ✓ Preparing The Mind and Body for Birth
- ✓ Hypnosis Deepening and Visualization
- ✓ Releasing Fear and Limiting Thoughts
- ✓ Building a Partnership with Care Providers
- ✓ Applications of hypnosis.
- ✓ Looking at the "Due Date"
- ✓ Avoiding Artificial Induction
- ✓ Preparing the Birth Preferences Sheets
- ✓ How The Body and Baby work together
- ✓ The onset of Labor
- ✓ Breathing Through Labor
- ✓ The Hallmarks of Labor
- ✓ Perinatal Bonding
- ✓ Breathing Through Labor
- ✓ Breathing with Birth
- ✓ Bonding with Baby

Segment II

Introduction to Hypnosis for Birthing

- ✓ Applications of Hypnosis
- ✓ Attitudes about hypnosis
- ✓ Basics of Brainwave activity
- ✓ Laws of the mind
- ✓ Rationale for Hypnosis in Birthing
- ✓ Understanding Clients' Learning Styles
- ✓ Direct and Permissive Hypnosis Approaches
- ✓ Steps to Achieving Hypnosis
- ✓ Dangers of Unqualified Therapy
- ✓ Mind/Body Association and Application
- ✓ Judging Trance Depth
- ✓ Guidelines for Achieving Change
- ✓ Eye Fixation/Closure
- ✓ Elman - Ericksonian - Shanti Leads
- ✓ Eye-lift Conversion Lead
- ✓ Deepening Techniques
- ✓ Posthypnotic Suggestions
- ✓ Alerting Techniques

Segment III

Introduction to Birthing Basics

- ✓ The Beautiful Female Birthing Body
- ✓ Anatomy of The Female Reproductive System
- ✓ Internal & External Structures
- ✓ Conception and Early fetal development
- ✓ Characteristics of The uterus
- ✓ Fundus, Body, Cervix
- ✓ The Baby's Support System
- ✓ Amniotic Sac
- ✓ Placenta
- ✓ Umbilical Cord
- ✓ Three Trimesters of Pregnancy
- ✓ Physical Changes during Pregnancy
- ✓ Fetal Positioning during Pregnancy
- ✓ Turning Breech Presented Babies
- ✓ Labor Signals
 - Normal
 - Unanticipated
- ✓ Characteristics of Managed Labor
- ✓ Characteristics of HypnoBirthing Labor
- ✓ Onset of Labor
 - Spontaneous
 - Induction techniques
- ✓ Fetal Positioning during Birth
- ✓ Labor Stages As Defined in Typical Birthing
- ✓ Labor Phases as Defined in HypnoBirthing
- ✓ Mother Directed Birthing

Registration & Payment Information:

Tuition for all six days -- \$995 CAN. Payment may be made by a mailed check to:

Ilona Fritsch
149 Ile Ducharme
Rosemere, Qc, Canada
J7A 4H8
450-437-5015

Register Online at:

<http://www.hypnobirthingcanada.com/practitioner-form.html>

or Call:

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