



York Teaching Hospital  
NHS Foundation Trust

# Information about Hypnobirthing

Information for patients, relatives and carers

**Maternity Services**  
**York Teaching Hospital NHS Foundation Trust**

The York Hospital, Wigginton Road, York, YO31 8HE

① For further information or to book a place on the course please contact the Hypnobirthing Therapists:  
email: [yorkhypnobirthingmidwives@york.nhs.uk](mailto:yorkhypnobirthingmidwives@york.nhs.uk)

Caring with pride



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## **About Hypnobirthing: Katherine Graves (KGH)**

Hypnobirthing is a complete birth education programme that teaches simple but specific self-hypnosis, relaxation and breathing techniques for a better birth.

We pride ourselves on delivering high quality, research-based care in order to ensure that all our babies and their families have the best start possible. There are no risks to you or your baby by following this programme.

With Hypnobirthing you will discover that childbirth does not have to be accompanied with severe pain. It allows you to experience birth in an atmosphere of calm relaxation, free of fear and tension. Fear, tension and stress can prevent the birthing muscles of your body from functioning as nature intended and thus interfere with the natural labour progress. Relaxation and feeling in control on the other hand helps the body to produce endorphins which not only act as natural pain killers but allow the birthing muscles of the body to function well.

You will not be in a trance or asleep but aware and fully in control, but profoundly relaxed. Most importantly you will learn how to put yourself back in control of your birth.

For more information on Hypnobirthing, including references for scientific evidence, see the following website [www.kghypnobirthing.com](http://www.kghypnobirthing.com)

## What are the benefits?

Research has shown that Hypnobirthing may help to:

- Create a calm, easier peaceful birth experience
- Shorten the first stage of labour\*
- Eliminate or reduce the need for conventional pain relief methods
- Reduce the likelihood of surgical birth
- Alleviate fatigue during labour, leaving you more energy for the actual birth
- Provide a supportive role for your birthing partner
- Promote bonding of mother, baby and birthing partner
- Encourage a more rapid postnatal recovery

\* “Hypnosis for pain relief in labour and childbirth: a systematic review” Cyna, McAuliffe and Andrew. British Journal of Anaesthesia 93 (4) 2004

## What will you and your partner learn?

- Special relaxation and breathing techniques for a better birth
- Simple but specific self-hypnosis
- Massage techniques designed to optimise the release of your body's own relaxants (endorphins)
- How the body is designed to work in neuro-muscular harmony throughout labour
- How to release any fears and anxieties you have about giving birth and how to overcome any previous traumatic births
- The crucial role of partners, both pre-birth practice exercises and throughout childbirth itself
- Most importantly, how to stay in control of your birth

Hypnobirthing can't promise you a 'perfect birth' – no one can - but it can promise you a more comfortable and relaxed birth than you would have had otherwise.

## What parents are saying

“I was terrified of anything and everything, even having a blood test was an ordeal. I am so glad I found Hypnobirthing. I was in advanced labour when I got to the hospital and even though I had a breech baby and needed an emergency caesarean, I was in control and carried on using self-hypnosis.” Leah (first baby).

“I’m so glad I found Hypnobirthing. Everyone tells you to have an epidural that birth is so painful. I didn’t find it that way at all. I was alert and awake throughout and can honestly say I enjoyed giving birth as I was not afraid.” Liz (first baby).

“My labour was long and challenging at times, but I was calm throughout. I coped using the techniques that I had learned. It was a wonderful experience.” Olivia (first baby).

“My baby was born six weeks early, I knew I was in labour but because I was so calm and relaxed the midwives didn’t realise my labour had advanced. I had a lovely calm birth, no drugs.” Emma (first baby).

“So all in all very fast, I did have to have gas and air though as I lost my focus during transition - but overall, honestly, Hypnobirthing completely transformed the entire experience. It was pleasurable and enjoyable.” Gemma (second baby).

## How to book a place on the course

If you would like more information about Hypnobirthing at York Teaching Hospital NHS Foundation Trust contact us by e-mail: [yorkhypnobirthingmidwives@york.nhs.uk](mailto:yorkhypnobirthingmidwives@york.nhs.uk)

To book a place, please contact us on the above email address and complete the enrolment form on page 9 of this leaflet (**preferably after your 20-week scan**).

The course costs £200 and includes a textbook, CD and handouts.

As soon as your place is confirmed we will require payment of the full amount of £200 (which includes a non-refundable deposit of £50).

You can pay by debit or credit card; info will be given at the time of booking.

The Hypnobirthing course is a twelve hour programme taught over four evenings or two Saturdays. It is taught by midwives who are also Hypnobirthing practitioners.

**This is a specialist form of antenatal education and does not intend to represent or conflict with medical advice. If you have medical concerns please seek advice from your midwife or GP.**



## KG Hypnobirthing

### Course enrolment form

Mother's name.....

Address.....

.....

.....

.....

Post code.....

Phone number.....

Mobile number.....

E mail address.....

NHS/Maternity D number.....

Name of birthing partner .....

Relationship of birthing partner.....

Named midwife.....

Where do you plan to birth.....

When is your baby expected.....

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:  
Hypnobirthing Therapist, Maternity Department,  
The York Hospital, Wigginton Road, York, YO31 8HE or  
telephone 01904 726724.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.



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Braille



Audio e.g.  
CD



Large print



Electronic

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