

## Helpful Books

Birthing from Within

Pam England

Birthing Normally

Gayle Peterson

Calm Birth™

Bruce Newman

Childbirth Without Fear

Grantly Dick-Read

Feelings Buried Alive Never Die

Karol K. Truman

Gentle Birth, Gentle Mothering

Dr. Sarah J Buckley

Gentle Birth Choices

Barbara Harper

HypnoBirthing®

Marie F. Mongan

Mother's Intention

Kim Wildner

Prenatal Parenting

Fredrick Wirth, MD

The Prenatal Prescription

Peter Nathanielsz

When Survivors Give Birth

Simkin & Klaus

The Whole Person Fertility Program

Niravi B. Payne

2510 Walnut Rd NW  
Olympia, WA, 98502-4110

Pre-Birth Health Education  
<http://home.comcast.net/~hypnosisforbirth/>  
<http://home.comcast.net/~prebirthhealth/birthcounseling.htm>



## Hypnosis for Pregnancy and Birth

**Pat Sonnenstuhl, CNM, HBCE, CHt**  
**Certified Nurse Midwife**  
**HypnoBirthing® Childbirth Educator**  
**Certified Hypnotherapist**  
**HypnoFertility Therapist**

Pat provides a variety of services for women and couples. She provides Birth Counseling, and HypnoFertility Therapy, in addition to HypnoBirthing®. She is certified with the HypnoBirthing Institute, the original HypnoBirthing® program.



For more information about hypnosis and HypnoBirthing® visit Pat's web site. Pat teaches a group class on Saturday's and private sessions as needed.

Materials for the course include handouts, the book HypnoBirthing® and several CDs.

**Fees are based upon your specific needs and unique circumstances. Please contact me for questions, and to discuss your specific needs.**

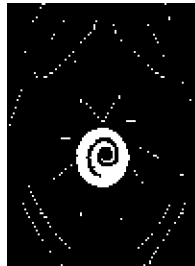
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## Hypnosis and Imagery for Preconception, Pregnancy and Birth

The use of Hypnosis and imagery in childbirth was very popular in the 1950s, and is experiencing a resurgence. The HypnoBirthing® Program is a dynamic program to help you have a peaceful and comfortable pregnancy and birth. Hypnosis and imagery are used in a variety of ways to complement traditional health care.

Pat combines over 40 years of experience as a nurse midwife with her training in hypnosis and imagery to help you develop the tools and confidence you need to enhance your labor. Pat teaches group classes, and will schedule private sessions if necessary. She teaches relaxation and hypnosis techniques that will help prepare you to work with your pregnancy, and help you create for yourself a positive and memorable birth experience.

Pat also uses hypnosis and imagery for other aspects of pregnancy and women's health concerns:



Birth Counseling  
HypnoFertility Therapy  
Preterm labor prevention  
Healthy lifestyle choices  
Nausea of pregnancy  
Labor and Pain Relief  
Breastfeeding  
Breech turns, position changes  
Pregnancy and Postpartum anxiety

Hypnosis and imagery are forms of focused relaxation. These techniques promote a calm and peaceful environment for you and your baby. The self-hypnosis techniques you will learn connect the conscious and subconscious mind. Your everyday mind is critical and constantly evaluates, while your subconscious accepts thoughts more directly. You can also use your imagination to decrease the fears and concerns that can occur surrounding pregnancy and birth.

We all experience aspects of imagery, hypnosis and deep relaxation in our daily activities. Daydreaming is a light trance state. Your body is relaxed and your pulse is slow. In a moderate state of trance you are relaxed and aware of your breathing, perhaps experience imagery, and lose some perception of your environment. If someone sees you in a deep trance state, your arms and legs will be very relaxed, you will hear what others say, but your attention will be narrowed, and you will only be focusing on the sounds you want to focus on.

Hypnosis and imagery have been shown to be effective modalities for healing, and dealing with pain without the need for additional medications. You will be aware when you want to be aware, but very relaxed when you want to be relaxed.

HypnoBirthing® is a program that will give you exposure to a variety of tools and techniques so that you can be in hypnosis for your labor, and communicate more closely with your baby. Pat individualizes her sessions for your specific needs by spending time discussing with you the specific goals you have for your pregnancy and birth. You will learn how to build upon your inner resources and develop your own personal approach to labor, while being in charge of the process of hypnosis.

The HypnoBirthing® series is done in groups or individually, depending upon the particular needs of those involved. You are always in control, and will never do anything you don't want to do. Hypnosis can enhance and facilitate your labor and birth experience by helping you reach a state of deep relaxation and peacefulness. These skills can last a lifetime. HypnoBirthing® encourages an increase in your natural endorphins while decreasing the stress hormones to help you have a more comfortable and joyous birth. You will find you will sleep better, feel more relaxed and confident about your pregnancy and birthing, and feel prepared to accept and care for your baby following birth.



Special sessions are arranged for other pregnancy related conditions, such as nausea of pregnancy, preterm labor, pregnancy anxiety, turning a breech or posterior presentation, or working with previous birth trauma. Pat also provides HypnoFertility Therapy for families seeking pregnancy, and Birth Counseling for women who have experienced trauma.

Classes are offered in Olympia and Tacoma, unless other arrangements need to be made. For maximum benefit, the classes can start as early in your pregnancy as you wish. Your partner or birthing companion are welcome at the classes, but not essential to learning the techniques. Questions about this program are welcomed.

**Hypnosis for Birth:** <http://home.comcast.net/~hypnosisforbirth/>  
**HypnoBirthing®:** <http://www.hypnobirthing.com>