

## Helpful Books

Before Your Pregnancy: A 90 Day Guide for Couples

How to Prepare for a Healthy Conception

Mazzullo & Amy Ogle

Calm Birth™

Bruce Newman

Conquering Infertility

Alice D. Domar

The Garden of Fertility

Katie Singer

The Infertility Cure

Randine Lewis

Bonding With Baby: Affirmations

<http://bondingwithbaby.org/>

Prenatal Parenting

Fredrick Wirth, MD

The Prenatal Prescription

Peter Nathanielsz

Self-Nurture

Alice D. Domar

Taking Charge of Your Fertility

Toni Weschler

When Survivors Give Birth

Simkin & Klaus

The Whole Person Fertility Program

Niravi B. Payne

2510 Walnut Rd NW  
Olympia, WA, 98502-4110

HypnoFertility Therapy  
<http://home.comcast.net/~prebirthhealth/fertilitytherapy.htm>  
<http://home.comcast.net/~prebirthhealth/birthcounseling.htm>



**HypnoFertility  
Therapy**

**Pat Sonnenstuhl, CNM, HBCE, CHt**

**Certified Nurse Midwife  
HypnoFertility Therapist  
Certified Hypnotherapist  
HypnoBirthing® Childbirth Educator**

Pat provides a variety of services for women including HypnoFertility Therapy and Birth Counseling.

HypnoFertility is a program for families seeking a pregnancy.

Hypnosis and other therapies are tailored to individual needs to enhance and facilitate fertility.



For more information about HypnoFertility, visit Pat's web site or visit <http://www.hypnofertility.com>

Call today for a 1/2 hour free consultation to learn more about this exciting new program and a free Fertility Notebook.

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 Fertility

Research has shown that Mind-Body techniques such as hypnosis can help individuals make healthy lifestyle changes. These lifestyle changes include stress reduction, smoking cessation, and self-esteem enhancement. Mind-Body techniques encourage optimum health and well-being, along with the restoration of hormonal balance. Once learned, relaxation techniques can last a lifetime.

Pat combines over 40 years of experience as a nurse and nurse midwife with her training in hypnosis and imagery to help you become more confident with your goal to achieve a healthy pregnancy.

Stress is a factor among many that can impede fertility, but it is also one factor that is under the individual's control. Stress hormones such as catecholamines and cortisol can suppress the menstrual cycle and reduce sperm count in men.

Pat arranges individual sessions with families seeking pregnancy and are concerned about fertility issues. Stress reduction and relaxation techniques are taught, along with other therapies that have been shown to enhance self esteem and build hope for a desired pregnancy.

These therapies are designed to work with other complementary modalities including Assisted Reproductive Technologies, Acupuncture, Chinese medicine and Herbology.

Pat also offers Birth Counseling, for clients who have experienced abuse or birth trauma and teaches HypnoBirthing® once a pregnancy is achieved to help women have peaceful births and peaceful babies.

Developed by Board Certified Hypnotherapist and Instructor Lynsi Eastburn, this program helps women to conceive naturally, and also provides hypnotherapeutic support to women undergoing IVF and other medical procedures. This is a powerful, precise program that supports the entire fertility process for optimal results.

### Increase your Chances

It is as simple as that. Studies indicate that "infertile" women utilizing Mind-Body techniques have a 42-55% conception rate as compared to 20 % for those not using Mind-Body therapies.

You have made the emotional, physical and financial commitment to conceive a child, and you deserve the highest possible chance of success.

Hypnotherapy transforms the fear and frustration you are feeling, providing you with tools that enable you to achieve the relaxation and confidence necessary for a calm, peaceful, positive and viable pregnancy.

HypnoFertility therapy is especially helpful for families that are dealing with 'unexplained infertility'. Learning techniques of relaxation and self-awareness provide families with insights about their unique situations, and frequently different levels of healing take place.

Hypnotherapy can reduce stress, increase confidence, instill a sense of control and hope, which in turn will enable you to maximize your chances of conceiving naturally and/or increase the success of medical assistance.

Therapy sessions are tailored for each client, based on the individual needs of the families. The initial interview helps to identify areas that can be changed, and a care plan is established based on identified factors. Hypnosis techniques empower women to feel confident, successful and hopeful. Three factors contribute to this success: a willingness to be hypnotized, a minimum level of intelligence, and the ability to follow simple instructions.

**Worry = Negative self-hypnosis.** The negative self-talk you allow in your mind about the challenges you may be experience, repetitive patterns and/or other difficulties can cause great stress and anxiety. When you become so worried that you allow a negative inner mind state to take over, you begin to realize the self-fulfilling prophecy of failure.

**Hypnotherapy = Positive Change:** Hypnotherapy transforms the fear and frustration you are feeling, providing you with tools that enable you to achieve the relaxation and confidence necessary for a calm, peaceful, positive and viable pregnancy.

For more information about HypnoFertility and the services that Pat offers, please visit her website.

**HypnoFertility:** <http://home.comcast.net/~prebirthhealth/fertilitytherapy.htm>

**Birth Counseling:** <http://home.comcast.net/~prebirthhealth/birthcounseling.htm>

**Fertility Handouts:** <http://home.comcast.net/~prebirthhealth/fertilityhandouts.htm>

**Peaceful Birthing:** <http://www.peacefulbirthing.org>

