

Child Birth and Hypnosis

Painful labor pain! Uncontrolled sensation of being torn apart! High blood pressure and panic! Every pregnant lady undergoes these agonizing situations during the time of child birth. Thus, hypnobirthing, a new concept which includes the pivotal role of hypnotism during delivery, has evolved to bestow painless and fearless child birth.

Hypnobirthing

Just as hypnosis has left its mark in the areas of dental anesthesia and personal lessons of therapy and drug rehabilitation, its involvement in the aspect of child birth has also increased. Through hypnosis, the mind of the mother is taught to relax and the pressure is eased down. The added method of guided imagery software assists the subconscious mind of the mother. It creates gentle and controlled breathing patterns rather than forced breathing or hyperventilation.

Expectation and fear

The fear clearing sessions involved in the self hypnosis guides of hypnotic CDs and hypnotic DVDs teach the couple regarding the paramount effect of positive energy. This creates a peaceful and beautiful child birth experience. In addition to it, it also reduces the chances of Caesarean delivery by preventing the excess production of adrenaline in the body.

What self hypnosis teaches?

Apart from the unparalleled power of the mind, self hypnosis also teaches the following important lessons

- Ways of instantly entering into self hypnosis
- Creation of one's own natural anesthesia
- Techniques to increase one's participation in child birth
- Trusting the natural and inherent ability of the body to give comfort and ease
- Programming the mind

Benefits

It is advisable to practice hypnosis, right from the onset of pregnancy. Several hypnosis tapes are available for this cause. Here are some evident benefits of using hypno birthing

- Lesser side effects as few drugs are needed
- The resistance of muscles during labor decreases and hence shorter duration of pain
- Energized and awake mother, who can actively participate in the phenomena
- Posterior babies and breach can be treated
- Lesser number of complications during pregnancy and childbirth.

In a nutshell, hypno birthing is one of the painless ways of child birth.

About the Author

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