

Mindful Hypnosis Tools for Labour & Delivery

In the hypnotic birthing program, your partner has learned new ways to manage and control sensations in her body with mindful hypnosis, progressive muscle relaxation, autogenic training and self-hypnosis. In hypnosis, we have created new neural pathways in the brain as we visualize the labour and delivery of your baby start to finish. Each time there is practice with the use of hypnotic tools to manage sensations, pain and distort time, new inner resources for strength and stamina are built. The practice that your partner has done to prepare for this amazing journey has trained her mind and body to action her number one goal: a **peaceful and calm birth** no matter the circumstances.

It's important for you to remember that during this process **you can't 'fix' anything**. This may feel awkward and uncomfortable for you!

Know that your partner is equipped for this and that your role as her coach and advocate is the MOST IMPORTANT for her success. You are her support, the environment manager, as her protector from negativity, and keeper of focus on the **NOW-Positive** (mindfulness tools) and **FUTURE-Positive** (managing state).

Here are a list of the tools, and when to use them as well as a quick reference:

The Tool	How to Use it to Support
<p>Fear/Anxiety/Worry: "Your Timeline" <i>(Mindfulness Tool)</i> Used to shift OUT of fear and move to a better feeling place.</p>	<p><i>(handout)</i></p> <ol style="list-style-type: none"> 1) When in fear/anxiety or worry, ask yourself... where am I on my timeline? When in fear/anxiety or worry, you are in the FUTURE NEGATIVE. 2) Pull yourself over to the FUTURE POSITIVE (where hope and joy live) by reframing the narrative to the positive. <p>Example: I'm told I must have a C section and I am thinking about all the things that can go wrong. This is FUTURE NEGATIVE. I am aware I want to move to future positive so I change the narrative to all of the positives about the C section (I have a safe delivery, team of Drs, best care, beautiful baby, easy recovery with hypnosis, etc).</p>

<p>Managing STATE – If performance is low or you feel it’s going down.....</p> <p>Determine: HOW WOULD YOU LIKE to feel? Create a shopping list of the strengths and attributes of the part you want to manage the situation.</p> <p>How will you bring forward the part of you that can take over?</p>	<p><i>(handout)</i></p> <p>Breathing Focus on breath, remember to exhale.....</p> <p>Physiology Move the body position, even move head side to side, perhaps tense some muscles and let go (when appropriate)</p> <p>STATE Focus on POSITIVE state you want to bring forward. Feel it in your body, breathe it in</p> <p>Performance Outcome will improve</p> <p><u>TAP IN</u> how you want to feel by telling yourself your ‘shopping list’ ... I am strong, I am a marathon winner, I can do this, I know exactly what to do, I trust my body, I am a natural at this, etc.</p> <p>Focus on future positive. Talk to your partner and have them:</p> <ul style="list-style-type: none"> - Visualize being finished and holding the baby. - Visualize the first feed, skin to skin contact - Visualize 24 hours after baby is born - Visualize to the moment you walk into your home with the new baby
<p>Autogenics: Uses the body to create self-hypnosis/trance as you focus inward on specific parts of the body to shift them and influence them to feel a particular way (calm, relaxed). This calms the autonomous nervous systems.</p>	<p><i>(handout and Self-Hypnosis Guide)</i></p> <p>Use to get into a state of relaxation, or when rest or deep calm is needed.</p> <p>Use this to stay out of tension, which amplifies pain.</p> <p>This can also be used if your partner needs to feel a certain way, such as putting an IV or having blood drawn. In that example, your partner can focus on the opposite arm being comfortably heavy, or warm or cool or can make that arm being worked on feel numb.</p> <p>Use to manage and control body temperature, i.e. cold feet and hands or overheat.</p>
<p>Self Hypnosis Use to create deep calm and calm ‘trance’, using suggestions to align the</p>	<p><i>(Self-Hypnosis Guide)</i></p> <p>Use to go into deep relaxation and then focus on the auto-suggestions for pain, relaxation, comfort.</p>

<p>unconscious mind to what you want. See <i>Self-Hypnosis guide</i>.</p> <p>Sample: Visualize and mentally repeat the number 3, 3 times Visualize and mentally repeat the 2, 3 times Visualize and mentally repeat the number 1, 3 times</p>	<p>Use to go onto the Control Room to reduce pain and increase comfort, or any unpleasant body sensation.</p> <p>If your partner is having a hard time finding relaxation on their own, sit beside them, ask to:</p> <ol style="list-style-type: none"> 1) feel the sensation of your hand (creating focus), 2) focus on breath in and out (deeper focus) and 3) walk her through the 3-2-1 visualization. <p>Relaxation: have her go to a favourite safe space (see next item) Pain: Have her go to the Control Room and calibrate the settings OR, have her DISSOCIATE (lift off the body to drift and float outside of pain).</p>
<p>Favourite Safe Space for Restoration</p>	<p>Your partner has created a favourite 'safe space' for restoration that can be used during contractions as a way of disassociating from the body when needed. This can be used for:</p> <ul style="list-style-type: none"> - Hard labour, long contractions - A way to manage staying centered, peaceful and calm - A place to go to manage a stressful situation (like a C section or other chaos in the moment) - 'transition' when labour goes intensely internal <p>Have your partner take three deep breaths to trigger relaxation and then move to their restoration space to 'use what was put there' for self-care, to restore and re-fuel.</p>
<p>Control Room: decrease discomfort and increase comfort. Reduce pain.</p>	<p><i>(Self-Hypnosis Guide)</i></p> <p>Use for comfort control during contractions or any other time increased comfort is needed. Visualize the dials/gauges/levers and adjust.</p> <p>Can be used for ANY physical, emotional, energetic adjustment that is needed.</p>
<p>Sensation Awareness (Glove anesthesia): move the "sensation of no sensation" to parts of the body where it is needed</p>	<p>Use to create a 'sensation of NO sensation' for pain or discomfort control.</p> <ol style="list-style-type: none"> 1) Take several deep breaths, and move into a light trance using the 3,2,1, visualization or autogenics. 2) Focus on a hand and find the sensation of no sensation. 3) Have the sensation of no sensation spread first to a finger,

	<p>then to the top of the hand and then envelope the hand.</p> <p>4) Use the hand to touch anywhere that needs to transfer the sensation of no sensation (perhaps to the back during labour)</p>
SPIT (yes, spit)	<p>When you are under stress, the mouth goes dry and that is a further signal that systems are stressed and stress hormones are released.</p> <p>Have your partner create saliva (perhaps imagine taking a bite out of juicy lemon) to reduce the stress response in the body.</p>

Quick Reference

The Issue	The Strategy & Tool
Tension	<p>Needs relaxation to reduce pain.</p> <ul style="list-style-type: none"> • Autogenics • Self-Hypnosis Options: <ol style="list-style-type: none"> 1) Auto-suggestions 2) Control Room 3) Safe Space + Dissociation
Pain	<p>Needs relaxation to reduce pain.</p> <ul style="list-style-type: none"> • Autogenics • Self-Hypnosis Options: <ol style="list-style-type: none"> 1) Auto-suggestions 2) Control Room 3) Safe Space + Dissociation • Make SPIT • Sensation Awareness (glove anesthesia) • <i>Managing State</i> to move to a calm, confident state
INTENSE Pain (transition labour)	<p>Needs dissociation or pain control</p> <ul style="list-style-type: none"> • Focus on breath for trance state • Safe Space + Dissociation • Time distortion: tell your partner <u>you can forget to remember about time</u> and/or <u>you know that every hour feels like minutes</u> so you can forget to <u>remember time</u>
Fear	<p>Needs reframing</p> <ul style="list-style-type: none"> • <i>Your Timeline</i> & move to NOW or FUTURE positive • <i>Managing State</i> to move to a calm, confident state

Hypnotic Suggestions for Partners

- You have prepared, are ready and your mind and body know what to do
 - This is going to be so fast and easy
 - It's so exciting and I know you are using the excitement to help you
 - Take a breath in now, and allow every breath to double relaxation and comfort
 - You know that every contraction takes us one step closer to meeting the baby, this is so exciting
 - And the wave of gentle pressure feels like seconds and the letting go feels like hours
 - You are doing so well you are natural at this
 - Look how well you are doing, it won't be long, and we will be holding our baby
 - It is so easy for you to turn down discomfort and turn up comfort
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- Replace 'pain' with 'pressure'
 - Focus on 'comfort' not pain - *how comfortable are you?* Use a comfort scale of 1-10 rather than a pain scale

If you hear a negative, and you will, such as '**they has HOURS to go yet**', reframe to something positive and empowering, such as:

- The baby is coming in perfect time, and you know that **you can forget to remember about time**
- You know that **every hour feels like minutes** so you can forget to remember about time