



What is the first step to begin your hypnobirthing journey?

The first step is to contact me for a brief chat on the phone or if you feel happy with the information provided to you in this leaflet, you are very welcome to request the dates and times to begin your hypnobirthing journey.

You can begin from 20 weeks up until 32 weeks of pregnancy.

If you would like to ask questions before you make any firm commitments, please use the initial phone call for this or send me an email or text message. I usually reply within 48 hours.

The venue I currently use is the Thanington Resource Centre where there are very good facilities and really friendly staff. They always look after me and my clients there and nothing is too much trouble.

Please see <https://www.thaningtonnrc.co.uk/> for more information on the venue where there is WiFi, free parking, toilets, refreshments will be provided and Morrisons and other stores are a walk away or very short trip in the car.

I am very much looking forward to welcoming you. Let's get excited about you meeting your baby!

Amanda

SWAN THERAPY & WELLBEING

HYPNObIRTHING FOR A CALMER, CONFIDENT & IN CONTROL BIRTH



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Working in partnership with nature
for a more positive birth experience

Amanda Swan BSc, MA, Cert Hyp CS, Ad Psy Dip, CHBP

Welcome to Swan Therapy and Wellbeing Hypnobirthing

Birth is as a normal physiological process and hypnobirthing can help you have a more positive birth experience by feeling calm and relaxed.

It is a pleasure to introduce you to the concept of hypnobirthing. My name is Amanda and I am a psychotherapist, hypnotherapist and hypnobirthing practitioner. I have a private practice that I run in Chartham near Canterbury in Kent. I also work from the Thanington Centre near Wincheap in Canterbury where I hold hypnobirthing classes. Maybe you have never heard of hypnobirthing before, maybe it is something you heard someone say and you are still not really sure of what it is, or it might be something you were told about since becoming pregnant and are considering it. At Swan Therapy and Wellbeing, Hypnobirthing is just one of the services on offer and here you can find all you need to know to make an informed decision as to whether learning hypnobirthing is right for you. Hypnobirthing is designed to help and support you in pregnancy, give you the knowledge to feel empowered in pregnancy, in preparation for your baby's birth, and how to use hypnobirthing skills in post birth. There are many plus points to using hypnobirthing techniques, including how many scientific studies provide evidence to support its positive results.



The easibirthing Method of Hypnobirthing

The easibirthing method is designed to inform you with the knowledge that you need to feel in control, feel confident and relaxed in your pregnancy, the birth, and post birth - even when the birth plan needs to be altered at the time of labour.

Hypnobirthing is an evidence based approach to childbirth that is known to reduce premature labour, reduce stress and tension in both mother and baby, help successfully turn a breech foetus into the vertex position (Meh, 1994: 81% of breech babies were successfully turned into position compared with 48% in control group), and reduce labour time (Jenkins & Pritchard, 1993).

Hamon, Hynan and Tyre (1990) found that 38 out of 45 mothers spontaneously delivered without the need for intervention (caesarean, forceps etc) - a rate of 84% which is more than the average rate of normal births in the general population of first time mothers.

Hypnobirthing also strengthens bond with baby and postnatal recovery. Maris (1995) studied how efficient hypnosis is for pain control. At post birth stage, women reported significantly lower levels of pain and anxiety compared to women who did not receive hypnosis - there was no significant differences in drug usage overall across both groups.

Working in Partnership with Nature

How to contact me

email: aswanhypnotherapy@gmail.com

Mobile: 07407 240095

Web: www.amandaswan.co.uk/hypnobirthing

Training certified by The National College of Hypnosis and Psychotherapy



How does it work?

I use the easibirthing method of hypnobirthing because I believe in its core values - my aim is to equip you with the knowledge to feel empowered - this means that you will feel confident about the choices that you make and be able to voice them to the appropriate person (i.e. your midwife or other medical person), you will feel confident, calm and in control, even if your birth plan changes during labour.

I offer one-to-one sessions or group classes. I like to offer both so that people have a choice. Once you have signed up to either one or the other, you cannot change, however you will not be disappointed - the course content will be the same whichever you choose.



While it is not mandatory to roll around on birthing balls, it is useful to discuss which aspects of labour you would like to become more knowledgeable in. You will have the opportunity to let me know this when you book and I send out the assessment form for you to fill in. This will tell me more about you and your birth partner and some historical information so that I can support you in the best possible way. Please note, it is not mandatory that you bring your birth partner either! The choice is yours because this is your pregnancy and your birth experience and every one is different, so let get excited!