

**National College of Hypnosis and Psychotherapy
'Hypnobirthing for Practitioners' Course Schedule**

**Day 1: Friday 19th November 2021 in the Regus Suite,
3rd Floor, Cross Keys House, 22 Queen Street, Salisbury,
Wiltshire, SP1 1EP.**



9.30-10am	Registration & Welcome
10.00-11.00	Welcome and Introduction History of birthing
11.00-11.20	TEA/COFFEE BREAK (refreshments provided)
11.20-1.00	Effect of fear and anxiety on the birthing body Client's history Experimental evidence of benefits for hypnosis in childbirth
1.00-2.00	LUNCH (There are a number of options nearby)
2.00-3.30	Ideal Mental State: The 3C's Anxiety Management and Mental Preparation for Birth
3.30-3.50	TEA/COFFEE BREAK (refreshments provided)
3.50-5.00	Basic anatomy & physiology during pregnancy and stage 1 labour Managing and controlling discomfort Using anchors during labour

Day 2: Saturday 20th November 2021

10.00-11.30	Review of Day 1 & Questions Breathing, Birth Metaphor, Pain Management & Anchoring techniques
11.30-11.50	TEA/COFFEE BREAK (refreshments provided)
11.50-1.00	Basic anatomy & physiology during transition and stage 2 labour Baby's experience of birth Forced pushing
1.00-2.00	LUNCH (There are a number of options nearby)
2.00-3.45	Practical techniques for transition and stage 2 labour Positive hypnosis-empowering women
3.45-4.05	TEA/COFFEE BREAK (refreshments provided)
4.05-5.00	Understanding effect of negative language When things don't go according to plan

Day 3: Sunday 21st November 2021

10.00-11.00	Review of Day 2 & Questions Terms used in Obstetrics
11.00-11.20	TEA/COFFEE BREAK (refreshments provided)
11.20-1.00	Birth Partner's involvement Stage 3 of labour Post natal recovery and parenthood Breastfeeding
1.00-2.00	LUNCH (There are a number of options nearby)
2.00-3.00	Common disorders in pregnancy, birth and post-natal period
3.00-3.20	TEA/COFFEE BREAK (refreshments provided)
3.20-5pm	Working with medical professionals Building your practice Discussion and questions