

# **'Hypnosis and Psychotherapy for Fertility': The easibirthing® method Practitioners Certification Course Schedule**

## **Day 1: Saturday 23<sup>rd</sup> April 2022 LIVE on ZOOM**

9.30-10.00	Registration
10.00-10.30	Introduction and Course objectives
10.30-11.00	Defining your role as a hypnotherapist
11.00-11.30	The role of belief and expectation Hypnosis to develop sense of mastery
11.30-11.45	BREAK
11.45-12.15	Understanding conception Male and Female Reproductive systems
12.15-1.00	Hypnosis for natural conception Optimal hormonal pathways for fertility
1.00-2.00	LUNCH BREAK
2.00-3.00	Infertility and the modern world
3.00-3.15	BREAK
3.15-5.00	Physiological Fertility Problems Modern fertility treatments Hypnosis for physiological causes



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### **Day 2: Sunday 24<sup>th</sup> April 2022 LIVE on ZOOM**

10.00-10.30	IVF and ICSI in the UK
10.30-11.30	Hypnosis for IVF Hypnosis for the 'two week wait'
11.30-11.45	BREAK
11.45-12.15	Emotional impact of male infertility
12.15-1.00	The impact of prolonged stress on fertility Strategies for managing stress
1.00-2.00	LUNCH BREAK
2.00-3.00	Subconscious Blocks
3.00-3.30	Combat Negative thinking & maintaining hope (part 1)
3.30-3.45	BREAK
3.45-4.15	Combat Negative thinking & maintaining hope (part 2)
4.15-5.00	Coping with permanent infertility



PLEASE NOTE: This schedule is designed as a rough guide only,  
and times/order may be subject to change