

**easibirthing® and parenting training school**  
**Accredited by National College of Hypnosis and Psychotherapy (nchp)**  
**‘Hypnobirthing for Practitioners’ Course Schedule**

**Day 1: Friday 2<sup>nd</sup> September 2022 in the  
Novotel London Heathrow M4/J4, Cherry Lane,  
West Drayton, London UB7 9HJ**



9.30-10am	Registration & Welcome
10.00-11.00	Welcome and Introduction The world context of running a hypnobirthing service The legacy of birth practices
11.00-11.20	TEA/COFFEE BREAK (refreshments provided)
11.20-12.00	Tokophobia and the anxiety continuum today Ripple effect of fear and anxiety on the birthing body Anatomy and physiology for Pregnancy
12.00-1.00	Working with the maternity team Perspective of a birth partner Location of birth Confident Birthing HYPNOSIS Part 1A A dad's experience
1.00-2.00	LUNCH (There are a number of options nearby)
2.00-3.30	Fears and expectations of birth Benefits of optimal breathing for birth Confident Birthing HYPNOSIS Part 1B The benefits of hypnosis in birth Psychological and hormonal conditions for birth Ideal Mental State: The 3C's
3.30-3.50	TEA/COFFEE BREAK (refreshments provided)
3.50-5.00	Powerful positivity for birth HYPNOSIS Part 2 Natural and artificial induction of Stage 1 Labour The physiology of stage 1 Labour Managing and controlling discomfort Using anchors during labour

## **Day 2: Saturday 3rd September 2022**

10.00-11.30	Review of Day 1 & Questions Stage 1 Labour, Discomfort Mgt & Anchoring HYPNOSIS Part 3
11.30-11.50	TEA/COFFEE BREAK (refreshments provided)
11.50-1.00	Transition and stage 2 labour Baby's experience of birth Positions for Labour
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 4<sup>th</sup> December 2022**

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