



# HypnoBirthing® Program

**Dates:** TBC (4 x Saturday mornings)

**Time:** 10am-12.30pm

**Venue:** Neo Psychology – 378 Burwood Road Hawthorn

**Fee:** \$500 (including book, CD, handouts)

**When you change  
the way you view birth,  
the way you birth will change**  
- M. Mongan

## Practitioner

Emma Lund, Certified HypnoBirthing® Practitioner / Psychologist

## Sessions

<b>Unit #1</b>	<i>Building a Positive Expectancy</i>	Sat	10.00-12.30pm
<b>Unit #2</b>	<i>Falling in Love with your Baby / Preparing Mind &amp; Body</i>	Sat	10.00-12.30pm
<b>Unit #3</b>	<i>Getting Ready to Welcome your Baby</i>	Sat	10.00-12.30pm
<b>Units #4/5</b>	<i>Overview of Childbirth – Labour of Love &amp; Birthing – Breathing Love, Bringing Life</i>	Sat	10.00-12.30pm

## HypnoBirthing®

The Mongan Method is as much a philosophy as it is a technique. The concept of HypnoBirthing® is not new, but rather a "rebirth" of the philosophy of birthing as it existed thousands of years ago. The method teaches you that, in the absence of fear and tension, or special medical circumstances, severe pain does not have to be an accompaniment of labour.

You will gain an understanding of how the birthing muscles work in perfect harmony--as they were designed to--when your body is sufficiently relaxed and you trust birth.

You will learn how to achieve this kind of relaxation, free of the resistance that fear creates, and you will learn to use your natural birthing instincts for a calm, serene and comfortable birth.

When you have your baby with HypnoBirthing®, you will not be in a trance

or a sleep. What you will experience is similar to the daydreaming, or focusing, that occurs when you are engrossed in a book or a movie or staring into a fire.

You will be conversant and in good spirits--totally relaxed, but fully in control. Awake throughout, you will be aware of your body's surges and your baby's progress; but because you will have trained yourself to reach complete relaxation, you will be able to determine the degree and the manner in which you will feel the surges.

You will experience birthing in an atmosphere of calm relaxation, free of the fear that prevents the muscles of your body from functioning as nature intended them to. In this calm state, your body's natural relaxant, endorphins, replaces the stress hormones that constrict and cause pain.

[www.hypnobirthing.com](http://www.hypnobirthing.com)

## Practitioner

Emma Lund has had 16 years experience working with parents and young people and has been registered as a Child & Family Psychologist for the past 9 years. Her qualifications are in the areas of Health Psychology as well as Educational and Developmental Psychology.

Emma is passionate about assisting her clients to improve their psychological wellbeing, general health and relationships, and believes that parents can have an impact on their child's development even before they are born. This is the reason she chose to learn and apply the HypnoBirthing® approach for the births of both her daughters. Convinced that it is a wonderful way to experience pregnancy and birthing, she trained and is a certified HypnoBirthing® practitioner.

Emma would like more mothers, fathers and babies to share in the joy, fulfillment and success of this approach to birthing.

## Who Attends

It is strongly encouraged that you attend the program with the person you have chosen as your "birth companion" (support person during the birth). This is so they can learn and practice techniques with you.

## What to Bring

Wear comfortable clothes and please bring book to each session. If you'd like to sit on pillows or a bean bag, please feel free to bring these.

**Group and individual programs are now available - contact Emma for details 0419 166 445 / [emma@neopsychology.com.au](mailto:emma@neopsychology.com.au)**

**Please note:** If for any reason you miss one of the sessions, it is recommended that you attend an individual appointment. However there will be an additional charge for this and it is not guaranteed that you will be able to attend the appointment before the next Unit is scheduled.

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You can register/pay online <http://www.neopsychology.com.au/resources/training.cfm>

Or please complete below form

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## Registration Form - HypnoBirthing® Group Program

**TAX INVOICE**  
**ABN: 97127418919**

\* Receipts will not be issued unless requested - please retain a photocopy of the completed form for your tax records

Name: \_\_\_\_\_

Postal Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

Email: \_\_\_\_\_

Contact Tel: \_\_\_\_\_ Mob: \_\_\_\_\_

Fee Payable: \$ 500

### Method of payment

**Internet** direct deposit\*: National Australia Bank

Account Name: *Neo Psychology Pty Ltd* BSB: 083 184 Account Number: 85 780 6281

\* If paying by Direct Deposit please email [programs@neopsychology.com.au](mailto:programs@neopsychology.com.au) a copy of payment confirmation to enable us to verify your payment. Otherwise please fax 03 9818 6714 or mail this form with details completed or cheque enclosed.

**Mail to PO Box 7 Kew East 3102:**  **Cheque:** payable to: '*Neo Psychology Pty Ltd*'

**Credit card:**  Visa  M/Card Cardholder name: \_\_\_\_\_

Signature: \_\_\_\_\_ expiry \_\_\_\_|\_\_\_\_| / \_\_\_\_|\_\_\_\_|

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