Catch the Wave!!

Mongan Method HypnoBirthing®
The Wave of the Future in Birthing Education
Offering the Most Comprehensive Educational Programs for Birthing and Beyond

Coming to State College, Pa. – November 6-9, 2014

Location: Wellness in Motion, 611 University Drive, State College, Pa. 16801

For more information:
www.Hypnobirthing.com
Or call Kim Young, 412-716-1559
Enjoy the rewards that come from teaching relaxation, visualization, fear release and guided imagery to assist pregnant couples in achieving a gentle, normal, safer, and more comfortable birthing that most mirrors nature’s way.

Join the international network of HypnoBirthing® childbirth educators, who are finding it professionally and financially exciting to teach the most remarkable technique to appear on the birthing scene in several decades.

A 32-hour professional workshop
For
Nurses
Doulas
Midwives
Physicians
Hypnotherapists
Childbirth Educators
Allied Health Professionals

About HypnoBirthing®

HypnoBirthing is as much a philosophy of birth as it is a technique for achieving a satisfying, relaxing and stress-free birthing. HypnoBirthing teaches women and birthing companions the art and joy of experiencing birth in a safe, more comfortable manner for themselves and their babies. Through guided imagery and self-hypnosis, women learn how to call upon their body’s own natural endorphins and thus eliminate or greatly reduce the need for medication. When a woman is properly prepared for childbirth and when the mind and body are in harmony, nature is free to function in the same well-designed manner that it does with women in other cultures and with all other creatures.

You will be fascinated as you view HypnoBirthing® videos showing laboring mothers, awake, alert and in good humor, as they experience safe, gentle birth—free of the Fear-Tension-Pain Syndrome. HypnoBirthing teaches a woman how to release all prior programming about birth, how to trust her body and work with it, as well as how to free herself of limiting thoughts and emotions that lead to pain-causing fear and resistant muscles.

HypnoBirthing helps women rediscover their natural birthing instinct. Moms are awake, aware, and fully in control, but profoundly relaxed as they bring their babies into the world.


HypnoBirthing® Advantages

- Teaches deep levels of relaxation to eliminate the fear that causes tension and, thus, pain
- Greatly reduces and often eliminates the need for chemical painkillers
- Shortens the first phase of labor
- Leaves mother alert, fresh, awake and with energy
- Helps keep oxygen supplied to baby during birthing
- Reduces and often eliminates fatigue during labor
- Empowers parents with techniques to achieve a gentle, calm birth for themselves and their baby
- Gives the birthing companion in an integral role in the birthing
- Embraces the concept of pre-birth parenting
- Teaches breathing techniques that allow a woman to gently breathe her baby into the world without the violence of hard, physical pushing

The HypnoBirthing® Premise

For most of their lives, women have been inundated with the negative stories of other women’s birth experiences. Everyone, from their mothers, sisters, aunts, cousins, friends, and even strangers, wants to tell them the horrors of giving birth. They have been conditioned to believe that excruciating pain is associated with birth; and because of this, women today hold an unprecedented fear of giving birth. This extreme fear causes their bodies to become tense, and that tension prohibits their bodies from easily performing a normal physiological function. The result—exactly what they feared most—long, painful birthing.

People who are drawn to this method of childbirth have long been searching for a way to help women give birth as calmly, safely, and gently as possible. Until HypnoBirthing® it almost seemed unattainable.

Through a very simple program of self-hypnosis and education, women learn to work through fear-based stories and misinformation, and they are helped to see birth as normal. They learn to trust that their bodies know how to bring their babies into the world in the calm and gentle way that Nature intended.

“According to physiological law, all natural, normal functions of the body are achieved without peril or pain. Birth is natural, normal physiological function for normal, healthy women and their healthy babies. It can, therefore, be inferred that healthy women, carrying healthy babies, can safely birth without peril or pain.”

Dr. Jon Dye, Easter Childbirth, Buffalo, 1891

Marie “Mickey” Mongan
M.Ed., M.Hy.
Director, Founder

Marie “Mickey” Mongan, founder of HypnoBirthing®, is an award-winning therapist with over 30 years’ experience in counseling and teaching on the college level and in the private sector. She is a licensed counselor and a certified hypnotherapist, who holds several awards in hypnotherapy, including the National Guild of Hypnotists President’s Award, the coveted Charles Tebbetts Award, and in 2005, she became the first woman ever to receive the Guild’s highest honor, the Rexford L. North Award.

Early in her career, she was named one of five outstanding educational leaders in New Hampshire. And in 1992, she taught in Moscow as a diplomat for the Bridges of Peace Foundation.

She is the mother of four adult children, born in the mid-50s and early 60s, using the theories of Grantly Dick-Read, on whose work HypnoBirthing is based.

Her book, HypnoBirthing – The Mongan Method, is the textbook used in HypnoBirthing® classes.


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Course Instructor

Kim Young is the owner of Body and Birth Wellness Center. She is the creator of the HypnoBirthing Infant Massage Instructor Certification program. She is a Certified Hypnotherapist, a Board Certified Massage Therapist, and is a member of the HypnoBirthing Faculty and Advisory Committee.

Course Information

A four-day workshop leading to certification as a HypnoBirthing Practitioner:
Cost: $750 US. Tuition includes a manual for the introductory course, a copy of the textbook, HypnoBirthing®—The Mongan Method; a DVD of seven HypnoBirthing®; a CD with relaxation conditioning and birth affirmations; a 70-page practitioner’s teaching syllabus with class outlines, scripts, and demonstrations; six hand posters for classroom use; a CD of forms and handouts, and other visual handouts.

Certification also includes a listing on our online referral system, a copy of our newsletter four times a year, and regular updates.

Attendance at a HypnoBirthing Practitioner Certification Workshop does not automatically equate to Certification. Each candidate must submit a successfully completed Review of the Program following the course.

Only those persons who are certified through the HypnoBirthing® Institute may use the registered trade name HypnoBirthing® and the logo in promotional and teaching materials.

“Want to shout it from the rooftops. This is so incredible.”
- Erin Kimball, Labor & Birthing Nurse, Houston, TX

“This is the way most births should be—simple, calm and undisturbed.”
- Maria Williamson, Midwife, Lancashire, England

“A fantastic, well developed course. Every midwife and every birthing woman should do HypnoBirthing.”
- Karen Steele, Midwife, United Kingdom

Course Content—Segment I: Prerequisite courses*

Introduction to Birthing Basics—for persons who do not have a background in birthing

- The Beautiful Female Birthing Body
- Anatomy of the Female Reproductive System Internal & External Structures
- Conception and Early fetal development
- Characteristics of the Uterus Fundus, Body, Cervix
- The Baby’s Support System Amniotic Sac Placenta Umbilical Cord
- Turning Breech Presented Babies
- Labor Signals Normal Unanticipated
- Characteristics of Managed Labor
- Onset of Labor Spontaneous Induction techniques
- Characteristics of HypnoBirthing Labor
- Three Trimesters of Pregnancy
- Physical Changes during Pregnancy
- Fetal Positioning during Pregnancy
- Labor Stages as Defined in Typical Birthing
- Labor Phases as Defined in HypnoBirthing
- Mother Directed Birthing
- Fetal Positioning during Birth

Introduction to Hypnosis for Birthing—for persons who do not have certification in hypnosis

- Applications of hypnosis
- Attitudes about hypnosis
- Basics of Brainwave activity
- Laws of the mind
- Rationale for Hypnosis in Birthing
- Understanding Clients’ Learning Styles
- Mind/body Association and Application
- Judging Trance Depth
- Guidelines for Achieving change
- Eye Fixation/Closure
- Elman – Ericksonian – Shanti Leads
- Eye-lift Conversion Lead
- Direct and Permissive Hypnosis Approaches
- Steps to Achieving Hypnosis
- Dangers of Unqualified Therapy
- Deepening Techniques
- Posthypnotic suggestions
- Alerting Techniques

HypnoBirthing Practitioner Certification Program

Course Content—Segment II:

- HypnoBirthing Philosophy and Beginnings
- How the Uterus Works in Birthing
- What’s wrong with Labor
- How Fear Affect Labor
- Origin of Fear and Pain in Labor
- Pre-Birth Parenting and Fetology
- Selecting the Care Provider
- Preparing the Mind and Body for Birthing
- Looking at the “Due Date”
- Avoiding Artificial Induction
- Preparing the Birth Preference Sheets
- How the Body and Baby work together
- The onset of Labor
- Breathing Through Labor
- The Hallmarks of Labor
- Perinatal Bonding
- Hypnosis Deepening and Visualization
- Releasing Fear and Limiting Thoughts
- Building a Partnership with Care Providers
- Breathing Through Labor
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REGISTRATION

HypnoBirthing® Practitioner Certification

Visit www.bodyandbirth.com or call 412-716-1559 for more information

Please Print

Wellness in Motion, 611 University Drive, State College Pa. 16801  November 6-9, 2014_______
Class Location  Dates

_______________________________________________________________________________
First & Last Name □Hypnotherapist  □RN  □Doula
□Midwife  □Other_____________________

Address

City ______________________ State ______ Zip __________________

Phone____________________ Email __________________________

*Registrants needing both prerequisite courses may take Introduction to Birthing Basics as an At-home Study

□ $750.00 (four-day)  □ $165.00 includes postage (Introduction to Birthing Basics at home study; Available only to persons needing both prerequisites)

(Take a $50 Early Bird Discount if paid in full by October 6, 2014)

Method of Payment □ Check □ Credit Card (Visa & MasterCard)
□ Pay Pal (send to: bodyandbirth@aol.com)

Card # ____________________________ Exp ____________ 3 digit code ______

HypnoBirthing Practitioner Certification Class
Kim Young, Instructor - 412-716-1559
438 Walnut Street, Sewickley Pa. 15143
www.bodyandbirth.com / email: bodyandbirth@aol.com

Refund Policy
Requests for refund will be granted up until two weeks prior to the date of the workshop. No refunds will be granted following that date. When a refund is appropriate, an administrative fee of $75.00, in addition to the cost of any materials received by the enrollee, will be deducted from the refund. In cases where a student withdraws and is entitled to a refund, he/she may choose to apply the tuition to a later class with the same instructor with no penalty.