

## Client testimonials

“ Working with Rebecca in the lead-up to Arlo's birth was fantastic in every sense. Each session left me relaxed and confident in my ability to birth my baby. I would have been delighted if all I had achieved from our sessions was the ability to relax myself deeply, but it gave me so much more – Arlo's birth was calm and quiet, I felt only intensity rather than pain, and not once did I think 'I can't do this'. It truly was my perfect birth, and I attribute so much of the joy I gained from the experience to Rebecca. – *Meredith Street* ”

“ I was extremely nervous about the looming prospect of giving birth. I approached Rebecca for some relaxation and self-hypnotising techniques. The six sessions I had with her were invaluable – I was reasonably relaxed when I was in labour and didn't end up requiring any additional pain relief. Many thanks!” – *Anna* ”

“ I am normally sceptical about alternative therapies and was happy to have any medical intervention required during the delivery. However I decided to trial birth hypnosis to assist with labouring prior to going to hospital. Rebecca's sessions were invaluable prior to delivery and during. I am a very active person and both the practical sessions and audio guides ensured I took time to relax and focus on my unborn child and mentally prepare for the delivery. During the delivery, my baby was found to be breech and I ended up delivering her with no pain relief. The mental preparation I had done prior with Rebecca and the breathing control from the text book she provided enabled me to do this. Thank you Rebecca. – *Louise Hunter* ”

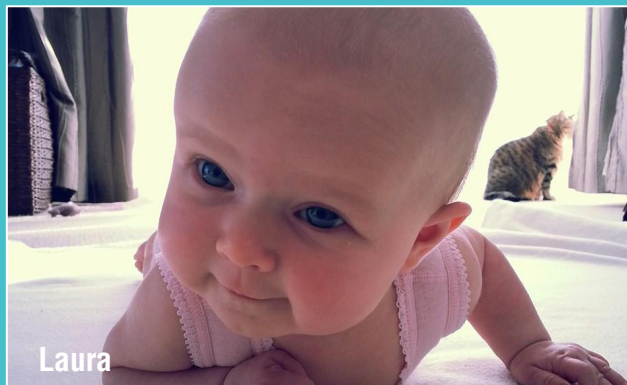
“ I turned to hypno birthing as a desperate last option, as my past two births had complications and my second birth was horrendous . I was pregnant with my third child and in my second trimester when I realised I was coming up to my due date, I started to be very anxious, where I had a real intense fear of the impending labour. Working with Rebecca made me change my outlook leading up to the birth, where I could think positively and start to enjoy my pregnancy without fear. The relaxation tools that Rebecca equipped me with, helped in the early stages of labour to relax and have control over my senses and to birth my baby without drugs. It was my best birth yet. Overall I would highly recommend Rebecca to help anyone during pregnancy to overcome any fears or just to help with relaxation during labour. – *Tahirih Seuseu* ”

“ Thank you so much for the birth hypnosis training. I really, really enjoyed our sessions. When you are busy with life you sometimes forget you're pregnant and that you'll soon have a baby. I relished my practise and sessions with you as a time to focus on that and bond with my bump. Luke arrived by emergency c-section due to OP presentation and failure to progress – however I laboured at home over 24hrs to 7cm easily, with 10 hours of contractions 3 mins apart – managed with TENs and your audio – it was very helpful. I believe the birth hypnosis prepared me to cope splendidly calmly with having to go to theatre for the emergency c-section. I'm surprised how I was able to remain calm about it, especially because being in the medical profession I was well aware of what it all meant. I would highly recommend it to anyone. Thanks heaps. – *Ruth Baxter* ”

Cover image by Special Deliveries Photography



Cooper



Laura



Luke

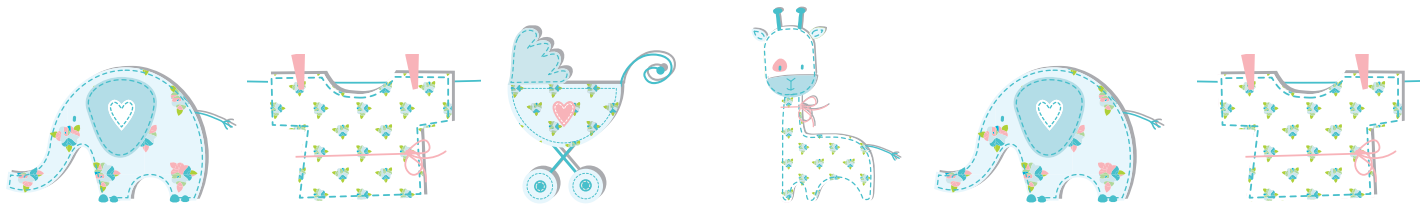
“ You Can Have a Calm and Relaxed Childbirth with Hypnosis ”

# Birth Hypnosis

Creating a gentle and relaxed birthing experience for you and your baby - what a wonderful welcome to the world!



Shine Hypnosis  
access your extraordinary mind



### With hypnosis you can enjoy:

- A lovely bonding and nourishing time for you and your baby during your third trimester
- Feeling calm and confident leading up to and during birth
- A shorter birthing (labour) time
- Improved pain management control
- Feeling relaxed and in control during the birth
- The ability to make decisions calmly and cope with any changes to your birthing plan
- A more comfortable birthing experience
- A quicker recovery from natural birthing or caesarean section
- Feeling more energised after birth

### Your baby benefits too by:

- Being more alert and having a greater interest in suckling within the hour after being born
- Being exposed to lower doses or no labour medication
- Being calmer and more content
- Sleeping better

### What is hypnosis?

Hypnosis is a wonderfully relaxing, rejuvenating and naturally occurring state that we all experience daily – it's simply when our brainwaves slow into alpha and theta waves. You experience these same brainwaves when you meditate, fall asleep, become really absorbed in a good book or movie, and when you are driving and you arrive at the destination feeling like you were on autopilot.

In a hypnotic state the subconscious mind is more receptive to accepting changes and suggestions for your benefit. Hidden or known fears you may have about childbirth can be removed and replaced with positive feelings. This allows you to experience a far more comfortable and relaxing birthing experience.

You can rest assured that in hypnosis you remain in control and can be aware of what is happening around you.

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### Enjoy a relaxed birth, free from tension & anxiety

We've been conditioned through dramatic television shows and stories from well-meaning friends and family to expect childbirth to be painful.

Fortunately, with hypnotherapy you can release this old and unhelpful conditioning and learn deep relaxation techniques. This allows your body to do what it is designed to do, much more gently and effectively - free from unnecessary tension, anxiety and fear.

Oxytocin is a naturally occurring key hormone in childbirth and bonding. Stress and anxiety are known to decrease levels of Oxytocin. The name Oxytocin derives from the Greek word meaning 'swift or quick birth'. Increasing levels of Oxytocin help the uterus muscles surge effectively to deliver your baby quickly and more easily, with less forceful and exhausting effort required to push. The peak of Oxytocin at birth also contributes to the feelings of euphoria and love you experience as your baby is delivered.

Remaining relaxed during your birth will help you have the optimum Oxytocin levels.

### Hypnosis is complementary to all birthing methods

You can enjoy childbirth in whatever way is right for you and your baby, whether you want a home birth, water birth, natural birth or hospital birth.

### Let me help you

As a Clinical Hypnotherapist, specialising in one-on-one private sessions, I tailor each session to your unique needs. These sessions will help you:

- Learn how to relax yourself deeply into hypnosis so you can remain relaxed during childbirth
- Uncover any hidden fears and change your conditioning to allow childbirth to be a pleasant experience
- Increase your confidence and trust in your ability to birth your baby easily
- Use comfort control techniques that help reduce or eliminate the need for unnecessary drugs
- Utilise your subconscious mind to help your muscles, hormones and birthing processes perform at their optimum - working much more easily, naturally and in complete harmony.

To support your sessions I will provide you with hypnotic audios to listen to at home. I recommend you start your Hypnotherapy sessions at the commencement of your third trimester, and complete the programme of five sessions for maximum benefit. I offer a 10% discount when you book and attend five sessions. Contact me for more information or to book your first session.

I look forward to helping you achieve your dream birthing experience.



### Rebecca Armstrong, Clinical Hypnotherapist

Dip Clinical Hypnotherapy; Cert of BirthbyHypnosis; HypnoBirthRite Cert; HypnoFertility Cert; BBus (Hons)

### About me

I thrive in helping you discover the power of your extraordinary minds to assist you to create positive change – whether that be overcoming a phobia, creating ideal conditions for fertility and conception, or having a gentle relaxed childbirth for you and your baby.

I have worked with a range of clients and have an ability to put clients at ease, understand their unique needs and utilise these to assist my clients to achieve their desired outcomes.

I love sharing what I do with birth clients and empowering you to create a beautiful and relaxed birth to give your baby the best welcome into the world. It's an honour to be involved during this special time in your life.

### Shine Hypnosis

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