



# Hypnobirth: Evidence, practice and support for birth professionals

*Teri Gavin-Jones, Sandra Handford*

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Maternity services and choices for labour and birth are fast evolving. Hypnobirth involves preparation for childbirth using tried and tested hypnotherapy techniques in harmony with midwifery best practices and increasing numbers of women are turning to the technique.

Written by two experienced practitioners, this is the first evidence-based practice book for medical professionals on this subject. Chapters include coverage of:

- What hypnosis is and the history of hypnobirth
- The power of the mind and the effect of language
- Relaxation and breathing techniques
- The neocortex and hormones
- Birth partners, relationships, women's advocates and primary supporters

Throughout the book the authors provide health professionals working in clinical midwifery practice with information and evidence-based findings to support the use of hypnobirth. The book includes case studies, scripts and reflective questions to encourage a deeper understanding of the techniques and issues and to engage and inspire the reader.

Hypnobirth is essential reading for midwives, obstetricians, student midwives, doulas and any practitioner involved in preparing and supporting pregnant women for labour.

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