

## UNIT #1 *Building A Positive Expectancy*

Introduction - **HypnoBirthing®** Stories Video - Marie Mongan  
**HypnoBirthing®** Beginnings  
Rationale/Muscle Comparison  
How the Uterus Works  
Articles of Birth Affirmation  
Uterus During Surge Illustration  
What's Wrong with Labor?  
How Fear Affects Labor  
Origin of Pain Concept/Curse of Eve  
Hypnosis and Deep Relaxation/Creating Positive Birth Outcomes  
Psycho-Physical Exercise  
**HypnoBirthing®** Stories # 1 and #2

## UNIT #2 *Falling in Love With Your Baby/Preparing Mind & Body*

**HypnoBirthing®** Stories -- #3 and #4  
*Prenatal Bonding Techniques*  
Bonding Exercise  
Father's Script  
Mother's Conversation with Her Unborn Child  
Parent's Prayer  
*Relaxation and Breathing*  
Routine  
Positions  
Facial Relaxation  
Sleep Breathing Reviewed  
Slow Breathing  
Birth Breathing  
*Progressive, Instant, and Deepening Techniques*  
Hypnotic Relaxation and Visualizations  
Rainbow Script  
Opening Blossom  
Blue Satin Ribbons  
Arm-Wrist Test  
Depthometer/Glove Relaxation/Sensory Gate Valve  
Time Distortion  
*Releasing Limiting Thoughts Assignment*  
Preparing the Body for Birthing  
Light touch Massage  
*Stretching the Inner Thigh Muscles*  
The Leaping Frog/squatting/Semi-squatting  
Pelvic Floor Exercises (Kegels)  
Perineal Massage  
*Nutrition—Its importance in growing healthy, happy babies*

### *UNIT #3 Getting Ready to Welcome your Baby*

#### **HypnoBirthing®** Stories #5 and #6

Daddy's Promise  
Birth Preferences  
Hospital Records and Pre-Admission Registration  
Breech Presentation  
When Baby is Ready  
Looking at Your Due Date  
Special Circumstances That Require The Attention of A Caregiver  
Avoiding Artificial Induction of Labor  
Achieving A Natural Start of Labor  
Prelude to Labor  
Your Body Working for You And with You  
Releasing Negative Emotions, Fears and Limiting Thoughts

### *UNIT #4 Overview of Childbirth—A Labor of Love*

#### **HypnoBirthing®** Stories #7

Onset of Labor—Thinning and Opening Phase  
Arriving at The Hospital  
As Labor Moves along  
Birth Companion's Role  
Birth Companion's Birth Guide  
If Labor Stalls or Slows  
Review of Misconceptions  
Natural Measures to Restart Labor  
Important Questions for Birth Companions to Protect Natural  
As Birthing advances—Nearing Completion  
Birth Rehearsal Imagery

### *UNIT #5 Birthing—Breathing Love, Bringing Life*

Show Birthing Video—Birth Into Being or Other appropriate video  
Mother Nears Completion—thinning and opening phase ends  
Birthing Phase—Breathing Baby Down  
Positioning and Repositioning  
Birth—The Final Act  
Forest Fantasy Metaphor  
Miscellaneous Scripts and Illustrations  
NLP Projection Room Emotion Release  
Balloon Trip Release  
Pelvic Station  
Birth Explained Simply  
Recommended Reading List  
Visualization for Optimal Birth Positioning

