

Louise's Positive Birthing Story

The difference between the birth of my first daughter and the second was huge. When I had Daisy I went into it blind thinking "what will be, will be" and really feeling that I had no control over it and so when it came to the actual birth, I can see with hindsight that, I wasn't in the best place psychologically or emotionally and almost felt that I fought against the whole process and just wanted the pain to go away and really didn't feel in control at all. As a result I was in labour for 24 hours and pushing for 2 and a half which was exhausting to say the least.

So, the second time round I knew I had to take control and actively do something to help myself have a more positive experience, and started to look into the alternatives. Hypnotherapy came up as a gentle, non invasive and positive way to deal with my emotions prior to the birth and for dealing with the pain of the actual birth. I had even heard reports of women having pain free, enjoyable births which I found hard to believe.

I approached Sam prior to the birth and underwent several sessions. She made me feel instantly at ease and very quickly my feelings started to change from fear and anxiety to pleasant anticipation and a much more relaxed approach. In addition my bond with my unborn baby was enhanced and I was really looking forward to meeting her.

When the day arrived the whole experience was amazing and I put this down 100% to the hypnotherapy I received. Alice arrived within 4 hours from my contractions commencing, I was relaxed and continually used my relaxation and visualisation techniques and practically breathed Alice out by relaxing my muscles rather than pushing her out. I had no pain relief, my breathing worked much better than the gas and air and I was totally aware of what was going on and felt reassured that Alice was not being affected by any drugs.

I cannot stress enough what a difference hypnotherapy made to me and Alice and would recommend Sam to anyone as an excellent hypnotherapist creating a very positive experience from start to finish.

Louise G, 38, Hendon