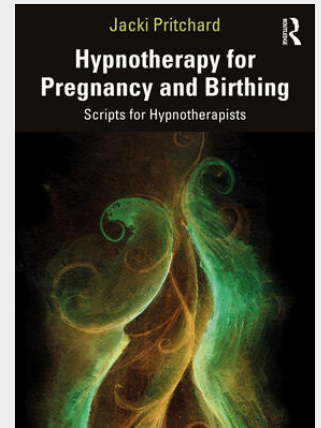


Pritchard

Hypnotherapy for Pregnancy and Birthing

Scripts for Hypnotherapists

"Jacki Pritchard has done an excellent job in writing her new book. The many scripts are immensely creative and wide-ranging. Any Hypnotherapist working with childbirth should have this book in their tool-bag; I totally recommend it." – Steve Burgess, Hypnotherapist and Director of Lionheart Training This practical volume provides resources and guidance for practising hypnotherapy with pregnant women and their birthing partners. Hypnotherapy for Pregnancy and Birthing begins with an overview of the topic and discusses a range of complex issues and vulnerabilities that might arise during sessions, before moving onto setting up and running group and/or individual sessions. Then, presenting techniques to work with pregnancy and birthing draws on a range of methodologies including solution-focused, metaphors (Ericksonian), Gestalt therapy, benefits approach and regression therapy. It covers: • Hypnosis, pregnancy and birthing • Getting into trance and relaxation • Breathing • Practising self-hypnosis and working on issues • Preparing for birthing • Bonding with baby • Working with worries, fears and phobias • Dealing with trauma and the unexpected • Loss and bereavement • Ego boosting. Containing over 70 customisable scripts and designed to stimulate reflection, this book is a valuable resource for student, newly qualified and experienced hypnotherapists working with pregnancy and birthing.



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