

HypnoBirthing®- The Mongan Method Class Outline

Week 1:

- Introduction of instructor and students
- Intro Video with Marie Mongan
- Philosophy
- History of Women & Birthing
- Myths & Education
- Uterine anatomy & Physiology
- Autonomic Nervous System
- Grantly Dick-Reed (Fear, Pain, Tension)
- Laws of Mind
- Activity
- Birthing Videos #1 & #2

Week 2:

- Birthing Videos #3 & #4
- Bonding
- DVD "What Babies Want" CH 2-4
- Breathing Techniques
- Mind & Body Preparation (Relaxation Activity)
- Nutrition/Exercise
- Begin Birthing Preferences

Week 3:

- Birthing Videos #5 & #6
- Birth Preferences Worksheets (Hospital & Homebirth)
- Pre Labor
- Relaxation Activities

- Optimal Fetal Positioning & Malpresentation
- EDD
- Special Circumstances
- Artificial Induction (avoiding)
- Natural Means to encourage labor

Week 4:

- Birthing Videos #7 & #8
- Pre Labor vs Labor
- Birth Companions Resources/Guides
- Comfort Measures
- Breathing Review
- Labor Progress & Resting Labor
- Avoiding Intervention
- Advanced Labor
- Relaxation Exercise

Week 5:

- Labor Nears Completion
- Pelvic Station
- Positions/comfort measures for labor
- Birthing Phase, Decent
- Birth
- Breastfeeding Video (Jack Newman)
- 4th Trimester Handout
- Relaxation Exercise