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# AOHB Course Guide



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@artofhypnobirthing  
[www.artofhypnobirthing.com](http://www.artofhypnobirthing.com)

Positive Birth  
program



# About Me

Hi Im Chelsea, Im a midwife. nurse but also a mum and all while running Art of Hypnobirthing. I am deeply passionate about all things birth and beyond. I know parenting and growing a baby can be a tad bit overwhelming but if you come across the right information that aligns with your values as a parent, it can have such a POWERFUL impact on your journey. This is what brought me to teaching the Positive Birth Program at Womens Well Co. Because birth is what starts your new life journey and EVERY birth has the power to be a POSITIVE experience. One where you can look back on and feel overwhelmed with joy. Oh and i did it! I created my dream birth using the tools provided in this course (and a few of my own tips & tricks) which I'm so excited to share with you. Enjoy this free guide to the Hypnobirthing Australia™ Positive Birth Program but please reach out if you need anymore information! and be sure to follow our Instagram [@artofhypnobirthing](#) where i will share all my tips & video content.

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# When do I start?

the ideal time to start is between 20 and 30 weeks of pregnancy. This gives you ample time to practice the techniques leading up to birth. If you are further along than this though, please don't worry. Determination is the deciding factor when it comes to hypnobirthing success. Please feel free to contact to discuss more intensive training options if needed.





# Course Structure

Day 1: 10.30-4.30pm

You will receive your folio of resources on the day of the class. Each class is made up of theory (audio-visual, spoken explanations and interactive discussions) and practical (active relaxation and breathing exercises, hands-on massage techniques and hypnosis practice) components. Dates vary, please contact for available sessions

## Unit 1: Creating & maintaining a positive mindset

- Introduction to the positive mindset of hypnobirthing
- How our brain is wired to birth
- The role of our caregivers
- Mind/body connection
- What is self-hypnosis and how will we use it for birthing?
- Our hormones are our friends
- My amazing uterus - understanding the physiology behind birthing
- Fear-Tension-Pain Syndrome
- Causes of Fear (including history) and how it affects our labour →
- Re-programming the Subconscious
- The language for empowered birthing
- The power of affirmations
- Birthing environment

## Unit 2: Our toolkit for birth

- Self-hypnosis tracks
- Birth music
- Conditioning with scent
- Hypnotic anchors and triggers
- Releasing endorphins through massage and touch
- Acupressure techniques for pregnancy, birth & breastfeeding
- Visualisations for pregnancy, labour & birthing
- The importance of facial relaxation
- Relaxation Breathing - a skill for life
- Surge Breathing - the best tool ever!
- Techniques to help make your surges more comfortable
- The 'urge' to push/bear down - Breathing/Bearing down



Day 2: 10.30-4:30pm

Please remember to bring along your folio of resources. If you cannot attend face-to-face classes then we have online course options also available.

## Unit 3: Preparation & choices for empowered birthing

- Bonding with baby
- Choices in maternity care
- Birth Preferences - having open communication with your caregivers
- Knowledge is power - researching common interventions and procedures
- Questions to ask, to assist in making informed decisions
- Birth partner as advocate
- 'Guess date' - a normal range of pregnancy
- Inductions - things you're not always told
- Achieving a natural start to labour
- Maintaining a healthy diet
- Preparing the body - staying active
- Optimising baby's position
- Breech or Posterior - options & positions
- Instant relaxation techniques
- Self-hypnosis, meditation and deep relaxation techniques & scripts

## Unit 4: Birth - bringing it all together

- What to expect in the weeks and days leading up to birth
- Signs that labour is starting
- What to expect through labour (membranes releasing etc)
- When to call the midwife/go to the hospital
- Accidental home/car birth - what to do!
- Birth partner's role
- Common procedures
- Using water during labour and birth
- Upright positioning, movement and birth positions
- Special circumstances (including caesarean birth)
- Fear release
- Vocalisation
- Cord clamping & placenta delivery
- Undisturbed bonding & breastfeeding time - skin to skin
- What to expect afterwards
- Self-hypnosis - Rehearsal for Birth
- A practice routine - preparation for birth!
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Art of Hypnobirthing



# What to bring?

- morning tea
- lunch
- water for the day

# Facilities

- toilets on site
- bubbler available to refill water bottles
- air-conditioning



# Visit us

Women Well Co.  
69D Marathon St, Proserpine QLD 4800

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2022



# Thank You

Look forward to meeting  
you

