

Meet your practitioner:

Hi, I'm Sonia Wilkinson, a graduate member of the British Psychological Society, qualified Clinical Hypnotherapist, CBT Practitioner, Licensed NLP practitioner, HypnoBirthing specialist and mentored Doula (amongst other things!).

Thrilled and excited about being pregnant and the prospect of becoming a mum, I enjoyed two natural, relaxed, pain free births. Childbirth for me was a positive and empowering occasion. I couldn't wait to hold my babies and even now, thinking back to my births still brings a warm smile to my face.

I'm passionate about providing women and their partners with techniques that can really help them to maintain their relaxed state during pregnancy and facilitate a comfortable birth.

Sonia Wilkinson



HypnoBump - Relax your way through childbirth

Because birth really can be that easy!

For further information or to arrange your **FREE telephone consultation**, please contact:

Sonia Wilkinson

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Affordable Group and One-2-One HypnoBump sessions available.

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HypnoBump:

Your complete Antenatal Hypnosis Programme.

Providing you with a combination of self-hypnosis & relaxation techniques together with information and discussions relating to your pregnancy and birthing options.



www.hypnobump.co.uk

The Logic behind HypnoBump training:

First things first (especially for the sceptics)!

What exactly is hypnosis?

Hypnosis, contrary to media portrayal, is a totally naturally occurring state and one that we all slip into and out of on a daily basis. Ever been so rapt in a great book or film that you've not heard the phone or doorbell ring? Ever lost track of time whilst absorbed in a task? Well, hypnosis is a lot like that. A comfortable state of flow - when your mind is so totally focused on one thing to the exclusion of everything else; so engrossed in a single direction that you just allow irrelevant things to fade into the background.



How can HypnoBump training and self-hypnosis techniques help me during pregnancy and childbirth?

No matter who you are or what type of birth you're planning, self-hypnosis techniques can help you to access your focused state of flow intentionally - allowing you to remain calm, relaxed and positive throughout pregnancy and childbirth - whatever form that might take.

Even though you may not be consciously aware of it, the link between your mind and your body is a strong and powerful one. Things you've heard, read or experienced may have generated fears and anxieties connected with birthing your baby. Left to subconsciously fester, negative feelings can alter the hormone balance in your body, triggering the unnecessary release of excess adrenaline and preparing your body to RUN rather than to give birth! Dr. Grantley Dick-Read referred to this as the fear - tension - pain cycle. HypnoBump training will give you the opportunity to deal with and/or let go of your fears so that you're free to stay calm, relaxed and positive whilst birthing your baby.

HypnoBump training explains how your body works on a physiological as well as a hormonal level during pregnancy, labour and childbirth, which enables you to understand the sensations you're feeling at any point in time. This awareness, in turn, promotes the confidence you need to work with your body and to trust in your own innate abilities.

What techniques will I learn?

HypnoBump training aims to empower you and your partner. During your HypnoBump training you will learn: how to use self-hypnosis to induce a deep state of relaxation; visualisation exercises to prepare your body for childbirth; effective breathing techniques; how to generate and use affirmations; and much more. Contact me today for more information and to book your course.



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