



Guided Imagery/Hypnosis for Pregnancy, Labor, and Delivery

Using hypnosis for pain management during labor and childbirth not new. In 1955 the British Medical Association approved hypnotherapy as a valid medical treatment and as an effective form of pain management during childbirth. The American Medical Association approved hypnotherapy in 1958. "According to preliminary studies, hypnotherapy may be used to treat pain during childbirth and reduce labor time." (See: the December 19, 2007, Mayo Clinic article.)

While going through pregnancy, labor, and delivery is one of the most natural experiences a woman can have, research indicates that with proper use of guided imagery/hypnosis you can experience shorter labor, reduce the need for pain medication, and have a statistically reduced incidence of surgical delivery, including Caesarian delivery and use of forceps. Additionally, at birth your baby is likely to have higher Apgar scores, which are the measurement of your baby's well-being.

You may already know you want to text/call/write now to schedule a private session with Debra (269) 921-2217 or debra@scs-matters.com or you may want to first take a look at some of the following resources so you can be totally sure why you want to give yourself and your baby the best possible experience during your pregnancy, labor, and delivery.

If you want to know how safe and accepted the process of hypnosis really is, take a quick quiz: <http://www.scs-matters.com/hypnosis-quiz.pdf>

To see some of the applications of hypnosis at Mayo Clinic, including a shorter and less painful labor, go to the following Web address:
<http://www.mayoclinic.com/health/hypnosis/SA00084>

Read some of the research that has shown the benefits you will receive:
http://www.childbirthjoy.com/hypnosis_research.html

More research on benefits of guided imagery/hypnosis for your pregnancy experience:
http://www.easybirthing.com/science_and_research.htm

It was first recognized that the developing fetus is directly affected by what the mother eats and drinks. You may have begun taking prenatal vitamins, stopped consuming alcohol, and begun eating more healthily. In the same ways, the brain chemicals produced by the mother during pregnancy, labor, and delivery work as an emotional blueprint for the baby. Welcome Baby! is designed to create a bond between mom and baby, as well as to encourage positive expectancy about labor and delivery.

Because Welcome Baby! is enjoyed throughout the pregnancy, including during early onset of labor, those positive images naturally become *anchored* along the way. The benefit to the central nervous system of the baby was something we did not really build in consciously, but we are certainly grateful for that happening and appreciate the

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research that is proving how your brain works! Think about it this way. When the expectant mother is feeling more relaxed, her baby is swimming in relaxing chemicals. This is actually the blueprint for emotional patterns in the child. Because listening generates better feelings in the mother now, it also tends to generate better feelings in the baby later.



Welcome Baby: “Welcome Baby!” is a magical trance by Debra. The trance work is designed to help ensure a comfortable, joyful pregnancy and delivery. The words and music are designed to heal any childhood wounds an expectant mother might have. The powerful background music is performed by Pamela Chappell. In addition to five of her original pieces, this perfect “so you just found out you are expecting” also features “How Could Anyone,” written by Libby Roderick, “You Can Relax Now,” written by Susan McCullen, and “Lullaby (Ship on the Water),” by Cris Williamson.

While “Welcome Baby!” was designed for an expectant mother to ensure the best possible birth experience, and relieves anything that could detract from her ability to enjoy pregnancy and delivery, the audio can also be used specifically for inner-child work with anyone, whether male or female.

The Welcome Baby! audio download is available through Amazon, iTunes, and CDBaby, and for more information, contact Debra by e-mail at debra@scsmatters.com or within the continental US, call or text (269) 921-2217.

The benefits of relaxation have also been shown to reduce the normal discomforts that can accompany the joys of being an expectant mother. Listen at those times when you will most likely be undisturbed. Put in your earbuds, sit or lie down, get comfortable and enjoy this guided imagery journey. Although it is designed especially for mom, dad can listen, too. It is common to become relaxed enough to fall into a deep, restful sleep.

This is perfect for a “we just found out” gift so every baby is a Welcome Baby!

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