



# Pain free labour

**H**ow to give birth to your baby without pain is the aim of a course new to Taunton, taught by an experienced, practising midwife. Eleanor Copp has been a nurse for 20 years and a midwife for ten. She's worked in London and Somerset and has been incorporating reflexology within her practise for the past eight years.



The course is about reconnecting with what women's bodies are designed to do perfectly and giving them the confidence to give birth without fear. So far it has only been available in Bristol and Exeter. Eleanor explains that she began to see more and more women coming to hospital and giving birth really easily and saying that they had achieved this with hypnotherapy.

She told *Limited Edition*: "This is such a contrast to a large number of women and partners I meet who have a birth which wasn't the way they had planned, and are left feeling disappointed and regretful or even traumatised by the event."

"I was so impressed I decided to train as a hypnobirther."

As Eleanor explains many people have misconceptions about hypnosis with embarrassing stage antics and swinging pendants coming to mind. Women ask if they will be

in a trance or asleep.

She explains: "The hypnosis is self induced and the results are self determined, so it's really up to you wanting to have a painless birth which makes it happen. The truth is that when you give birth the feeling is similar to day dreaming, reading a book, or staring into a fire, you are fully in control but pleasantly relaxed. Anyone willing and interested can benefit from hypnobirthing and apply the techniques.

The course was created in 1987 by Marie Monhan, a hypnotherapist, and is now widespread with some cities claiming it is used by more than 50% of pregnant women.

Eleanor says the course works on the theory that using self hypnosis a woman can bring her body into a state of deep relaxation and this is how she labours best.

"Many women report shorter, more controlled births with happy babies. In the stone age had a woman been labouring and her village attacked, fear would have caused her muscles to tighten up and stop it long enough to reach safety. Now it is the thought of labour itself which is making women so frightened and causing them to have a more difficult time."

Couples attend five weekly classes at any time in the pregnancy when specific breathing techniques, relaxation exercises and self hypnosis are taught. Eleanor says it is important to have a birthing partner attending classes as the techniques are far more effective with someone supporting you.

Eleanor is currently running courses in Taunton where spaces are limited. She also sees couples individually.

Contact her on 01823-350741 or e-mail at eleanorhypno4u@aol.com



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