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Julia Brouwer with her three-week-old daughter, Williemiijn.

Birth's got hypnotic hold

WHEN one thinks of hypnotism, the usual stereotype is of a moustached magician holding a pendulum.

Now, an Alice Springs woman has bucked this cliché, after she gave birth to a healthy baby using hypnotherapy techniques.

New mother Julia Brouwer recently took part in a five-week hypnobirth class, where

she learned breathing and relaxation techniques.

"It's not like you go into a trance – that wouldn't be for me," said Ms Brouwer.

"This was more about preparation for the birth.

"It helped me have a great experience through the labour and birthing process."

Alice Springs hypno birthing practitioner Joanne

Gordon said the hypnobirthing techniques were aimed at eliminating the fear that labour causes pain during childbirth.

"It's about letting the birthing body do what it is meant to do," said Ms Gordon.

She has been operating a hypno-birth class in town since last October.