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Calm mind, happy birth

Sasha Petrova
HEALTH REPORTER

ALICE Springs Hospital midwives will next month be given an insight into dealing with women who present and go through labour showing fewer signs of pain and being calmer than most.

This is because the expecting mothers would have taken a five-week course in hypnobirthing—a technique so popular around the world, rumour has it that it was used by the Duchess of Cambridge.

The full-day workshop will be given by the only hypnobirthing trainer in Australia, Marilyn Colvin Boon.

"The way that women give birth in our program has little to do with how normal women give birth—they're very calm," Ms Boon said.

"It reduces the need for chemical anaesthesia, epidurals or any other intervention," she said.

"A midwife may possibly get anxious that the woman isn't showing more signs of tension or fear."

Ms Boon was invited to Alice Springs by local hypnobirthing practitioner and registered nurse Joanne Gordon.

"The interest is slowly growing here but it's only early days," Ms Gordon said.

She said she had worked with four couples since she



Childbirth educator Joanne Gordon, with mum-to-be Julia Browner, holds hypnobirthing sessions with pregnant women who want to have a birth where they are calm and work with the mind for a less painful experience.

Picture: JUSTIN BRIERTY

started the program in October.

Ms Boon teaches the Mongan Method of hypnobirthing, devised by American Marie Mongan after she suffered some negative birth experiences.

Ms Boon said the method taught women to "breathe their baby down", which reduced the risk of pelvic floor damage.

"And the end result is that babies are better adjusted," she said.

"They're happier and not screaming babies."

Ms Gordon recommended hypnobirthing for all pregnancies.

"It's quite amazing how powerful the mind is," she said. "You can either go with it or

against it, and with hypnobirthing you're going with it."

Some 850 babies are born in Alice Springs Hospital a year.

To register for the June 24 workshop, call 0415 493 778 or email info@thealternativecentre.com.au.