

Introducing: Body and Birth Hypnobirthing with Sinead

by Sandie Dennis



BeyondEAP

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Recently I was introduced to Sinead Morrissey through my corporate employee Maternity Coaching programme.

During our first discussion I brought up the subject of Hypnobirthing, an area close to my heart as pre-Covid I would hand out Katherine Graves book 'Hypnobirthing' to pregnant employees, as many of the areas coincide with my resilience building coaching sessions supporting returners heading back to work.

On this occasion, not only had Sinead attended Hypnobirthing classes, and used it during her first birthing experience but had gone on to train in the area, with none other than Katherine Graves!

Recognising the synchronicity, (and being an advocate for this modality) I wanted to ask Sinead more about her experience, why she trained in this area and to share her new Hypnobirthing business with other pregnant women contemplating options whilst pregnant.

I hope you enjoy this collaborative resource. To find out more about Sinead and her classes go to Body and Birth Hypnobirthing for more information.



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1 : Why did you chose Hypnobirthing when pregnant with your first child?

I had always been very excited to have children but the thought of labour and birth absolutely terrified me. I have always been very queasy with anything to do with needles or hospitals and saw birth very much as a medical event. My sister had done hypnobirthing and suggested that I should try it too. Deep down I thought there was no amount of 'breathing' that would make me feel better about giving birth but figured I had nothing to lose so decided to give it a go!



I quickly realised that hypnobirthing is about a lot more than just breathing - it is a comprehensive form of antenatal education. The fear and anxiety which I had felt previously quickly turned to excitement and confidence.





2: What difference do you think it made to your overall experience?

Not only did hypnobirthing give me the most incredible birth experience I could ever have dreamt of or wished for, it has also changed my life in so many positive ways.

My labour was fast and efficient, around 6 and a half hours from the first contraction until birth. I felt completely in control the whole time, apart from the odd wobble for maybe a few minutes here and there, which my husband was perfectly prepared to help me with because he had completed the course with me.

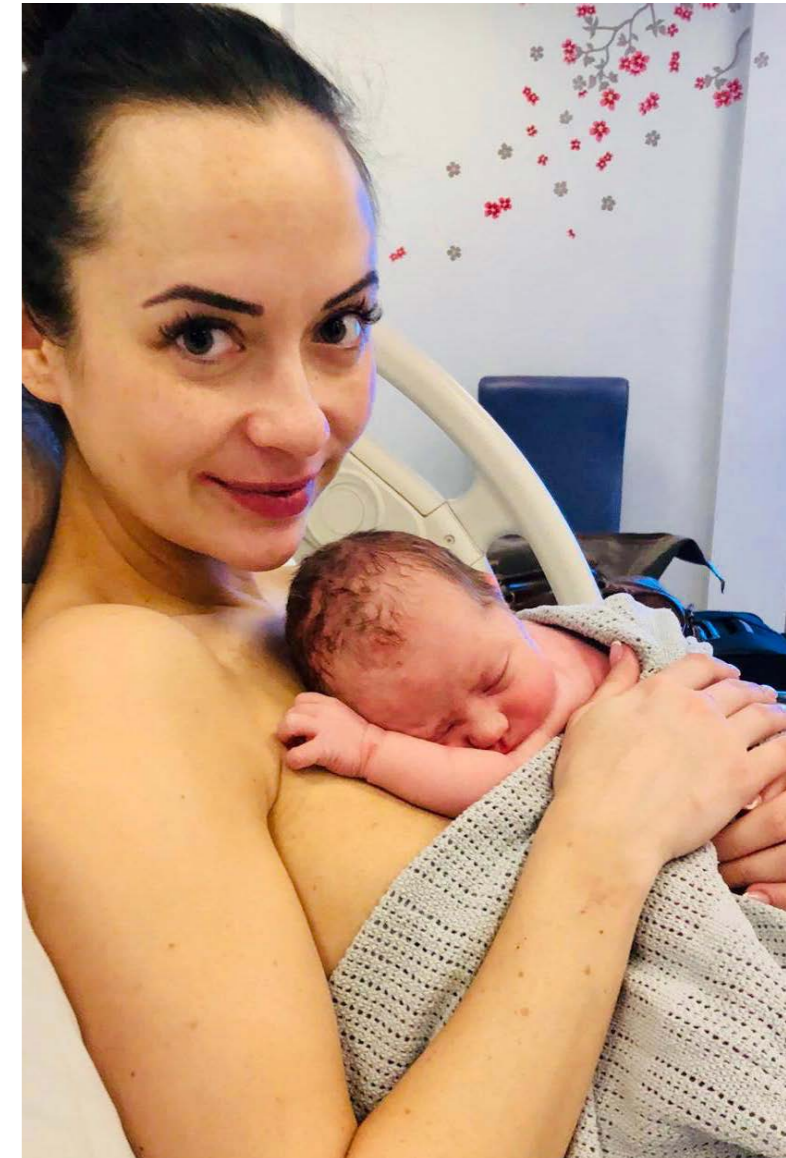
One of my main fears was tearing or needing to be cut as I had heard quite awful stories from other people (and in fact one of the most important principles in KGHypnobirthing is to make sure you avoid people telling you negative stories!). I needed to be cut at the end of my labour to help get my baby out but I honestly stayed completely calm and did not experience any fear or anxiety at all - I would not have believed anyone if they told me that I would be able to stay calm in that situation before completing a hypnobirthing course.

My birth experience honestly was the best day of my life; I know everyone feels like that regardless of how it goes because you get your baby which is the most amazing thing ever, but for me it was also the most empowering thing I have ever done.

3: Did it contribute in any way to your return to work? And if so, how?

Yes I think it did. Since completing a hypnobirthing course, I have been far less anxious and do not worry about things which are not within my control. Returning to work after a year off can be a daunting time for many. Whilst I was apprehensive about leaving my baby after having been with him every single day for a whole year, I did not feel stressed or anxious about returning to work.

I think you gain a new sense of confidence as a woman when you become a mother, as you see how much you are capable of, and this confidence was very well complemented by the skills I had gained from hypnobirthing.





4: Since, you have retrained to become a Hypnobirthing specialist yourself, what made you decide to do this?

I returned to work from maternity leave right at the start of the first lockdown - our offices closed the week I started back so I never actually made it back in and I have just started maternity leave to have my second baby.

I returned to work 3 days a week to start with and this was reduced to 2 and a half days for most of summer 2020 due to the lockdown.

I knew hypnobirthing was something which I was super passionate about - I would spend ages talking about how amazing it was to every pregnant friend or person I met.

With more time on my hands (well as much time as you can have with a toddler!), I decided to train to be a KGHypnobirthing coach alongside my main career in law. I researched which courses were available and decided the Katherine Graves Hypnobirthing course was the one for me. The course is accredited by the Royal College of Midwives.



5: What can women expect when signing up and completing a course with you?

Women who complete my course can expect to feel completely prepared for the birth of their baby. They will approach the day with excitement and confidence, having learned to completely release any pre-existing fears or anxieties that they may have about birth.

The knowledge and confidence they gain will ensure that they feel in complete control and therefore as calm as possible when the big day comes.

The techniques and skills that women learn as part of the course will put them in the best position to have the most positive birth experience they possibly can, regardless of how their baby is born.

Some people may think that a hypnobirthing birth means having your baby in the water, with no drugs and

making hardly any noise and, whilst KGHypnobirthing mums do tend to have faster, less painful births, birth is absolutely not a one size fits all and every woman's experience will be completely unique to her. A really important part of the course is ensuring that every woman knows that she has created a miracle no matter how her baby is brought into the world, and feels empowered by her experience. How a woman feels about her birth experience is very much determined by how in control and calm she feels throughout, which a KGHypnobirthing course will enable her to do.

The skills gained are also extremely useful for day to day life in terms of dealing with stressful situations and learning how to relax.



6: What's your overall goal in the future going into this new direction?

My goal is to educate as many women as possible about KGHypnobirthing so that they too can experience the birth of their baby as positively as I did.

Long term, I would love to train to be a pre and post-natal Pilates Instructor and Personal Trainer, and be able to offer women a combination of physical fitness preparation alongside the hypnobirthing. I stayed very active throughout my pregnancy (and have done so again this time) and think this coupled with hypnobirthing is a winning combination.

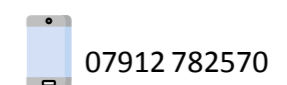
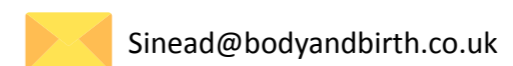
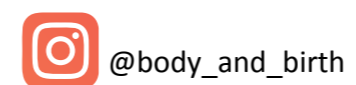
My ultimate dream is to have a gorgeous little cabin studio in the back of my garden where I can run my business from - dreaming big!

7: Do you think there is a synergy between Maternity coaching and Hypnobirthing support?

Yes, absolutely. Maternity coaching focuses on the preparation that a woman goes through before finishing work for maternity leave and when returning. KGHypnobirthing is essentially a course to get you as prepared as possible for the birth of your baby.

It is amazing how much time and effort we all spend in preparing events such as a wedding or big birthday party, yet so many women don't seem to be aware of how much preparation they can do for what will be the most important day of their life. I think we are programmed to think that birth will just be what it will be and that some people are 'luckier' than others, but KGHypnobirthing teaches you that you have the power to have the birth you want; you just have to put the same time and effort into it as you do with other aspects of your life.

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