

Research: hypnosis and childbirth

Hypnotherapy has been used successfully to prolong pregnancy and prevent premature delivery. (1)

In Britain 55% of birthing women using hypnosis required no medication for pain relief, compared with 22% of women in non-hypnosis groups. In two other reports 58% of women using hypnotic analgesia required no medication. And five other reports quoted 60-79% of women using hypnosis required no medication.

Check out www.easybirthing.com/science_and_research. In another study subjects given hypnosis reported reduced pain, shorter stage 1 labours, less medication, higher Apgar scores, more frequent spontaneous deliveries than other group. Some had lower depression scores after birth than the other groups.(2)

References:

(1) Schwartz, M. (1963) *The Cessation of Labor Using Hypnotic Techniques.* *American Journal of Clinical Hypnosis*, 5, 211-213.

(2) Harmon, T.M., Hynan, M., & Tyre, T.E. (1990). "Improved obstetric outcomes using hypnotic analgesia and skill mastery combined with childbirth education." *Journal of Consulting and Clinical Psychology*, 58, 525, 530, 1990.