



Client Birth Story/Testimonial

I first met Terri early in my pregnancy after being recommended to her by a good friend who had a positive (no intervention or pain relief!!) birthing experience with her and Hypnobirthing. I'd had a negative experience with my first labour/birth so was already feeling anxious and worried, HypnoBirthing sounded like something that could really help me cope!

We met many months before my due date so Terri suggested we could practise some hypnotherapy to deal with my anxieties and stress with 'life', my pregnancy and upcoming birth, which I found invaluable.

HypnoBirthing was something I'd never heard of before, it was a real eye opener in regards to the whole birthing process, it made me feel knowledgeable, empowered and in control!

I found Terri's approach very kind, genuine and informative. She was always so welcoming and friendly while still professional. I found my meetings with her like going to see a good friend and getting my brain cleansed at the same time lol!

Terri also offered to be my Doula when the big day arrived, even though my partner was going to be there we both felt the extra support could only be of help as we were both a little traumatised by our first experience (being induced :(and inevitable emergency c-sectioned!) I felt I could call on Terri at any point, ask her any questions and get a true, honest and productive answer. I felt very supported, at ease and confident under her guidance and honestly lost virtually all my angst about the birth, I even started to look forward to the event (which before I was dreading!) and the magical day I would meet my baby.

I have and would again and again promote HypnoBirthing, hypnotherapy and Terri to anybody. It has literally changed my life! I just wish I'd heard of Hypnobirthing for my first child as I'm sure it would of made all the difference.

Unfortunately again my 'planned' birth didn't quite go to plan and I had to have another c-section, but because I had the knowledge of HypnoBirthing I felt empowered to make my own decisions regarding my personal birthing story, I felt happy and relaxed about my choices and the end results was that my baby and I we're both healthy and safe. My partner and I laughed together after our little one was born, saying he was the most chilled out baby ever and maybe this was due to Terri and her teachings and the fact I overcame my anxieties and chilled out throughout my entire pregnancy!?

All in all I can't promote HypnoBirthing enough, honestly everybody should do it! :) Instead of this high pressured, to a time frame, push push push experience (where u can do yourself and your baby harm) why not relax, focus and breath breath breath your baby out!

Thanks Terri for everything and Good Luck to all you mummies (and babies) out there, you've got this