



Client Birth Story

I will always remember teaching HypnoBirthing to Cam, mainly due to the incredible transformation she made from our first to our last session. When we met she was so full of fear and scared of birth and everything involved. By the end of the course she had let go of her fears, had so much faith and trust in her body, was educated, empowered and was actually excited to give birth. This process was made so much easier by her awesome, supportive and totally engaged partner Dan.

Read their amazing story here:

"We both enjoy the natural way of life and hypnobirthing fits perfectly with our lifestyle. We wanted to introduce our baby in to a calm, serene life, right from the beginning as he continued to grow in the womb. At the start of my pregnancy I would often have a sudden moment of realisation- I have to give birth to this baby! It terrified me. Until we met Terri.

After the first private session with her at our home, when I was six months pregnant, I was already so much more relaxed about the thought of labour and birth. We were excited for the future sessions and began practicing our affirmations and watching home births on YouTube. We put together a birth plan with Terri and opted for our local birth centre, with the potential for a water birth.

We put as much as we could in to practice as well as lots of yoga, and finally, when my membranes released three weeks early, we could really put our hard work to the test! I did have the odd wave of panic but was able to identify this each time and apply hypnobirthing techniques to move me in to a calmer state, which was so powerful.

The surges lasted 12 hours and happened every 1-2 minutes right from the start. We listened to calming music as I bounced gently on a gym ball or leaned over it and eventually climbed in to the pool, where I spent most of my time. I was able to float, hold on to the sides or lean back, as we breathed together and quoted our affirmations (all the while with the odd piece of banana, chocolate or sip of water fed to me). I was in a hypnotic, meditative state throughout and had no form of medicated pain relief, just my hypnobirthing.

When our little baby boy, River, entered the world, our hearts overflowed with love and joy and haven't stopped since. He's beautiful. I eventually came out of the pool and sat in my partner's lap on a beanbag,

with his strong arms around me. River arrived with one final surge of energy which came from deep within. We truly believe that our energy combined helped to deliver our little boy, as my partner said gentle words of encouragement in my ear and held me tightly. I felt safe and strong with him so close to me.

We want to thank Terri for her support and her kindness, patience, generosity and valuable time. We were considering having her present as a doula but our little one decided to make a surprise early appearance!

We have never felt so satisfied with how well money was spent; the course with Terri was absolutely worth it and more, and we now continue to practice breathing techniques, visualisation and meditation throughout our daily lives.

I felt so empowered, educated and in control of the whole experience and was confident that I understood my body and the physiological process of birth, what to expect, and how to cope if something unexpected happened, which it did, and we were grateful that we were in a hospital environment for that very reason. There's no way we'd have been able to stay as composed as we did had we not learned hypnobirthing. I just wish all women had this opportunity- the NHS offers antenatal classes but these are elementary in comparison.

I want the world to know just how incredible hypnobirthing is- it's the natural way to birth which has been lost and forgotten in today's society!

We can not recommend it highly enough"