Abstract Template

Abstract Title: Instinctive Birthing

Developed in 1989 by: Marie F. Mongan, M.ED., M.HT.
Presented by:
Debi Tracy, CMP, CHBCE, CH, CHBFS, CYBMI, E-RYT, RPYT, CMT, D

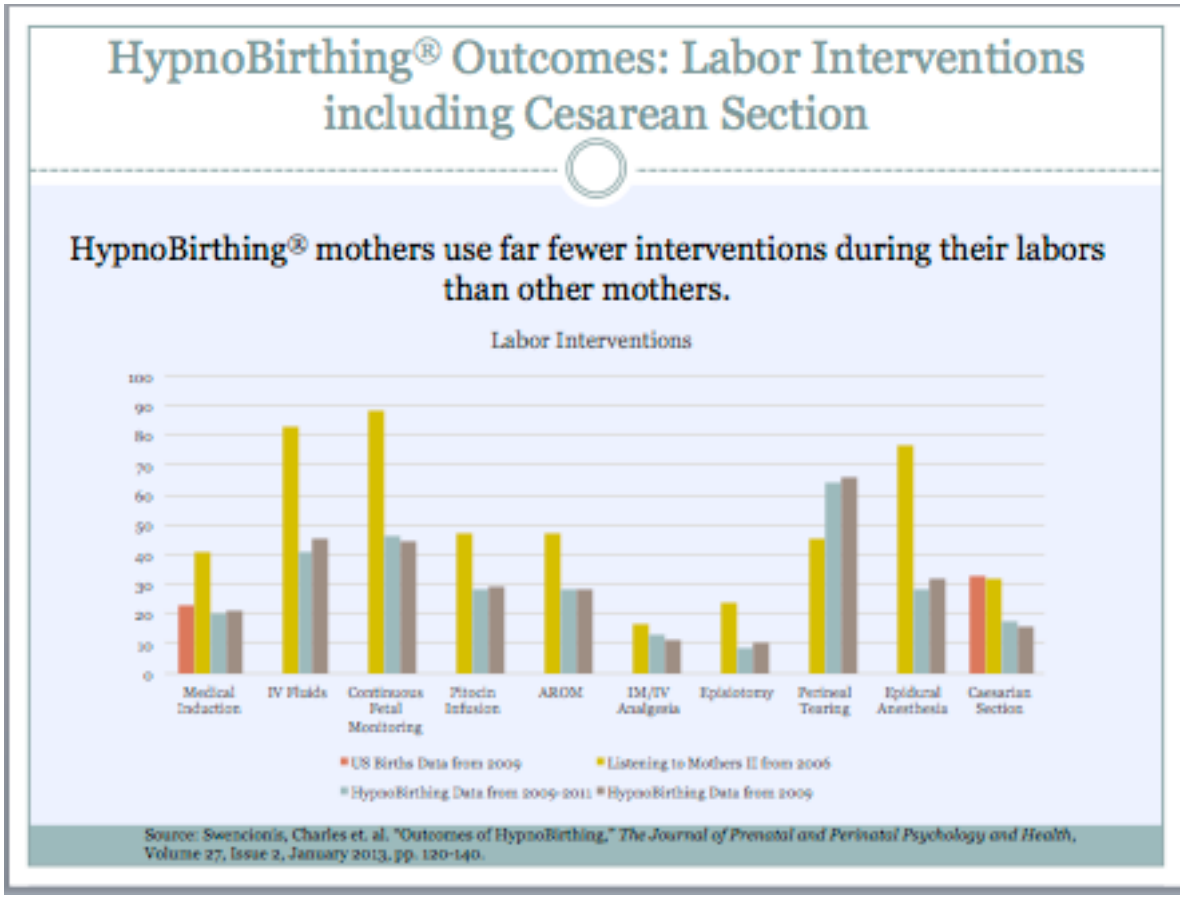
HypnoBirthing International, USA

Abstract (not more than 300 words)

Instinctive birthing is much more than just a process or a method for "getting baby out" at the end 9 months. Instinctive Birthing is a natural, normal, healthy, emotional, and spiritual experience. It has its own innate rhythm and flow. Our program is based on the premise that a healthy woman, carrying a healthy baby, having a healthy pregnancy, and experiencing a healthy labor can reasonably expect to be able to birth her baby calmly, safely, more comfortably and in a shorter length of time.

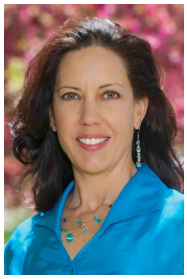
We are not alone in assuming the previous premise and we definitely were not the first. In 1891, an obstetrician living in Buffalo New York authored a book entitled "Easier Child Birth" - an unusual title for that period of time. Even more surprisingly, is the fact that this concept existed as early as 370 BC when Hippocrates stated, "Birth is a natural, normal human function that needs no meddlesome interference." His contemporary, Aristotle, subscribed to a similar belief and further states, "we must be aware of the mind body relationship in birth and must also consider the emotional factor."

Keywords:
Birth, HypnoBirthing, Instinctive, "It's more between the eyes, than between the thighs"



Professional Biography

Debi Tracy…Affectionately known as Mama Hypno by her couples, Debi has had the honor to assist hundreds of couples learn HypnoBirthing® to have the birthing experience they created in their sessions. A Childbirth Educator for over 15 years plus a clinically trained Hypnotist specializing in women's health including fertility, pregnancy and postpartum, she is a faculty member of HypnoBirthing® International and a former staff member at South Nassau Communities Hospital in New York. Also an active member of Long Island Doula Association, Ms. Tracy is a birth and post partum doula, Registered Prenatal Yoga Teacher and a Yoga Birthing Method Instructor. She has been a guest speaker at The Ross School's Center for Well Being, St. George's Hospital in Bermuda and a guest on Long Island News12 plus The Stir BlogSpot. Ms. Tracy has worked with Suzanne Arms, Karen Brody, Gena Kirby, and Debra Pascali-Bonaro along with the infamous Ina May Gaskin. **Her most important credential is her personal experience as having learned HypnoBirthing first as an expectant mother with all the fears, feelings, doubts and concerns that one faces when traveling the journey of pregnancy, childbirth and motherhood**.



Email Id: debi@mamahypno.com

Any Comments: