

# HypnoBirth 'helps mum and baby'

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WHEN Trina Docherty had baby Evan, she didn't use any of the conventional pain relief drugs – just hypnosis.

Evan is reckoned to be Colchester's first baby born using the HypnoBirthing system.

Thanks to training from hypnotherapist Alison Bird and support from husband Jan, Trina, 32, got right through her labour using special techniques for relaxing and breathing.

Evan, who weighed 9lb 6oz when he was born at Colchester General Hospital, is the couple's second child and joins Lana, three.

Trina said: "Evan's birth was a lot easier than Lana's. There wasn't so much pushing. It was uncomfortable and hurt a bit, but it was nowhere near as painful as my first one.

"The bonus is I can remember so much of it.

"I can't remember much of when Lana was born. I think the gas and air and the pain made me forget.

"But with Evan I was more aware of what was happening."

Trina, who is a friend of Alison, said: "I'd never heard about HypnoBirthing before.

"Alison wanted us to be her first couple and I believe in things like reflexology, natural healing and I like meditation, so I was very interested in it."

Her husband Jan, 33, said: "When you learn about the way fear makes you tense up, it makes a lot of sense.



Evan is more relaxed as a result of the hypnotherapy, says mum Trina, while proud dad Jan says he's more placid.

"Animals give birth all the time and they don't seem to worry about it.

"People out in Africa aren't told birth is painful and they don't seem to worry about it. Why should it hurt?"

"Compared with Lana's birth, Trina seemed to be much more in control," he added.

Trina, of Thornwood, Colchester, learned methods of relaxing and breathing and used them when she was in labour.

"Jan kept reminding me to relax because once you tense up, you feel pain," she said.

"I didn't go tense and I can remember Evan's birth

much better than I can remember Lana's."

Jan reckons Evan is more relaxed as a result of the hypnotherapy.

"He sleeps a lot and he's much more placid than Lana was at this stage," said the proud dad.

Colchester-based Alison, who is trained in HypnoBirthing as developed by Marie Mongan in the USA, has so far used the method to help three couples, including Trina and Jan.

She said people were pleased to be in control of what was happening. "It's certainly becoming more popular in this country," she added.