



HypnoBirthing®

The Mongan Method

Welcome to HypnoBirthing®. This is an exciting time for you as you make plans for the birth of your baby, and we at the HypnoBirthing Institute are pleased that HypnoBirthing is the method you have chosen to prepare for that happy event. We know that you will enjoy attending HypnoBirthing classes and working with your certified HypnoBirthing practitioner and we trust that the many benefits that this program offers will help you to achieve the very best possible birth for your baby.

We invite you to visit the HypnoBirthing Institute website, www.hypnobirthing.com. You will find inspirational birth stories, a Question and Answer Forum, and information about the program that you can share with others. Click on "Store" and you will be transported to the Stork's Mall, where you can order supplemental CDs, books, DVDs, clothing and gifts.

Shortly after you finish the course, we hope you will complete an online Course and Practitioner Evaluation Survey. We use your feedback to assess what you feel we are doing right in our classes and to determine how we can improve the course. The course evaluations are also important for your HypnoBirthing practitioner's continued certification. Please take the few minutes required to send us your feedback. Your HypnoBirthing practitioner will give you the link for this survey.

We also have a Parents' Birth Report survey. Data collection over the past few years has shown that mothers who use HypnoBirthing use far fewer medications during labor and have a much lower Cesarean section rate than women not using HypnoBirthing. It is very important that we receive your information, and we hope that you will also tell us about your experience in your own words. Your HypnoBirthing practitioner will give you the link for this survey.

We wish for you a very happy birthing day!

Harmony Hypnosis

Quality Time for You



HypnoBirthing®-Course Enrollment

Mother's Name

Address

Preferred phone

Alternate phone

Preferred email

Permanent Email

Birthing Companion (spouse, partner, etc.)

Relationship

Birthing Assistant

Relationship (doula, friend, etc.)

Consultant/Care Provider Name & Title

County

Birthing Location/Hospital

County

When is baby expected?

How many weeks pregnant will you be when you begin classes?

I wish to enroll for the HypnoBirthing® class beginning (date):

Fees: Group sessions €340 (fee includes textbook, audio practice CD, and handouts.)
Please return this form to Harmony Hypnosis, 1 St. Michael's Place, Ballinasloe, County Galway with a €100 tuition deposit. Cheques should be made payable to Harmony Hypnosis.



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Course Enrollment Agreement

I hereby state that I am enrolling in the *HypnoBirthing*[®] class of my own free will and with the understanding that this is a program designed to teach me to use my own natural abilities to bring my mind and my body into a state of relaxation. I further understand that the content of these classes is in no way intended to be represented as medical advice nor as a prescription for medical procedure. I am aware that I should seek the advice of a health-care provider to answer any health-related or pregnancy-related issues surrounding my pregnancy, my labor, or my birth.

I therefore agree that I will in no way hold the instructor of the *HypnoBirthing*[®] classes, or the *HypnoBirthing Institute*[®], its owner, or its representatives responsible for any special circumstances that could arise as a result of my pregnancy, my labor, or the birth of my child; and I agree that neither I nor any member of my family will make any claim or initiate any suit against any of the above-named parties now or at any time in the future.

The HypnoBirthing[®] Institute uses online course evaluations and birth report surveys. May we send these to you in the future? Please note that you are free to change your mind at any time. Be assured that we will not share your personal identifying information with anyone outside the HypnoBirthing[®] Institute for any purpose. Thank you for your help in collecting data to support the growth of HypnoBirthing[®].

I do I do not agree to receive online surveys from the HypnoBirthing[®] Institute.

Mother's Signature

Date