



The Fertile Body Method

HYPNOSIS AND MIND-BODY APPROACHES FOR FERTILITY

The Fertile Body Method combines hypnosis and other mind-body approaches to help identify and address the mental, emotional and physical factors which affect fertility and reduce the negative effects of infertility.

Approximately one in six couples in the United Kingdom is having problems conceiving and many of them are actively seeking help. There are many possible factors that affect fertility which is why an integrated approach combining physical, mental and emotional interventions seems more likely to produce positive results and help make fertility problems much easier for people to deal with. The role of the mind and the emotions in fertility is a vital one that is often overlooked. Hypnosis is one of the most effective tools for helping the mind to support the body to conceive and give birth, as well as to help people to cope better with the experience of infertility.

The Fertile Body Method was developed by clinical hypnotherapist and fertility specialist Sjanie Hugo Wurlitzer. Sjanie is a lecturer, writer and therapist in London who has successfully helped many couples with fertility issues. Sjanie runs courses throughout the UK and abroad where she teaches the Fertile Body Method to other practitioners. Her book 'The Fertile Body Method: a practitioner's manual' is a detailed step-by-step guide for therapist working with fertility.

What is hypnosis?

Hypnosis is a trance state induced through focusing attention on thoughts, feelings, images, sounds or sensations. This is normal natural state that everyone can access.

Hypnotherapy uses this deep state of relaxation to create change on an unconscious level, using visualisations, suggestions and other analytical tools.

How can hypnotherapy help fertility?

Natural conception

Hypnotherapy is one of the most effective ways to reduce stress and increase feelings of calmness and relaxation. Hypnosis can also help to restore confidence in yourself and your body. Being in a state of hypnosis can give you access to your unconscious mind, this can be useful as a means to resolve any issues or unconscious blocks that may be affecting your ability to conceive and become a parent.

Hypnotherapy can help boost natural conception by reducing stress and restoring a state of mental, emotional and physical balance and wellbeing.

IVF, ICSI and other medical treatments

The state of hypnosis makes positive visualisation much easier and more effective too. If you are about to start an assisted fertility cycle, hypnotherapy can help you to feel mentally, emotionally and physically prepared.

Hypnotherapy is a very powerful way to overcome any fears or phobias you may have which may be impacting on your treatment. E.g fear of it not working, fear of injections, fear of childbirth.

Relaxation techniques and visualisation for IVF help to increase the effectiveness of the treatment, and studies have shown that when hypnosis is used during embryo transfer it doubles the successful outcome of the treatment.

Hypnotherapy can help to support you through each stage of the treatment, and can offer you some very simple tools that can help you to deal with any difficult or challenging moments.

Resolve issues which may be preventing conception (unconscious or conscious resistance)

- Overcome fears about pregnancy, birth, parenthood
- Conflict of work vs family
- Concerns about relationship
- Past trauma
- Previous miscarriage, stillbirth or birth trauma
- Terminations
- Death
- Unresolved issues from childhood
- Issues with own femininity / masculinity

Prepare for conception

- Make necessary lifestyle changes, diet, smoking, alcohol, exercise
- See yourself as parents
- Improve sexual relationship

- Restoring menstrual health, or sperm mobility and count

Prepare for IVF treatment

- Prepare mentally, emotionally and physically
- Feel more relaxed in control
- Decrease negativity and excessive worry
- Overcome fears
- Positive visualisation
- Decrease any negative side effects of the treatment

Provide Support

- Learn self help tools to maintain the changes you have made
- Support if you do conceive, to help you carry baby to full term
- Support if treatment fails
- Support to make decisions about options for parenthood.

How can the Fertile Body help fertility?

Problems with conception and pregnancy can occur when the mind and/or body have temporarily lost their natural state of balance and harmony. This imbalance may be caused by mental, emotional, spiritual or physical factors, all of which are inter-connected, and may be further affected by ongoing internal processes as well as external factors such as diet and environment.

The Fertile Body Method uses hypnosis and mind-body approaches to help you to enhance your fertility and to help you deal with the negative effects of infertility. Since everyone is unique and each person's circumstances are different, the treatment will be tailored to suit you and help you achieve the outcome that you want.

Outcome

In the first stage of treatment I will gather all the necessary information from you and find out what your aims and goals are for the treatment. Setting clear goals will help you to know what outcome you are working towards and ensure that you will know when you get there. Based on your goal the therapist will tailor the following stages of treatment to help you reach the outcome that you want.

Balance

In the second stage I will help you to restore balance where it is needed in your life. If your lifestyle and environment needs to be improved, we will work with you to make the necessary changes. This stage of the FBM is aimed at increasing your overall wellbeing in the best way possible for you. We know that fertility problems can be really challenging which is why we will help to ensure that you feel calmer, stronger and more easily able to cope.

Resolve

As soon as you are feeling an increased sense of wellbeing and balance we will work through any unresolved issues that may be preventing you from becoming parents. Hypnosis is a very powerful and effective tool for helping people to identify and easily resolve those things which may have been holding them back.

Enhance

Visualisation is a very simple but powerful way to enhance fertility. While in a state of hypnosis, we will guide you through visualisations that are specifically created to enhance your fertility. You will be taught how to do this on your own at home. Visualisation can help to enhance natural fertility as well as IUI, IVF and Donor. Visualisations can also be used to mentally prepare for upcoming events such as birth, parenthood, embryo transfer etc.

Prepare

Being prepared will help you to feel more calm and confident. Depending on your goal, you may need some help preparing for things like pregnancy, birth or parenthood. For those people going through medical treatment you may like to prepare yourself mentally, emotionally and physically.

Support

The final stage of the treatment aims to support you to maintain the changes that you have made. We know that emotional support is vital when you are having problems conceiving. We will support you throughout your journey, if you become pregnant, if your treatment fails, if you miscarry or if you need to come to terms with not having children.

Your Fertile Body Method Practitioner:

Siobhan C. Byrne
Advanced Clinical Hypnotherapist
Clinics in Ballinasloe and at the Circle of Life, Athlone

087 2055 475
09096 31478

www.harmonyfertility.com
www.harmonyhypnosis.ie