

Practitioners

Russell Marling Cht, HBCE

Russell trained as a Hypnotherapist and NLP practitioner with the Australian College of Hypnotherapy in Sydney, and has helped people from all walks of life achieve the goals they desire.

As a trained fertility consultant, Russell is able to guide couples through their journey of becoming pregnant, whether they are letting nature take its course, or utilising assisted reproductive technologies such as IVF.

As a HypnoBirthing certified educator, Russell has had the pleasure of being able to assist many mothers and their birth companions to embrace the joy of childbirth.

Rona Spicer Cht, HBCE

Rona has been actively involved in the complementary field of health for over 25 years with diplomas and certificates in Massage, Reiki, Kinesiology, Neuro Linguistic Programming, Real Life Coaching, Hypnotherapy, Psychotherapy and HypnoBirthing.

Rona is delighted to be able to offer HypnoBirthing to mothers and their birthing companions to enable them to take back control over the birth of their children. Using self hypnosis and the understanding gained about childbirth, women and their birthing companions will learn to enjoy a safe, comfortable and satisfying birthing experience.

Consultations

Consultations with a Blissful Beginnings practitioner are available at a range of flexible times to suit your lifestyle and help you achieve your goals.

Both Russell and Rona run group HypnoBirthing courses on a monthly basis. We limit our group courses to a maximum of four couples to maintain a personal approach.

One-on-One HypnoBirthing classes are available upon request.

Please visit our website for more information or to view group HypnoBirthing course dates. Alternatively contact us by phone or email as detailed below.

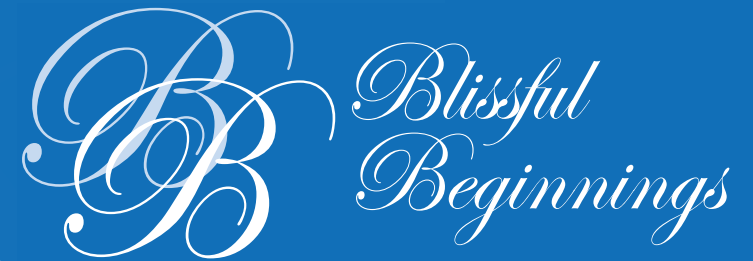
Contact

We are always happy to answer any enquiries you may have.

Russell Marling: 08 8396 3803 or 0418 462 514
Rona Spicer: 0408 816 118

email: info@blissfulbeginnings.com.au
web: www.blissfulbeginnings.com.au

Blissful Beginnings is a partnership between Synergy Within and Intrinsic Outcomes



A peaceful journey from conception to birth

Professional psychotherapeutic support for:
Fertility
Pregnancy
Birth
Postpartum

About Blissful Beginnings

Blissful Beginnings is a partnership of Adelaide's leading specialists in the use of pregnancy related psychotherapeutic techniques.

We have helped many people to:

- Overcome "unexplained infertility".
- Increase the success rate of IVF.
- Develop healthy attitudes towards pregnancy.
- Build confidence and trust in their bodies natural abilities.
- Birth their babies in a empowering and calm way.
- Emotionally recover from traumatic or surgical birthing experiences.

Blissful Beginnings is proud to be Adelaide's premier provider of HypnoBirthing®.

Fertility

A very real concern for a lot of people is the inability to conceive a baby. The words "infertility" or "unexplained infertility" are now unfortunately very commonly used. The use of assisted reproductive technologies such as IVF has also dramatically increased.

While sometimes there are true physiological reasons for infertility, the mind / body connection is often overlooked – especially when it comes to "unexplained infertility."

When you work with a Blissful Beginnings fertility consultant you will learn how to utilise the mind / body connection to give you the maximum possible chance of conception.

Pregnancy & Birth

When you first find out you are pregnant, there are a whole range of different emotions that flow through the body. At Blissful Beginnings we believe that pregnancy and birth should be a rewarding experience that you treasure for the rest of your life.

We have made it our goal to assist mothers and their birth companions to take ownership of their pregnancies and birthing experiences so that they can feel informed, educated and empowered to have the birthing that they desire. Our services range from one off consultations to deal with pregnancy and birth related issues - to complete childbirth education.

HypnoBirthing®

HypnoBirthing is a rewarding, relaxing, stress free method of birthing that is taking the world by calm. It is based on the belief that when a mother is properly prepared for birthing both physically and mentally, she can experience the joy of birthing her baby in an easier, more comfortable manner.

Some advantages of HypnoBirthing include:

- Teaches breathing techniques that allow a woman to gently breathe her baby into the world.
- Teaches deep levels of relaxation to eliminate the fear that causes tension, which results in pain.
- Empowers parents with techniques to achieve a gentle, calm birth for themselves and their baby.
- Greatly reduces and often eliminates the need for chemical painkillers and drugs.
- Reduces the need for episiotomy.
- Leaves mother alert, fresh, awake and energised after birth.
- Reduces instances of post natal depression.

Testimonial

"HypnoBirthing was the best tool we used in preparation for the birth of our son. It enabled both of us to learn to focus, think positively and become totally relaxed yet excited about the birthing experience. It allowed my husband to learn more about the natural birthing process, and really provided him with the confidence and enthusiasm to be able to assist me in the most meaningful and helpful way possible. It meant that we could work as a team on the day and what a team we were! My labour was a totally empowering, drug free, amazing and beautiful experience and I attribute that to the HypnoBirthing skills we learnt. Thank you so much!"

LT N.E Adelaide

Post Partum

Just because you have had your baby doesn't mean that the journey of childbirth has finished. For some the way their birthing played out was not what they had envisaged, or perhaps they find adjusting to parenthood more difficult than they thought.

At Blissful Beginnings we work with our parents to process and recover from issues such as:

- Surgical birth - Caesarean section.
- Traumatic birthing experiences.
- Complications during pregnancy & labour.
- Adjusting to life as a parent.
- Difficulty breastfeeding.
- Bonding with their child.

It is important that parents resolve such issues at a psychological level, especially if they intend to have more children in the future.