

3rd International Conference on

NURSING & MIDWIFERY

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Debi Tracy

HypnoBirthing, USA

HypnoBirthing presents an introduction to instinctive birthing

Instinctive birthing is much more than just a process or a method for “getting baby out” at the end of 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 meddling 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.”

Biography

Debi Tracy had the honor to assist hundreds of couples learn HypnoBirthing® to have the birthing experience they created in their sessions. She was a Childbirth Educator for over 15 years plus a clinically trained Hypnotist specializing in women’s health including fertility, pregnancy and postpartum, she is also a steering committee member of birth keepers and past representative for OMAEP. She is a faculty member of HypnoBirthing® International along with being on staff at South Nassau Communities Hospital and she is an active member of LIDA. She is a birth and post-partum doula trained by CDI and a Prenatal Yoga Teacher. 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 News12 plus The Stir blogspot. She has worked with Suzanne Arms, Karen Brody, Jennie Joseph, Gena Kirby, and Debra Pascali-Bonaro along with the infamous Ina May Gaskin. Her most important credential is, however, her personal experience as having learned the method 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.

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