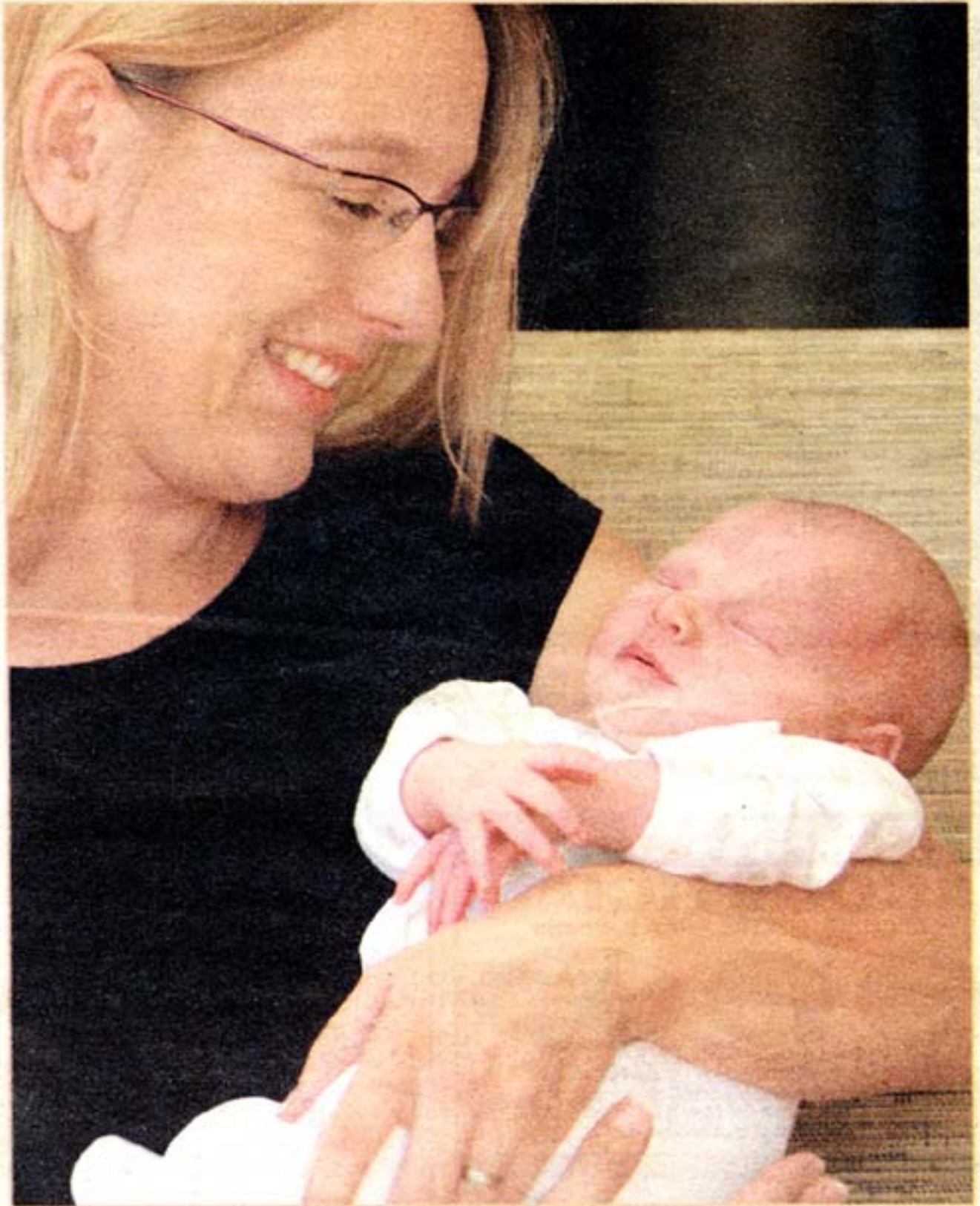


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Hypnotic moment: Baby Jamie Thomas of Boston was born while his mother Mrs Renata Berteler was under hypnosis. This contributes to a pain free birth and according to his mom a very peaceful baby. Story on page 10.

Photo: Carina Roux

Hypnosis worked during birth

DELENE PIENAAR

JAMIE Thomas Berteler of Boston was born on 21 March while his mother was under hypnosis to relieve the pain of the birth process.

Jamie is the second child of his mother Renata. When she was pregnant with Jamie a hypnotherapist who was also a family friend suggested that she tries hypnosis to relieve the pain during the birth.

Renata and her hypnotherapist

Wendal Koopman started sessions during her last three months of pregnancy. According to Koopman the ideal is to start from as soon as the pregnancy has been confirmed.

Renata had eight sessions in full. During these sessions the hypnotherapist suggested a trigger, in this case rubbing her hands, which she used to control the pain.

The day she went into labour Koopman put her under hypnosis in hospital after the midwife had made sure everything was fine. Renata said at first she felt some pain,

but while the hypnotherapist talked to her she felt fully relaxed. Everytime the monitor showed a contraction was near the hypnotherapist would stroke her hand and the pain subsided. After a while the hypnotherapist left and her husband took over and stroked her hand whenever the contraction was coming. She gave birth without feeling any pain.

And this is the aim of any hypnotherapist. He just empowers the person to do it, said Koopman. "Hypnosis is not a mind control

thing. The patient accepts the suggestions I made to her. She is fully aware of what is going on."

Koopman underlines the importance of trust between the hypnotherapist and his patient.

Renata said whenever she is pregnant again she will without doubt use hypnosis to relieve the pain during labour. It is still early days but she can see the difference between Jamie and her other child in the quick way Jamie adapts to his routine. He is definitely a more relaxed baby, Renata said.