

Hypnobirthing The Mongan Method

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Marie Mongan, who popularized hypnobirthing, dies at 86

When a woman prepares for childbirth with hypnosis, she learns to replace fear with confident expectations of a safe, gentle — even comfortable — birth. Breaking the traditional association of birth ...

What is HypnoBirthing?

HypnoBirthing is a gentle birthing method created by Mary Mongan. Local celebrity Aishah Sinclair will be making a special appearance to share about her recent birthing experience of her second ...

HypnoBirthing Seminar by Jaya One

"ON HOLD DURING COVID19. CHECK ON FACEBOOK FOR UPDATED INFO.) All parents/guardians of kids who are transgender/nonbinary or gender-questioning are welcome to attend this supportive group. Group ...

Psychology Today

Marie Mongan didn't view the hypnobirthing technique she taught and popularized as an alternative

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