Hypnobabies

Episode 128 · July 25, 2019 · with Kerry Tuschoff and Kim Gross

IN THIS EPISODE

Hypnobabies founder Kerry Tuschoff joins Dr. Elliot Berlin, DC, together with Hypnobabies vice president Kim Gross, to explain how a childbirth hypnosis program grew out of Kerry's own two painful births — a 26-hour posterior labor that ended in a hospital epidural, and a second birth during which her sister told her, "it should never have to be this hard." Kerry traces her path from Bradley instructor and doula to Gerald Kine's medical-grade hypnosis training, and explains the somnambulistic self-hypnosis and hypnoanesthesia at the heart of Hypnobabies, how it differs from meditation, and why the childbirth education and the hypnosis have to come from the same place. Kerry and Kim cover the six-week class and home-study course, the 19 practice tracks and four birthing tracks, birth-partner cues and personalization, eyes-open childbirth hypnosis, and the many extra tracks — for breech and posterior babies, VBAC, twins, cesarean birth, needles, sleep, fertility and fear clearing.

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DR. ELLIOT BERLIN, DC: Welcome to the informed pregnancy and parenting podcast. I'm your host dr Elliott Berlin today We meet a nationally renowned speaker and writer whose work focuses on issues related to pregnancy and childbirth such as informed choice and consent Comfort and childbirth birth language and midwifery advocacy she is a childbirth educator doula and hypnotherapist and founded the educational program hypno babies a childbirth hypnosis program Which has trained hundreds of thousands of women to use medical grade hypnosis techniques to give birth in an easier and more comfortable way Gary to shop welcome to the podcast. Thank you for having me. I'm happy to be here

KERRY TUSCHOFF: You're also the president of hypno babies. Yes founder director president big kahuna. Wow

DR. ELLIOT BERLIN, DC: That's that's a lot of titles to put on your business card Especially big Kahuna it takes up a lot of space And also joining us tonight. We have the VP the vice president of hip

no babies can really gross. Hi Thanks for having me. It's really nice of you guys to come out here. It was a little hike

KIM GROSS: Yes, it was but it was a lot easier than we thought. We really didn't hit any traffic. Oh amazing

DR. ELLIOT BERLIN, DC: It was awesome and other ten other quotes. You're almost never here in Los Angeles. I know Seriously, let's talk about hip no babies. Where did it all come from? When did you start even? studying hypnosis

KERRY TUSCHOFF: well Actually the the thought to create hip no babies came from my own births Okay, so my first birthing was long and ugly and horrible. The baby was posterior I was a Bradley instructor at that time and used relaxation methods and Everything that I could but it was extremely painful

DR. ELLIOT BERLIN, DC: you already said things that I have to just stop and ask a couple of questions because First of all posterior babies in case people listening don't know this means the baby's head the back of the skull Yes was against the posterior surface of your body. So against your back. So the baby's head which is bone against your Spine or sacrum, which is bone and bone and bone doesn't feel very good. It's it's very painful and

KERRY TUSCHOFF: I ended up going from the birth center after 26 hours To the hospital and having an epidural. So you're planning to give birth out of the hospital Yes at the at the birth center across the street. Oh from the hospital. Is it a part of the hospital? No, not at all. No just no wisely opened across the street. Yes And owned by a doctor at that time, too But anyway ended up across the street was never so happy in the world as I was to see that Anesthesiologist coming at me with an epidural they get big hugs sometimes. Yeah, I also can I back up again?

DR. ELLIOT BERLIN, DC: Yeah, I don't mean to cut you off. No, they want your story But it's occurring to me that you were a Bradley instructor before you had your first. Yes I was can we just talk about that for a second?

KERRY TUSCHOFF: How does that happen how it happened was I thought pretty cool because right after I was married one of our friends from church had her baby and she had it naturally and she said she took a Bradley class and She said it hurt really badly But she was able to have her baby without drugs without an epidural or anything and I didn't even know people did that I didn't even know that was a thing. So I started looking into it and I became completely Fascinated completely smitten with the way that the body works and how you can actually get a baby out and do things to prepare for it, and you don't have to have drugs, and you don't have to have forceps, and all of that stuff that I thought was just normal. And so I looked into the Bradley method

KERRY TUSCHOFF: and I convinced them, even though you're supposed to be a Bradley mom before you go in to become a Bradley instructor, that I was gonna be the best instructor on the face of the planet. And they had me go and first, take a 12 week Bradley class as an auditor, like just watching.

DR. ELLIOT BERLIN, DC: The same class expecting parents would take?

KERRY TUSCHOFF: Yes.

DR. ELLIOT BERLIN, DC: And you're married but not pregnant?

KERRY TUSCHOFF: Yes.

DR. ELLIOT BERLIN, DC: Okay.

KERRY TUSCHOFF: And trying to get pregnant this whole time, and then I took the training and became a Bradley instructor and started teaching Bradley classes, and I was teaching my students to do things that I had not experienced myself, but I thought I knew everything that there was to know about giving birth, and I was gonna have the best birth in the world, and then I went into labor with my first child after I got pregnant and it was horrendously painful. And I mean, I got the, what I consider the best education in nutrition and exercise and staying healthy and low risk and consumer issues and all the things that the Bradley method teaches that are so amazingly excellent. I loved all of that. And what I had for pain relief was to relax.

KERRY TUSCHOFF: And with a posterior baby, it didn't help me at all. And I was screaming my head off. So I ended up across the street at the hospital, had the epidural, but what was really cool to me was that I became a much more balanced childbirth educator after that because I fully and completely understood why then that anybody would choose an epidural. Before that, I thought everybody should go natural. After that, I completely understood that for whatever reason, and there's many, many moms, so there's many, many reasons that a mom would choose an epidural. And I was able to then teach as a childbirth educator in a much more balanced way, and I really appreciated that.

DR. ELLIOT BERLIN, DC: Yeah, it's really cool. I think that over time, we all pick up experiences. Yours is more dramatic than others, perhaps, that kind of give you a more complete picture and a more complete base of knowledge on which you can help other people prepare in a more wide way, prepare for more eventualities, more possibilities, right? More possibilities in the flowchart than just, oh, you're pregnant, you're gonna have this baby and that's it.

KERRY TUSCHOFF: Absolutely. I learned so much from that birth. And four years later, almost to the day, I gave birth to my son, and I had him in a birth center. And instead of it being 32 hours long from start to finish, it was seven.

DR. ELLIOT BERLIN, DC: Oh, wow.

KERRY TUSCHOFF: And it hurt just as badly.

DR. ELLIOT BERLIN, DC: Back labor again?

KERRY TUSCHOFF: Because he was posterior. Oh, wow. So I was screaming my head off, but I was screaming my head off for a lot shorter of a period of time. And of course, I learned a lot from that birthing as well. And one of the things that happened was that the only people that I wanted there were my midwife, my husband, and my sister. And that's what I got. And when I was in transition, I was screaming through one particularly horrendous contraction. My sister was holding onto my hands. And when it was over, I looked up into her tear-stained face, and she said to me, it should

never have to be this hard. And it was like a light bulb went on over my head. And I just went, you're so right. For people to have a natural unmedicated birthing,

KERRY TUSCHOFF: just the way nature intended for all of us to do, it should never have to be this hard. And I knew right then in that moment that even if I never had another child and I did not, that I was gonna find a way that other moms did not have to suffer like that. That they didn't have to scream their heads off. So after that, I just went on a quest. And after a couple of years, I saw a TV show about hypnosis for childbirth where this obstetrician was actually teaching his patients hypnosis. And they were having these great births. And I went, oh my gosh, that's it. That's gotta be the thing. So I went and took this training at another hypno birth organization. And got all excited and started teaching it. And I was underwhelmed because

KERRY TUSCHOFF: my students were not looking any different than my Bradley students were. I had been a doula for them for 10 years, for my Bradley students. And it was difficult. I mean, they were having tough births. So I realized what I had to do. And I went out and I learned hypnosis. And not just hypnosis, like sit down and relax your eyes and count backwards and all of that. But what I was looking for was more of a medical grade hypnosis. What does that mean? What that means is there are people who are allergic to medical anesthesia. Okay. So whether it's dental or medical anesthesia, they can't have the surgery or the procedure or the treatment because they're allergic to it. So they would have a bad reaction. So they work with a hypnotist

KERRY TUSCHOFF: ahead of time with medical grade hypnosis and they get into a very deep state. It's called a somnambulistic state, very deep, where you can create what's called hypnoanesthesia. So because I had studied all of this about hypnosis, that's what I was seeking. I knew that if we put that into childbirth, taught people that, that they would have much better births. So I took this training from a wonderful man who has since passed called Gerald Kine at Omni Hypnosis. And it was Gerald Kine, interestingly, had created a painless childbirth program for hypnotists or hypnotherapists to use one-on-one in their offices with pregnant women to teach them self-hypnosis for

KERRY TUSCHOFF: labor. And once I learned the program, I asked him, would it be okay if I took these exact techniques and put them into a childbirth program? Because I already knew from teaching this other hypno-birth program that didn't have this, that you had to get your childbirth education at the same place as you got your birth hypnosis, put them both together so that the philosophies, the words, the language, the belief systems, everything would match. So you're not teaching them what other people might teach them in a, although there are great classes, a natural childbirth class or a prepared childbirth class where they're saying, now this is going to hurt, but you can make the hurt or the pain a little less by

KERRY TUSCHOFF: doing this. What we're actually doing is retraining the inner mind with somnambulistic self-hypnosis techniques that create hypnoanesthesia, completely retrain the brain so that the sensations of birthing are much more comfortable right from the start. Everything about pregnancy, everything about childbirth, it has to be all in one, one philosophy.

DR. ELLIOT BERLIN, DC: So you're saying that you can use a form of hypnotherapy as if you have medical anesthesia?

KERRY TUSCHOFF: Yes. So the people that go in and they can't have regular medical anesthesia, they use the hypnotist and the hypnoanesthesia, they can have that surgery without medical anesthesia. That's what I was looking for. So that's what I got. So then he said, yes, go ahead, put it into a childbirth program. I can't wait to see what you produce. And Hypno Babies was born. And I was just teaching it in Cypress, California to my own students and having this phenomenal success because I was going to these births and it was just stunning how much more comfortable, how much more easy it was, how much faster the births were when these moms were using these medical grade hypnosis techniques.

KERRY TUSCHOFF: And pretty soon everybody wanted them. I was on the internet. I was telling people about it and other childbirth educators, other doulas, other people that were my peers wanted to teach it as well. So we started an instructor training, which we still have going. And we've taught hundreds of people from here to Canada. There's a couple in Germany and Australia to teach these group childbirth education classes in their area. So Hypno Babies is a complete childbirth education program. So you don't go anywhere else. You don't go to Lamage, you don't go to Bradley or any of those, which are wonderful classes, by the way. But if you want somnambulistic medical grade hypnosis, you have to put it in with childbirth

KERRY TUSCHOFF: education at the same time so that everything works together. Right. That makes sense because

DR. ELLIOT BERLIN, DC: you have a whole different language. Yeah. Wow. So there's a few questions. First of all,

KERRY TUSCHOFF: is it always done in a group setting? Actually, no. Our instructors, one of which Kim is, I don't teach Hypno Babies anymore, but Kim does. And they teach them in group classes, but they also teach private classes. So one on one or one on two? One on one if a couple wants you to come to their house. How more of a thing, but the group classes are only up to six couples a piece because we're, you know, there's a lot to really take into account. We look for hypnotic depth, we have hypnosis demonstrations right in class, we have a full-on birthing rehearsal in class number six so they can take all the techniques and cues of which there are many in hypno babies that they've been practicing

KERRY TUSCHOFF: for the last five weeks and then put them into a birthing rehearsal in class number six and practice them together and see how that would work. So then the mom and the birth partner are able to just flow right into it when their

DR. ELLIOT BERLIN, DC: birthing time starts. Have you ever thought about like maybe during class

KERRY TUSCHOFF: five doing a root canal? We do have a test where the birth partners tweak the mom's arm and they don't feel anything. When they have hypno anesthesia flowing through their arms just to show everybody that yeah this is

DR. ELLIOT BERLIN, DC: the real deal. I have so many questions. Let me start with this. Do you have to be a hypnosis or meditation sort of person for this to... As a student? Yeah does someone have to already be someone who meditates or someone who

KERRY TUSCHOFF: does? No. Not at all. Not at all. I get very like A type personalities sometimes coming into my class that don't believe in any of this mumbo jumbo and then seriously by the time we get to class three they're so into it

DR. ELLIOT BERLIN, DC: because they're seeing the results. So you're saying my brother could have a

KERRY TUSCHOFF: pain-free childbirth? Yes if he wanted to give birth. Here's the interesting thing though Elliot. We're all in states of hypnosis all the time so this is no different than everything that you would feel very familiar with when you're falling asleep or waking up in the morning or when you're driving and we've all had that experience of driving along thinking of something very deeply in our head and all of a sudden we are wherever we were supposed to get and we don't remember the last five

DR. ELLIOT BERLIN, DC: minutes. What's the Tesla? It just drives wherever you want it to. Okay so you can do your own thing. I know what you're talking about like the consciousness goes in and out right so even when you're reading if you're

KERRY TUSCHOFF: reading a book or a tablet or anything within just a couple of minutes you enter a state of hypnosis where you're very very suggestible and people could be calling you from the other room it's dinner you know and it will take a couple of minutes for it to get into your subconscious because you are in hypnosis. So there's nothing different about this except how we do it what are we doing when we're in hypnosis and Hypno Babies is very detailed very comprehensive we have 19 different hypnosis tracks that we use one after another to introduce techniques to deepen the hypnosis and to do what we call compounding which is repetition and this creates the most comfortable easiest births that's why it works. Are there people who are not

DR. ELLIOT BERLIN, DC: recommended for like they're contraindicated for it? Well actually

KERRY TUSCHOFF: people need to check beforehand if they have any sort of mental illness or if they have seizures because hypnosis can be contraindicated for people with certain kinds of mental illness or seizures and they just need to check with their you know physician with their psychiatrist or their doctor

DR. ELLIOT BERLIN, DC: or whatever beforehand. How is hypnosis different than meditation? Ah what a

KERRY TUSCHOFF: great question. They achieve similar states in meditation it's basically the goals I would say it would be a good way to explain it so in meditation a lot of people's goals are to clear the mind and then maybe you're saying a mantra over and over again or you might even have a goal in your head that you're aiming for you you have a visualization that's going on over and over again so that's fine it's a lighter state but in hypnosis the way that we do it we take you down different levels of hypnosis till you get to somnambulistic hypnosis and then what we're doing is we're introducing a lot of direct suggestions so specific phrases specific hypnosis suggestions that do specific things so it'll be introducing a cue and

KERRY TUSCHOFF: then basically embedding it in the subconscious and that's not what you do in meditation okay so this is this is a it's very intricate it's very detailed but it's actually super simple because all you have to do is listen and amazingly people can listen in their sleep and as long as they have have the ability to hear, the subconscious mind is always listening. It never goes to sleep, it never turns off, it never turns anything away, it just absorbs.

DR. ELLIOT BERLIN, DC: But if you're not there with them at birth, what are they listening to at that point?

KERRY TUSCHOFF: Oh, great question too. We have four tracks that are designed specifically for childbirth, for the day of, that help the mom to stay in hypnosis, enter hypnosis, stay in hypnosis, deepen the hypnosis, and all the way through these tracks, they are being given these cues, reinforcing the cues that they've learned and practiced over the last two months, and it basically activates everything. So it's like software. If you go to, say you want to download a new software for your tablet, and you download it, and it's the newest, latest software, and then you've got to update in another two months or another six months or whatever, we keep updating. As they practice, they update and update and update the software, and then boom,

KERRY TUSCHOFF: when it's time for childbirth, all of that software is right there. All they have to do is push a button, and the buttons they're pushing are either using these mental cues inside their head, which they can do all by themselves, just saying certain words to themselves and visualizing certain things that are part of their cues that they've embedded in their subconscious mind, or they can listen to these wonderful tracks that do all the work for them and keep them in hypnosis.

DR. ELLIOT BERLIN, DC: And you just listen to them over and over again?

KERRY TUSCHOFF: So they can do, there's so many different ways in hypno babies to use this. We even give the birth partners cues that activate those hypnosis suggestions inside their mind, it activates all of the techniques, and all they have to do is say a phrase.

DR. ELLIOT BERLIN, DC: Is there someone who maybe makes custom versions of these, like with the person's name in it?

KIM GROSS: Well, we haven't done it yet.

DR. ELLIOT BERLIN, DC: You haven't done it, but I'm saying would maybe a hypno babies or hypnosis, or someone just a hypnotist or a hypnotherapist, because I've been to births where people are listening to your CDs or they download the tracks, but then I've also, there was a birth that I was at not too long ago, and she had one with her name in it. And they kept saying.

KERRY TUSCHOFF: I'm sure they could.

KIM GROSS: I'm sure they could.

DR. ELLIOT BERLIN, DC: It was like she was talking directly. She wasn't there, but she was like talking directly to her. And when she would listen to it, it almost looked like someone picked a cat up by the scruff of its neck, you know? Her whole body just relaxed and her whole mind just relaxed. And she was surging, and there were, you know, very powerful, productive surges, but she was just very

relaxed through it. And when the track was over, you know, it didn't loop. So she had to be like, put it back on, put it back on. And she's almost like a little bit of a like panicky moment. And then once it would come back on again, totally fine. But so I was a doula at that birth. And I think by like the seventh or eighth time that track played,

DR. ELLIOT BERLIN, DC: I was in a very relaxed state. Wow, this is good stuff.

KERRY TUSCHOFF: When they play it out loud, everybody in the room can become very, very deeply relaxed because the voice is very mellow and it's also a lot slower. So I'll give you an example. I'm talking to you like this, and this is my normal voice. And it's one that we all use. But if, for instance, you were doing a recording for hypnosis for childbirth, you would lower your voice like this. It would become very soft and very slow. And throughout, as you're listening, you become deeper and deeper relaxed. And that's what everybody in the room is listening to if you play it out loud, if the mom doesn't have earbuds in. So yeah, everybody can absorb that as well, even though they haven't practiced the hypnosis.

DR. ELLIOT BERLIN, DC: I was getting really mellow.

KIM GROSS: I sit next to her every day and listen to this voice. So by about 1 in the afternoon, I'm like, oh.

KERRY TUSCHOFF: But I want to make something really clear. And this is super important. I want everybody to understand that this is not something that you don't take a couple of tracks and you just start listening to them when you are having your baby. This is something that you practice in a specific way with each technique building on the last one throughout the last two months of your pregnancy. So the moms who learn, practice, and use hypno babies as directed, not taking anything out, not adding anything in, and practicing as we direct them to, and then use the techniques during their birthing time, which is what we call labor, have the best chance to have a much easier birthing. There are moms who don't do all of what I just said.

KERRY TUSCHOFF: And then it is going to be more of a challenge for them. So I want people to know that this does take more effort, but it is worth its weight in gold.

DR. ELLIOT BERLIN, DC: OK. I'm intrigued.

KIM GROSS: I wanted to say something, because you asked about the personalization of it, if it could have the person's name. And in the group classes that are led by instructors, the birth partners during the week will read hypnosis scripts to the mom. And within those ones that they read, they can personalize it. There's places for them to drop in the baby's name, mom's name. Yes.

DR. ELLIOT BERLIN, DC: Oh, that's really cool. Awesome. All right, well, time's flying by. We're going to take a quick break. Don't go anywhere at home, and don't go anywhere here in the studio. We'll be right back with Carrie and Kim. Welcome back to the Informed Pregnancy podcast. I'm your host, Dr. Elliot Berlin. We're talking to Carrie Tushoff and Kim Gross about hybrone babies. All right, so burning question on my mind. I didn't ask it in the first part because I thought it would take too long. You said we can use medical grade, basically, anesthesia, hypnosis like anesthesia instead of using anesthesia for childbirth. And it comes from people who can have anesthesia and need to have

certain procedures done. What is the advantage of doing this

DR. ELLIOT BERLIN, DC: versus just having anesthesia?

KERRY TUSCHOFF: Well, having an unmedicated birth is going to be better in some cases, in many cases, in most cases, probably for the mom and the baby because we're reducing side effects. We don't have the side effects of the anesthesia, lowering of the blood pressure, affecting the temperature, slowing the birthing down, causing elevated or lowered blood pressure. There are many side effects from the different medications that can be used during birth.

DR. ELLIOT BERLIN, DC: As you just said that, one thing that popped into my head that seems like it would be a nice bonus is not having to be catheterized.

KIM GROSS: Yeah.

KERRY TUSCHOFF: And it's interesting, like I said, I loved my epidural when I got it with my first birthing, but I did have two years of back and neck pain and pains that would shoot up into my jaw directly from that side, from the epidural side. So it is not without side effects. It may seem like a miracle to some moms when they get it and they don't feel anything, but of course it causes you to be able to not be able to push as well. And oftentimes they've got. to pull the baby out and things like that. So you know, there are side effects with everything. So a lot of moms now want to go unmedicated. It's becoming more and more popular, which is great. And we just want everybody to know that you can do it in a much more comfortable

KERRY TUSCHOFF: way if you use the power of your mind.

DR. ELLIOT BERLIN, DC: As the medical community, what kind of response did doctors and nurses because people use this in the hospital, right?

KERRY TUSCHOFF: They do. Ninety five percent of our moms are hospital birthers. And the doctors and nurses are pretty darn fascinated. They'll bring people from all over the hospital to see the mom that is super comfortable using hypnosis and there's no drugs on board.

KIM GROSS: I've actually had an OB take my class in a number of nurses. So, and other surgeons.

DR. ELLIOT BERLIN, DC: Well, it's great that they're interested in wanting to.

KIM GROSS: Yeah, it's great.

DR. ELLIOT BERLIN, DC: Do you use the technique for other things outside of birth, meaning it seems like there would be a lot of applications to.

KERRY TUSCHOFF: Well, we do have hypnosis tracks that are specific to certain things outside birth, like successful breastfeeding, eliminating nausea during pregnancy or during pregnancy, eliminating insomnia, which affects the moms a lot during pregnancy. What else do

KIM GROSS: we have? Sleep track for everybody as well. Needles, fear of needles.

KERRY TUSCHOFF: Fear of needles. A lot of people use that who are not pregnant because it helps you to just relax and have a specific what we call anchor, which if you are starting to get a vasovagal response or a fear response regarding even thinking of needles or a needle coming at you or anything like that, you can eliminate it just like that. So there's we have hypnosis tracks for a lot of different things, even now weight release and stop smoking at hypnobabies. We have a fertility set that has helped a lot of moms get pregnant.

DR. ELLIOT BERLIN, DC: Do you have one for breech?

KERRY TUSCHOFF: We do. We have a turn your breech baby one, a turn your posterior baby.

KIM GROSS: V-back success.

KERRY TUSCHOFF: V-back success twins. If moms want an unmedicated twin birth, this really helps them to feel super confident about that and actually give suggestions for the babies to be in the right position. And since your inner mind, your subconscious mind, knows everything about you and actually controls your body 100%, these things are phenomenal at making or helping the body to adjust and do what we would like them to do. Now, hypnosis is not going to eliminate something that is a medical issue that we need to look at. It's not going to, for instance, lower blood pressure just because we want it to lower blood pressure. If the blood pressure is high and the doctor needs to know about that, then hypnosis is not going to change that.

KERRY TUSCHOFF: And that's one of the reasons why we don't have a hypnosis track for lowering blood pressure, because that can be a medical issue.

DR. ELLIOT BERLIN, DC: Interesting. You talk about needle phobia. So it seems like a lot of the intensity around childbirth is fear-related.

KIM GROSS: Yes.

DR. ELLIOT BERLIN, DC: And I always say that if you've never flown in an airplane before and you're going to fly at 30 years old in an airplane for the first time, but all you know about airplanes is what you've seen on television and movies and read the newspaper headlines, you'd be pretty terrified to fly in an airplane because it's always so dramatic. So it sounds like this technique could be applied to a lot of different things. Like I imagine somebody who has a fear of flying airplanes probably would also benefit from hypnosis.

KIM GROSS: Oh, absolutely. Hypnosis can be used for anything.

KERRY TUSCHOFF: They use it for so many things. Phobias and we have one track for stress and anxiety,

KIM GROSS: which is just phenomenal.

KERRY TUSCHOFF: Who has that?

DR. ELLIOT BERLIN, DC: Pardon me?

KERRY TUSCHOFF: Who has that?

KIM GROSS: Stress and anxiety? Yeah.

DR. ELLIOT BERLIN, DC: Everybody?

KERRY TUSCHOFF: But it can be used for so many things.

DR. ELLIOT BERLIN, DC: So for fear in general, it seems like it's nice because I do see people who are afraid to have the baby anyway, shape or form, whether it's medicated or unmedicated, vaginal or abdominal. Well, you know, I... Do you have one for caesarean?

KERRY TUSCHOFF: Because we do have a caesarean set where the moms can prepare for their caesarean with a lot of confidence. They have an anchor for fear as well. So if the fear starts coming up about it, then they calm down immediately.

DR. ELLIOT BERLIN, DC: And they can listen to it while they're having their baby?

KERRY TUSCHOFF: Yeah. It's really great stuff. But we were talking about fear, so one thing I wanted to say was that because of certain things that are going on now that have never been before so much, such as shows that are on TV, for instance, That portray birth as a scary thing with a lot of interventions and a lot of drugs and a lot of drama And a lot of suspense and all of that that a lot of women are very scared They're also very scared because they're on internet birth groups these Forums and groups and lists that are online where the moms are scaring the heck out of each other They're giving each other a lot of really great support. Don't get me wrong They come up with amazing things

KERRY TUSCHOFF: I'm really stunned with some of the the great wonderful support and love and guidance that these moms come up with for each other, but at the same time when they post scary birth stories, then Especially first-time moms can get absolutely petrified. Oh childbirth

DR. ELLIOT BERLIN, DC: airplane if if that's all you know you would assume that every airplanes either gonna have engine failure and just fall out of the Sky or be hijacked by terrorists or have snakes on it like those

KERRY TUSCHOFF: That's one of the reasons Snakes on it. That's one of the reasons why we have a fear clearing session that the mom can listen to anytime that she wants To and even when she's in her early birthing time, which is what we call labor she can listen to her fear clearing session even her birth partner can listen to it and Eliminate the fears and start out birthing with a lot of confidence and and just calm relaxed attitude Which makes a really huge difference?

DR. ELLIOT BERLIN, DC: So we talked about the six-week class Yes, all these other tracks that you're talking about. Do you have to do the class?

KERRY TUSCHOFF: No Do those or we have our hypno babies class and course because we have a self-study course also that's available online and in hard copy Along with the classes that you could go to if you wanted that option But the additional tracks are not part of hypno babies and you don't have to do Hypno babies as a childbirth course in order to benefit from the breastfeeding success that after your baby comes the twins the V back the nausea the fear of needles Especially the sleep one it that's our most popular track and people from all over the world have ordered that one Just because

they need to sleep better

DR. ELLIOT BERLIN, DC: So yeah, so you just go online and yeah, pick the ones you want

KIM GROSS: Yeah, but for the program the birthing program For an easier more comfortable birth if you're doing the home study, then it does come with all of the birthing tracks Okay, it does come with all of that. So is that home study instead of a class? Yeah, yes, we have the class you get all those tracks as well. We do it at your own pace And with the class you'd have you go through the six weeks with an instructor Right and then the home study Yes, it's a six still the six-week thing. It's built out that way, but some people do take a little more time

DR. ELLIOT BERLIN, DC: Okay to go through when it's the right time to start in pregnancy. Would you say the ideal time the

KERRY TUSCHOFF: the ideal time if there was an ideal time would be between 28 and 30 weeks of pregnancy because Well because the six-week course so starting then if you started for instance at 28 weeks So you have a six-week class and then you have like five six weeks We're we're hoping the baby comes around then To do what we call maintenance. So you learn the program in the first six weeks You're you're learning you're practicing all the cues and then during maintenance We have a specific set of tracks that you listen to on a schedule and it's just one a day of Your main hypnosis tracks and that really helps the compounding remember we talked about Repetition so if that repetition is kept up at a specific pace in a specific way

KERRY TUSCHOFF: Then when it comes time for the moms to give birth Then like I said She just activates her software by either using the hypnosis cues that have been embedded or by listening to the hypnosis tracks She can do whatever she wants to do

DR. ELLIOT BERLIN, DC: Your website says stronger minded and stronger willed people are easier to hypnotize But you would think the opposite you would think the opposite

KERRY TUSCHOFF: but it's amazing that people who are very strongly opinionated or You know, they they you know are strong willed like it's this way once they've learned hypnosis Oh my gosh, they're the best Subjects for lack of a better word, even though we don't use that word the best students Because they they they go Wow, you know I'm really getting some great effects and when I what I mean by that is once our moms start hypno babies They instantly start feeling more comfortable more confident more looking forward to and anticipating with great joy this event that they were just scared about.

DR. ELLIOT BERLIN, DC: I do see that. I see that evolution with our patients who do your program.

KERRY TUSCHOFF: And yeah, so it's this transformation thing. And so that type of A-type person can just be the best student in the world. They might start out with a lot of doubt, and what is this, and I'm not really sure, but holy cow. Once they grab onto that, they are just fantastic. And they need to do it every day. They need to listen to that. Some hypnosis, some hypno babies every single day, but it is well worth it.

DR. ELLIOT BERLIN, DC: It also comes to mind, I've had a number of clients over the years who want to deliver at a hospital, but have some sort of hospital trauma. So either they themselves, one in particular. We have a series on YouTube called The Real Midwives of Los Angeles. And we had someone on there, and she's really strong, powerful, and motivating, but she had a really dark mental health history as a teenager. And she had bad hospital experiences. Really, she was not treated well. She's come so far from that with all sorts of different types of therapy and working on herself. And she's now an amazing therapist as well. And she thought, this is Miami. She wanted to do an unmedicated birth at the hospital. So she went to do the hospital tour

DR. ELLIOT BERLIN, DC: and just had this awful visceral reaction that surprised her. She wasn't expecting it. It's a theme that comes up. I see it not a lot of people, but people probably at least a couple of times a year, who are surprised by their visceral reaction. Or they had a parent or sibling or relative who had a long, even if they were treated great, it was just not a good period of time, a period of suffering there. And that's what they relate to the hospital. So they go to the hospital tour and they have this visceral reaction. But they want to deliver there. So it seems like you probably have the tools to help.

KERRY TUSCHOFF: What I would suggest is, because if you're pregnant, you have a limited amount of time to work on your emotional issues.

DR. ELLIOT BERLIN, DC: Unless you're an elephant, you're still limited by a lot more.

KIM GROSS: I know, two years.

KERRY TUSCHOFF: Before your baby's born. So my suggestion is for them to seek out a hypnotherapist that works with pregnancy, birthing, and other reproductive issues. And they will know what to do. They will know how to help you to not only heal from whatever that was, but reframe it and build a bridge to the new birthing with the new pregnancy. And honestly, we have a moms hypno-baby support group on Facebook and there's 5,500 women on there. And we hear all the time that moms are coming on and they're afraid they had a bad experience last time. And sometimes it can really help them to just listen to their fear clearing session in hypno-babies. Other moms, we suggest that they seek out a hypnotherapist and we say hypnotherapist

KERRY TUSCHOFF: rather than a psychologist or just a therapist because of the timeframe. Because they have a limited amount of time and if you see a hypnotherapist, you're basically going back to the root of the problem very quickly and very deeply. And you won't have any talk therapy for months or whatever. It's much, much faster. And like I said, they can reframe and build a bridge to the new birthing and it's really the way to go.

DR. ELLIOT BERLIN, DC: What's eyes open childbirth hypnosis technique?

KERRY TUSCHOFF: Oh, I'm so glad you asked that.

DR. ELLIOT BERLIN, DC: I'm very curious.

KERRY TUSCHOFF: Okay, so when I was teaching this other hypno-birth method, in order for there to be any kind of effect from the little hypnosis that there was, when a mom went in to have her baby,

she had to remain very still. And what we teach in hypno-babies is a lot of practice of what we call eyes open childbirth hypnosis. Now, that means that your inner mind is being retrained that when you get in your birthing time, you can walk, talk, move around, change positions and still stay very deeply in hypnosis and comfortable, even though your eyes are open and you're moving around. Now your eyes will be open and you're moving around in between birthing waves, which is what we call contractions. So you are able to do that and not lose any focus,

KERRY TUSCHOFF: not lose your hypnosis. And you can chat and eat and do whatever you would normally do. And then the second that a birthing wave starts, you activate your cues. You say your cue words inside your head or your birth partner says them to you or you just close your eyes and do what we call drop your finger, which is also a cue from hypno-babies. And you're in your peaceful zone. zone where hypnosis has taken over and activated the entire middle part of your body to be comfortable. And that's just from the retraining of the inner mind that you've been doing for the last two months. This is the software that's been reprogrammed.

DR. ELLIOT BERLIN, DC: And it's sort of what I was saying before, when you have the medical anesthesia, unless it's like a walking epidural, you usually get catheterized because you can't get up to go pee. But going back to that question, one of the benefits here is that you can, first of all you said eat and chat, which are two of my favorite things to do, but also when the surge is coming, you can go back into that mode pretty quickly.

KERRY TUSCHOFF: Exactly. And it all works together. Everything that we teach in hypno babies, everything they practice, everything that they're being retrained with, all works together so that even if a mom has a change of plans, even if say she gets into her birthing time and she wasn't planning on having an IV, but it becomes necessary, she just changes her plans like that's built into the hypnosis to be calm and relaxed about that. Everything from having an IV to having a cesarean, if it comes to that, the mom remains calm and can still use hypnosis. Wow.

KIM GROSS: Yeah. Even with pitocin if she ends up with an induction. We even teach them to listen to some of their tracks sitting on a birth ball so they get used to that experience while being in hypnosis.

DR. ELLIOT BERLIN, DC: That's beautiful. Well, I have a whole other sheet of questions, but time has elapsed. Some of the things that I bet we could find also on your website would be, for example, if somebody wanted to find local classes, if somebody wanted to, got so fascinated here, wanted to become a hypno babies instructor.

KIM GROSS: Yes.

DR. ELLIOT BERLIN, DC: What that process is like and how to do it, where can we find you guys online?

KERRY TUSCHOFF: We're at hypnobabies.com.

DR. ELLIOT BERLIN, DC: How'd you think of that? Yeah, no, it's a great website. It's a good URL. Memorable.

KERRY TUSCHOFF: Yeah.

KIM GROSS: Well, we don't hypnotize babies.

DR. ELLIOT BERLIN, DC: You don't hypnotize babies. Is that what people think? Can you hypnotize babies? Because I think there's a demand for that. There's a market there, right?

KIM GROSS: I know. No, the babies, it's interesting because our moms do say that when they come out,

KERRY TUSCHOFF: they're calm little creatures, and if they ever do play their hypnosis tracks after that, even just the music that's in the background of the hypnosis tracks, the babies

DR. ELLIOT BERLIN, DC: are spying. Oh my goodness, I'm playing that for my teenager when I get home. Never too late. All right, guys, thank you so much for being here. We'll check you out at hypnobabies.com, and if you want, at home, to hear any other conversations, learn other things, become more informed, send us your topic ideas at info at informedpregnancy.com.

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