



香港中文大學
The Chinese University of Hong Kong

Professional Training Course in Hypnobirthing

8 – 10 April 2019

Rm303, 3/F, Li Ka Shing Institute of Health Sciences,
Prince of Wales Hospital, Shatin

Hypnobirthing is a complete birth education programme that teaches simple but specific self-hypnosis, relaxation and breathing techniques for a more comfortable birth. Although birth can be described as a natural instinctive process, society has medicalised the concept of birth to a point where women accept medical intervention as 'normal' and therefore feel less confident in their ability to birth.

Hypnobirthing prepares parents to take control of their birthing process to make informed decisions leading to an empowering experience that they will remember for life.

Objectives

- ✓ To understand the principles of hypnosis for birth
- ✓ To have ability to empower parents to informed decision making
- ✓ To be confident in teaching parents techniques for a calm comfortable birth
- ✓ To feel empowered to plan and teach a hypnobirthing course

Course Design

The course is delivered through lectures and interactive case discussion

Target Participants

Midwives who are caring pregnant women and infants in both out-patient and in-patient setting.

Entry Requirement

Applicants should possess a BSc degree or relevant diploma.

Language

English

Organiser

Department of Obstetrics and Gynaecology, The Chinese University of Hong Kong

Accreditation

18 PEM points and 18 CNE points accredited by Dept of O&G, CUHK

Our Overseas Teaching Panel



Ms Maureen Collins, MSc, BA (Hons) RN, RM
Maternal Health Care Consultant,, One to One Partnership, UK
Hypnobirthing Practitioner/Trainer
(Qualified in both Mongan and KG Hypnobirthing)

Course Schedule

Date		Time	Venue
8-Apr 2019	Mon	09:00 – 16:30	LiHS303
9-Apr 2019	Tue	09:00 – 16:30	LiHS303
10-Apr 2019	Wed	09:00 – 16:30	LiHS303

LiHS303: Room 303, 3/F, Li Ka Shing Medical Sciences Building (LiHS), Prince of Wales Hospital

Maximum 20 capacities in each class. First come first basis.

Duration

Total 18 hours

Tuition fee

HK\$4,620

Graduation Requirement

Students must have **100% attendance** of lectures in order to grant a **Certificate of Attendance**

Application Deadline

20 March 2019

Registration and Enquiry

Miss Karen Yu

Tel: 852-3505 1534 / Fax: 852-2636 0008

Email: kapoyu@cuhk.edu.hk



Reply Slip

Personal information

Title:	Prof. <input type="checkbox"/> Dr. <input type="checkbox"/> Mr. <input type="checkbox"/> Ms. <input type="checkbox"/>
Name:	(Eng)
	(Chinese)
Sex:	M <input type="checkbox"/> F <input type="checkbox"/>
Hospital / Organization:	
Department:	
Address:	
Tel:	
Fax:	
Email:	

Payment Method

Tuition fee HK\$4620

By Cheque (Payable to **The Chinese University of Hong Kong**)

Cheque no.: _____ Bank Name: _____

By Credit Card (in Hong Kong Dollars only)

Visa **MasterCard**

Card holder's name (Block letter): _____

Signature: _____ Date: _____

Credit Card Number _____ Expiry Date (mm,

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****Please return this reply slip with your RN/RM certificate to Miss Karen Yu via email (kapoyu@cuhk.edu.hk), fax (2636 0008) or by post (Department of Obstetrics and Gynaecology, Block 1E, Prince of Wales Hospital, 30 Ngan Shing Street, Shatin (Attn: Miss Karen Yu).**