香港中文大學
The Chinese University of Hong Kong

Professional Training Course in
Hypnobirthing

Date: 24 – 26 April 2017 or 28 – 30 April 2017

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 with 18 teaching hours.

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

Organisers
Department of Obstetrics and Gynaecology, The Chinese University of Hong Kong
Hong Kong College of Midwives

Accreditation
1 **PEM** point per lecture hour accredited by Dept of O&G, CUHK
1 **CNE** point per lecture hour accredited by Dept of O&G, CUHK

Our Overseas Teaching Panel

Ms Maureen Collins
Clinical Governance Lead, One to One (North West) Ltd, UK
Associate lecturer, Liverpool University, UK

Application Deadline
31 March 2017

Course Schedule

Option 1			
Date		Time	Venue
24-Apr 2017	Mon	09:00 – 16:30	LiHS303
25-Apr 2017	Tue	09:00 – 16:30	LiHS303
26-Apr 2017	Wed	09:00 – 16:30	LiHS303
LiHS303: Room 303, 3/F, Li Ka Shing Medical Sciences Building (LiHS), Prince of Wales Hospital			

Option 2			
28-Apr 2017	Fri	09:00 – 16:30	LiHS303
29-Apr 2017	Sat	12:00 – 18:30	LiHS303
30-Apr 2017	Sun	09:00 – 16:30	LiHS303
LiHS303: Room 303, 3/F, Li Ka Shing Medical Sciences Building (LiHS), Prince of Wales Hospital			

* Both classes have identical duration and time *except 29-Apr* which will start at 12pm. Maximum 20 capacities in each class. Limited quota on Option 1. First come first basis.

Duration: Total 18 hours

Tuition fee: $4,200 (for members of Hong Kong College of Midwives)
$4,550 (for other applicants)

Graduation Requirement

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

Accreditation

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

Registration and Enquiry

Miss Jessica SIT
Tel: 852-2632 1527 / Fax: 852-2636 0008
Email: jessicascw@cuhk.edu.hk

Reply Slip *(Professional Training Course in Hypnobirthing)*

Please indicate (✓) your option below and return the reply slip with your particular and payment method to us.

Option 1	24 – 26 Apr 2017	
Option 2	28 – 30 Apr 2017	

Personal information

Title:	Prof. □ Dr. □ Mr. □ Ms. □
Name:	(Eng)
	(Chinese)
Sex:	M □ F □
Hospital / Organization:	HK CMW Fellowship No: *(If available)*
Department:	
Address:	
Tel:	
Fax:	
Email:	

Payment Method

☑**Tuition fee _____**

☐ 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/yy)

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**Please return this reply slip with your RN/RM certificate to Miss Jessica Sit via email (jessicascw@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 Jessica Sit).