



I SEE YOU | THERAPY

HYPNOBIRTHING & BIRTH PREPARATION

# Peaceful Birthing

*Preparing for birth emotionally as  
well as practically.*

Private online hypnobirthing and  
birth-preparation support for you and your  
birth partner.

Private • Personal • Online





## WHY THIS MATTERS TO ME

# My story

When I was pregnant with my first child, I was frightened of giving birth. I was also very aware of the inequalities experienced by Black women in maternity care, and I went looking for something that would help me feel less afraid and more prepared.

I searched for positive birth stories. I spoke to my mum and other women in my family. I watched videos and listened to other women's experiences - but I struggled to find stories that I could see myself in.

Eventually, a friend who had experienced a difficult first birth introduced me to hypnobirthing. I began preparing differently: understanding fear, learning about my body, practising relaxation and thinking more intentionally about how I wanted to feel during birth.

I have since had two children and two positive birth experiences.

Those experiences, together with my professional background in psychology and psychotherapy, shaped the way I now approach birth preparation. It isn't about promising the 'perfect birth'. It is about helping you understand your fears, your choices and yourself - so that you can approach birth feeling informed, supported and better prepared for whatever path it takes.

**Iolanda Rangel**

Psychotherapy-informed birth preparation



# Choose the support that fits you.

Birth partners are welcome and included at no additional cost.

## Private Hypnobirthing Workshop

**£195**

3 hours · Online

A focused private workshop for the pregnant person and birth partner. We explore fear, the mind-body connection, relaxation and hypnosis techniques, birth preferences, environment, and how your partner can support you with confidence.

## Birth Confidence & Preparation

**£85**

60 minutes · Online

A personalised session for a particular worry, question or stage of preparation. Come alone or with your birth partner. We can focus on fear, birth choices, induction or caesarean preparation, partner support or techniques you want to practise.

## Birth Confidence Package

**£225**

3 × 60 minutes · Online

Three private sessions for those who want more space to explore, practise and prepare at their own pace. The sessions are shaped around you rather than following a fixed course.

# More than breathing techniques.

A focused, private workshop designed to help you understand what may be happening in your mind and body, practise useful techniques and prepare together.

- **UNDERSTAND**

Fear, the brain and body, birth hormones, tension, and how expectations can influence our experience.

- **PREPARE**

Your birth preferences, choices, environment and how you would like to feel and be supported during birth.

- **PRACTISE**

Breathing, relaxation, visualisation and hypnosis techniques that you can continue practising at home.

- **PARTNER**

Practical and emotional preparation so your birth partner understands what you need and feels more confident supporting you.

- **ADAPT**

Preparing without attaching success to one particular outcome - so you can retain a sense of choice and confidence if circumstances change.

## Peaceful does not mean perfect.

Hypnobirthing cannot guarantee an intervention-free or pain-free birth. The aim is to help you feel informed, emotionally prepared and equipped with tools that may support calm and focus - whatever direction your birth takes.

# Before you enquire

## **Is hypnobirthing only for a vaginal or 'natural' birth?**

No. The techniques can sit alongside different birth pathways, pain relief and medical intervention. The focus is preparation and adaptability, not achieving one particular type of birth.

## **Can my birth partner attend?**

Yes. Birth partners are encouraged to attend the workshop and are welcome in private sessions. There is no additional charge.

## **What if my birth partner is nervous too?**

That is absolutely something we can work with. We look at their practical, emotional and supportive role so they have a clearer sense of what they can do and how they can support you.

## **I've had a difficult or traumatic birth before. Can I still attend?**

Yes. We can approach preparation sensitively and focus on what may help you feel safer and more prepared. You never need to disclose detailed trauma by email. Where specialist or clinical support is needed, hypnobirthing should sit alongside that care.

## **What if I am planning an induction or caesarean birth?**

You can still use birth-preparation and hypnobirthing techniques. A private session can focus specifically on your questions, preferences, fears and emotional preparation for the birth pathway you are expecting.

## **Does hypnobirthing mean I cannot have pain relief?**

No. Hypnobirthing techniques can be used alongside pain-relief options. Decisions about clinical care should be discussed with your maternity team.

## **When should I book?**

Book when you feel ready to start preparing. It can be helpful to allow time to practise techniques before birth, but a focused session may still be useful if you are closer to your due date.

## **Does this replace antenatal or medical care?**

No. These sessions complement maternity and antenatal care. They do not replace advice from your midwife, obstetrician, GP or other healthcare professional.

READY WHEN YOU ARE

# Start with an enquiry.

You do not need to have everything figured out. Choose the service you are interested in and send me a little information so I can understand what you are looking for.

1

## Choose your service

Workshop, single session or three-session package.

2

## Send your enquiry

Use the pre-filled email questions on the website and complete only what feels relevant.

3

## I'll reply by email

We'll discuss availability and the next steps.

### Your enquiry can include:

- Which service are you interested in?
- Your due date / how many weeks pregnant you are
- Is this your first baby?
- Will a birth partner be joining you?
- Where are you planning to give birth?
- What would you most like support with?
- Your preferred days / times

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English · Português · Español

*I See You - just the way you are. No judgement.*

