

**BONETTO CLAUDIA**

Hypnosis during labour without any preliminary training

**ABSTRACT**

In Italy the use of hypnosis in obstetrics has been a history of over 40 years.

In obstetrics hypnosis can be a valuable aid both in the period of gestation at birth, events that can be lived with great calmness, serenity and selfconfidence.

What is being proposed is to teach women how to get into selfhypnosis through a single session that takes place during pregnancy. At the time of labour the woman can then apply the method in complete autonomy, without the presence of the hypnotist.

The target of this thesis is to assess the applicability of this method performed directly in labour in women who hadn't previous contacts with hypnosis.

The analysis conducted has found that this technique can be brought directly to the woman by the midwife who looks after the woman during labour.

For the midwife, who learned the technique in a single course, could therefore be a valuable tool, especially in cases where the woman seem very sick and anxious.

*This thesis has been carried out with the collaboration of Dr. Regaldo Giuseppe, professor of Centro Italiano di Ipnosi Clinico-Sperimentale, and coordinator of maternity unit in Ciriè.*