



HELENA TUBRIDY

EFFECTIVE CHANGE FOR LIFE

FERTILITY & BIRTHING



WWW.HELENATUBRIDY.COM

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Helena has been helping couples conceive for 30 years both naturally and with IVF. Her experience as a midwife and her nursing background ensures effective up to date treatment. She directs you through all aspects of IVF, from investigations, surgery, treatment and procedures to get the very most from the process while staying emotionally on track.

Helena has delivered hundreds of babies and has managed mums through normal, complicated, post section births and Domino deliveries.

FERTILITY IN MIND

When trying to conceive stops being fun it's time to explore the mind/body option. This is a physical and mental re-boot of your system to prepare you for successful conception and pregnancy. The mind/body connection is a measurable force that Helena recruits to ensure you and your body are fully fit for IVF success and pregnancy.

Natural fertility levels are boosted and underlying constraints addressed - these include lifestyle issues and mental blocks. Cognitive Behavioural Hypnotherapy is coupled with practical measures and mindfulness for a complete individual and brief treatment for you.

Men matter too and it's not all about sperm. Studies show that men can benefit hugely from undertaking a mind/body program and reducing stress.

HYPNO-BIRTHING

Hypno-Birthing is based on the work of Dr Grantly Dick-Read, a 1930's Ob/Gynae who found that women who are well prepared and able to use hypnosis can be free from the fear-tension-pain cycle and have easier deliveries. As a midwife and mother I have found this to be true.

Fear elicits the adrenaline response and hypnosis teaches you how to break that cycle. You engage your body to work in the way nature intended and so assist in your baby's easy birth.

The treatment gives you full preparation for the birthing process, what happens, what you will feel at each stage and what to expect. You, and your partner, will learn how to use self-hypnosis and visualisation to remain relaxed and focused, to guide thoughts and breathing. Fears and worries surrounding birth are released. Hypnosis can help keep you calm and focused even if things don't go according to plan.

People who use this method have shorter labours, fewer complications and calmer babies who feed well. Clients who have had a prior bad birth experience or are planning VBAC find this incredibly useful too.

Knowing that the mind controls the body's response and how any pain felt will be minimised during delivery is the object of this program. Deep relaxation allows a state of internal calm – the opposite of the adrenaline response. You change the mental blueprint of your baby's birth day so you can feel comfortable and be in control.



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THESE PROGRAMS ARE DESIGNED FOR

FERTILITY:

Individuals/couples planning a pregnancy

Trying to conceive

Preparing for IVF

Primary or secondary infertility

Post failed IVF

Miscarriage or ectopic

BIRTHING:

Couples who wish to prepare for the
best possible birthing experience.

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