

# 1984 ASPO/Lamaze Convention

## Dr. Sheldon to Speak on Hypnosis as Intervention in Pregnancy

Edward E. Sheldon, Ph.D., is a psychotherapist in private practice in Santa Monica, CA. He specializes in the use of hypnosis in obstetrics and gynecology, and pre and perinatal psychology. His work with



high risk patients has shown that hypnosis can be used for a variety of obstetrical applications, from making labor easier to stopping premature contractions in order to avoid spontaneous abortion.

Dr. Sheldon emphasizes the importance of understanding and utilizing both conscious and unconscious beliefs and experiences to eliminate motivational and learning factors that could cause harm to mother and baby. He suggests that positive conscious and unconscious hypnotic suggestion can be used to create internal

body-mind sets which increase and enhance both positive medical outcomes and psycho-emotional health and satisfaction. It is his hope that physicians, medical and hospital staff, and Lamaze teachers will become aware of the benefits of positive hypnotic communication and will learn to use hypnosis with their patients and expectant parents.

Dr. Sheldon has earned doctoral and masters degrees in clinical psychology and a bachelors degree in psychology and education. He has extensive training in Ericksonian hypnosis and Neuro-linguistic Programming. In addition to his private practice, Dr. Sheldon offers training to graduate students and professionals in hypnosis, psychology and holistic health.

At the ASPO/Lamaze Annual Conference, Dr. Sheldon will present how hypnotic techniques can be used in conjunction with Lamaze training to increase overall effectiveness.