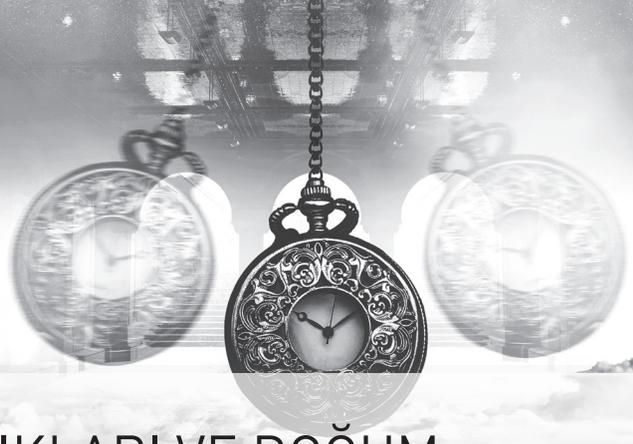


16.

Bölüm



KADIN HASTALIKLARI VE DOĞUM ALANINDA HİPNOZUN KULLANIM

İnci ÇAVUŞOĞLU¹

Hipnoz yaygın olarak kullanılan popüler bir zihin beden tekniğidir. Son yıllarda kadın hastalıkları ve doğum alanında hipnoza olan ilgi gittikçe artmakta, elde edilen faydalar bilimsel çalışmalarla da destek bulunmaktadır. Hipnotik yaklaşım birçok telkin ve uygulama tekniğini kapsar. Kadın doğum pratiğinde analjezi/anestezi sağlama, disosiasyon, zaman distorsiyonu, amnezi oluşturma, yeniden yorumlama, olumlu hayallere odaklanma, dönüştürme, yer değiştirme gibi birçok hipnotik teknik kullanılmaktadır. Bu bölümde kadın hastalıkları ve doğum alanında hipnotik trans uygulamaları, ilk değerlendirme aşamasından başlanarak, literatür eşliğinde, örnek telkin kalıplarıyla anlatılmaya çalışılacaktır.

Gebelik, doğum ve erken anneliği içine alan dönem, bir kadının hayatındaki en önemli gelişim basamaklarından biridir (1). Gebelik ve doğum, bedene yüklediği fiziksel stresin yanında, birtakım psikolojik değişim süreçlerini de tetikler. Bir bebek doğarken aynı zamanda bir anne ve baba da doğar. Evlilikle birlikte 'ben' olmaktan 'biz' olmaya yaşanan zihinsel sıçrama, annelikle birlikte boyut değiştirir, yavrusunu kucığına alan kadın artık bir başkasında, yavrusunun benliğinde erimeyi deneyimler. Kadın

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