



KIS Birth

Keeping It Simple

KisBirth Counselling is a non-directive counselling experience with a simple approach to what can often feel like a complex experience.

The counselling process is based on creating a safe space for you to be. There is a foundation of empowerment which begins in the counselling sessions and this can then extend to your birthing experience and to your life.

In sessions, we get back to basics and work honestly, compassionately and creatively with your fears, anxiety, plans, hopes and dreams.

KISBirth counselling sessions enable you and your partner (if you wish them to be present - this is your decision), to feel more informed about your own coping methods, your own resources, develop new tools and skills to manage birth and situations that can arise in birth, and discuss elements of the experience that can increase your feelings of empowerment and as a result increase your overall wellbeing during pregnancy, birthing and after birth.

Therefore you can focus once again on the joy of welcoming your baby and celebrating the miracle of birth.

*Catherine has worked with women for over 20 years.
Catherine is a Social Worker, Member of the Australian Association
of Social Workers, Professional Coach, ACC ICF, NLP Practitioner
and MBit Certified Coach.*

Your sessions are tailored to your individual needs and requests

however may include the following topics:

(Medicare rebates may apply for some sessions please ask)

#1. Discovery - your needs in Birth Counselling so that you can decide if you think/feel, that KISBirth is right for you. We can also get clear on your birth vision, mapping possible directions, whilst remembering the importance of being flexible with plans.

#2. Self-knowing- understanding and gently enquiring into fears, anxiety and worries. Here you can meet crystals of knowledge and power to find your inner strength and knowing, to serve you at choice points along the journey.

#3. Self Supporting - considering tools and skills to support you emotionally and spiritually (e.g. meditation, mindfulness), through the birthing experience and beyond.

#4. Partnership/Support team planning - working together as a birth team to become parents together on the same path joining different directions whilst retaining self-power and inner trust and knowing.

#5. Readiness: for birth and support circle for birth and babymoon

#6. Birth story session - to facilitate birth story integration after birth

Session Fee: \$110 per session

(Medicare rebate may apply for up to 3 sessions - requires a referral from your GP)