What is Haptotherapy???

Haptotherapy is a type of complementary therapy that involves: The use of touch to achieve mental relaxation. Interventions: such as talking and counselling, to assist individuals in getting in touch with their feelings. It is based on haptonomy, referred to as a technique that helps to build the affective relationship between the parents and their future baby.

- Originated in France
- Founder is Frans Veldman who moved to France, hence most notes about this is available in Dutch or French.
- Haptotherapy is the therapeutic application of haptonomy: The Science of Affectivity. Haptonomy studies the affective relations between people and their surrounding world.
- In the current world we live dissociated from reality and rely more on technology.
- This disconnect especially in pregnancy cause to believe in everything that is spread around through media and woman grip with fear or have lack of confidence to birth.
- Haptotherapy simply helps woman to connect to her world around and to her own baby. It helps to rely on her powers to labour and give birth.

INDICATIONS.

- General:
  - Having difficulties with recognizing and expressing emotions and feelings.
  - Negative self-image (inferiority complex).
  - Having difficulties with intimacy.
  - Relationship problems.
  - Problems related to life transitions (i.e. from adolescence to adulthood).
  - Problems with accepting or processing a loss, trauma, illness or disability.
  - Anxiety and loss of confidence.

- Related To pregnancy:
  - Fear of childbirth (Tokophobia).

Recommendations

- Midwives need to be competent to address pregnant women’s fears regarding labour and birth in antenatal care.
- The use of a valid assessment tool to identify the level of FOC in women, even if they do not raise the issue, is recommended in routine antenatal care so that appropriate expert support can be offered.
- A one-on-one conversation may be feasible for those women.
- Cooperative local networks between midwives, psychologists and obstetricians qualified in psychotherapy should be established to ensure timely and effective care for women with high or severe FOC.
- Certification on alternative and complementary therapies like haptotherapy can be considered for nurses and used as non-pharmacological intervention.

What can fear in labour cause????

REFERENCES

- Pictures are Collected from Google and we acknowledge the credits to their owners.

CONCLUSION

Haptotherapy helps in developing the ability to open up for interaction but also to feel free to hold back if felt necessary with the main goal of letting the client feel comfortable with “becoming herself”.

REFERENCES

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