

## **Doula Specialty Now Offered By Hillsborough Massage Therapy LLC**

What is a Doula? Simply put, a Doula offers emotional and physical support to a woman and her partner during pregnancy and labor. This service is now offered by Penny Bussell Stansfield of Hillsborough Massage Therapy LLC.

Penny has an extensive background as a skilled Massage Therapist and as a Doula. She was born in the UK, lived in France for 15 years and has been in the States for 10 years, primarily in Tucson, AZ. She graduated from the Desert Institute of the Healing Arts as a Licensed Massage Therapist. Since moving to Hillsborough in 2003, Penny has been teaching at Somerset School of Massage Therapy and works in the Continuing Education Program at Health Choices Massage School in Hillsborough. Penny has three children and has been a practicing Doula for eight years.

Penny notes, "In addition to being a Nationally Certified Massage Therapist, I am proud to be a Professional Childbirth Assistant, known as a Doula. I support women in their choices for childbirth and help them grow in confidence during their pregnancy by listening to them and showing respect for their culture, beliefs, ideas and customs. During labor, I stay with the couple continuously and help them through touch, praise, reassurance and guidance and use a variety of physical comfort measures such as massage, breathing and positioning. I encourage Dads or partners to participate at their own comfort level and guide them in appropriate ways to support the laboring woman."

Having a Doula enables a woman to be more relaxed, comfortable and confident during labor and can reduce the risk of medical interventions by up to 50%. Studies show that Doula mothers have significantly less anxiety, fewer signs of depression and a higher level of self-esteem during the postpartum period. Constant support during labor has favorable effects on the subsequent psychological health of women and infants. (Source: Klaus, et al "The Doula Book", Perseus Publishing, 2002.)

Penny Bussell Stansfield can be reached at Hillsborough Massage Therapy LLC, located at 601A Omni Drive in the Professional Center on Route 206 South in Hillsborough. Telephone her at (908) 359-5777 to find out more about the role of the Doula. Questions may be emailed to her at: [info@hillsboroughmassage.com](mailto:info@hillsboroughmassage.com). A special "Doula Services" brochure can be mailed or emailed to you at your request.

A complete list of massage treatments available through Penny and her partners, Kathy D. Borsuk and Gary Verhoorn, can be found at: [www.hillsboroughmassage.com](http://www.hillsboroughmassage.com).

Driving Instructions: From the Somerville Circle area, take Route 206 South. Omni Drive is the first block on the right after Valley Road (just past United Rental). Traveling north on Route 206, Omni Drive is the first left after K-Mart and Wendy's. Look for signs marked "Professional Center."