



BIRTH TRAUMA ASSOCIATION

Trauma-informed care

This video is presented by the tv broadcaster Anna Williamson.

Some pregnant women have experienced trauma such as rape, domestic violence or previous traumatic birth. Using interviews with experts and parents, this video looks at how trauma can affect a woman giving birth, and how health professionals can help by providing trauma-informed care.

Learning points

- For trauma survivors, pregnancy and birth can re-awaken trauma symptoms.
- Small things such as being touched without consent can be immensely triggering, especially for survivors of abuse.
- Health professionals can work with pregnant women to identify ways of minimising the trauma of giving birth.

Questions for discussion

- Divina said: “Everything that had happened in my first birth came to meet me on the table in my second.” How could trauma-informed care have made her second birth a better experience?
- If a woman has been previously traumatised, how might this affect the way she behaves in labour? What signs could you watch out for?
- Trauma-informed care enabled Rachel to feel positive about her forthcoming birth. How could you embed trauma-informed care in your own practice?

Participants

The experts featured in this video are: Caroline Bradbury-Jones, professor of gender-based violence and health at the University of Birmingham; Kicki Hansard, doula and author of *Supporting Survivors of Sexual Abuse Through Pregnancy and Childbirth*; Fiona Laird, consultant midwife, North Middlesex Hospital; and Dr Rebecca Moore, consultant perinatal psychiatrist and co-founder of *Make Birth Better*. The parents are Divina Johnson and Rachel Tait.