

TRAUMA INFORMED BIRTHING

 You're invited

Recognising and responding to birth trauma

We are delighted to invite you to our birth trauma workshop. The aim of this event is to give you insight into birth trauma and its impact to mum, partner, baby and the community. You will hear about the lived-experience of both a mother and a father. The result of the Australasian Birth Trauma Associations birth preparation survey and what women wish they'd known. As well find out about the support service that is now available for families.

WHAT IS BIRTH TRAUMA?

Trauma means a wound, serious injury or damage; it can be physical or psychological (deeply disturbing and distressing). The delivery of a baby can be a positive experience for some women, but for others it can be very negative, resulting in physical and/or psychological injuries (trauma). The psychological trauma may be the result of an extreme disconnect between a woman's expectations of what would happen and the shock of what actually occurred. It may also relate to feelings of loss of control and a sense of not having a 'voice' in the face of authority, and unexplained interventions, as well as to the physical damage.

EVENT DETAILS

When: Wednesday 5th February
Location: Level 2, MBBIC Building, Redcliffe Hospital
Time: 5.00 - 7.00pm

RSVP

Please RSVP to either Natasha Visser:
Natasha.Visser@health.qld.gov.au
Contact number: 3883 7676
or
helen.funk@health.qld.gov.au by Monday 3rd February
Attendance is possible via zoom, the zoom meeting details will be forwarded 3 days prior to the event.