



HEALING THE INVISIBLE WOUNDS OF BIRTH

The Impact and Recovery of Pre- & Post-Natal Trauma

What is Pre- & Post-Natal Trauma?

It is emotional distress rooted in experiences before, during, or after birth.

Important Note:

A "successful" medical outcome doesn't always mean an easy emotional one. Your feelings are valid, even if the delivery was "safe."



Recognising the Signs

Look for these common indicators in your daily life:

- **Intrusive Memories:** Replaying the birth or pregnancy like a movie you can't turn off.
- **The "Trigger" Effect:** Feeling intense distress when others share their birth stories.
- **Bonding Barriers:** Feeling a "wall" between you and your baby or partner.
- **The Emotional Fog:** Persistent shame, guilt, or memory gaps regarding the experience.
- **Hyper-Vigilance:** Feeling "on edge" or constantly scanning for danger.

The Impact: Then vs. Now

How professional support shifts the narrative of your daily life.

Without Support (The Struggle)

Overwhelmed by triggers/medical settings

Disconnected from self and loved ones

Persistent anxiety and emotional numbness



With Support (The Healing)

Reduced reactivity; feeling "in control"

Stronger bonds and emotional closeness

Increased resilience and self-compassion



Your Path to Recovery

Healing isn't one-size-fits-all. Different therapies target different parts of the trauma:

- **EMDR:** Re-processes traumatic memories so they lose their painful "sting."
- **Trauma-Focused CBT:** Challenges the "Is this my fault?" narrative.
- **Somatic Therapy:** Helps the body release the physical tension stored from the trauma.
- **Mindfulness:** Regulates the nervous system in real-time.



Emergency Tool: The Mindful Grounding Check

Use this 4-step tool when you feel a trauma response rising:

- **Identify:** "I am feeling triggered right now."
- **Challenge:** "Is this thought a fact, or an interpretation of my past?"
- **Replace:** Swap the thought with a compassionate one (e.g., "I am safe now").
- **Ground:** Inhale for 4s, Exhale for 6s. Name 3 things you see.

TAKE THE FIRST STEP

You don't have to carry this weight alone.
Whether in-person or virtual, healing is possible.