



# **Birth Trauma: A Guide for You, Your Friends and Family to Coping with Post-Traumatic Stress Disorder Following Birth**

*Kim Thomas*

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# Birth Trauma: A Guide for You, Your Friends and Family to Coping with Post-Traumatic Stress Disorder Following Birth

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## **Birth Trauma: A Guide for You, Your Friends and Family to Coping with Post-Traumatic Stress Disorder Following Birth** Kim Thomas

Birth ought to be a joyful experience: for some women, however, it is anything but. Women who have experienced a medical emergency during birth often find that the memory of it doesn't go away just because a healthy baby has been delivered. They experience the symptoms of post-traumatic stress disorder: flashbacks, sleeplessness, nightmares or extreme anxiety. Some go out of their way to avoid being reminded of the birth, and they may find it difficult to bond with their baby. Post-traumatic stress disorder after birth, known more simply as 'birth trauma', affects at least 10,000 women every year in England and Wales. Yet the condition is poorly misunderstood and women suffering from birth trauma often do not receive the treatment or support they need. They may be misdiagnosed as suffering from postnatal depression, and many find that friends and family, instead of being supportive, simply tell them to pull themselves together. This valuable and fascinating book explains everything you and your family and friends need to know about birth trauma: what causes it, how it affects your personal relationships, how to treat it and where to find support. Using the powerful personal stories of women who have suffered birth trauma and overcome it, this book shows that it is possible to go through this difficult experience and come out the other side. A percentage of all royalties is donated to charity.

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