

Birth Trauma Resolution Therapy

- ◆ Sessions held by experienced midwives who are RCM accredited BTR practitioners
- ◆ Fast and effective treatment for birth trauma and PTSD

Sessions are arranged by appointment after initial telephone contact.

Cost for the first session is £75, for one and a half hours.

Further sessions are £50 each for one hour.

To book a BTR session, please telephone **0777 501 0331**
Monday to Friday, 8am - 4pm

Further information

Please telephone the number above, or email:
enhancedmaternity.enh-tr@nhs.net



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Birth Trauma Resolution



Diamond Jubilee Maternity Unit
Lister Hospital



What is birth Trauma Resolution?

The Birth Trauma Association estimates that 10,000 women in Britain each year are treated for post-traumatic stress disorder (PTSD) as a result of a traumatic birth.

Birth Trauma Resolution (BTR) is a safe and effective treatment for those who have suffered a birth trauma. Support and treatment is offered to make the traumatic memory into a functional memory so that the birth can be remembered without symptoms arising, allowing you to enjoy motherhood and family life.

Who will undertake the therapy sessions?

Sue Norris and Rose Bedford are qualified and experienced midwives who work at the East and North Hertfordshire NHS Trust. Both Sue and Rose have a particular interest in birth trauma and have undertaken specialist RCM¹ accredited training to become BTR practitioners.

¹Royal College of Midwives (RCM)

What does a practitioner do?

The practitioner is trained to:

- Listen to your unique birth experience in a sympathetic and non-judgemental way
- Teach you breathing techniques to help you relax and reduce symptoms of anxiety and panic
- Dissolve the strong negative emotions attached to the memory of your baby's birth so that you can remember the birth without feelings of anxiety and panic
- Help rebuild your confidence after the trauma
- Help you rebuild your relationships and get your life back on track



What situations lead to birth trauma and PTSD?

Any situation where the mother has felt under threat of death or serious injury to herself, her baby or to their physical integrity can lead to birth trauma and PTSD.

We feel passionately that the experience of birth trauma and PTSD is unique to the individual woman and her experience or perception of her birth.

Do you treat fathers, birth companions and staff?

BTR practitioners are trained to work with mothers, fathers and birth companions. They also offer treatment for midwives, obstetricians and health visitors suffering from indirect trauma.

How many treatments will I need?

Your practitioner is trained in solution-focussed therapy, offering you great results in as little as 1-4 treatments.

Common symptoms of trauma are:

- Re-living aspects of the trauma
- Flashbacks (feeling like the trauma is still happening)
- Intrusive thoughts or images
- Nightmares
- Feeling anxious or panicky when thinking of baby's birth
- Increase in physical symptoms like asthma, IBS, migraines
- Avoiding thinking of the birth because it is too distressing
- Avoiding activities, places or people that remind you of the birth
- Finding it hard to remember important aspects of the birth
- Lost interest in activities you used to enjoy
- Disconnection from family and friends
- Unable to express loving feelings towards baby/child, family or friends
- No hopes or positive thoughts about the future - constantly watching for danger
- Feeling 'on edge'/jumpy
- Difficulty falling or staying asleep
- Feeling irritable/angry outbursts