

Birth Trauma Support

Updated January 2025

The word “trauma” is a term that one hears more frequently in general conversation as discussions about mental health are destigmatized in general society. For some, the term still feels “intense” and those may reject to the term being applied to their own experiences.

One working definition of ‘trauma’ that mental health providers often use everyday conversation is anything that happens “too much, too fast, and unexpectedly”. Using that lens, one can see how commonly a birthing couple might experience their birth as a traumatic experience (research shows 30 % of births [makebirthbetter.org]).

The resources below are available to offer support and information to anyone interested in accessing support around processing their experience. If you, or your partner, are struggling with this experience, talk to your OB, primary care physician, or a mental health professional to get help.

Online Resources/ Information

- **Postpartum Support International— postpartum.net**
 - Resource devoted to providing education and awareness about perinatal mood disorders, online support groups, directory of local providers and state-by-state chapters
 - **Make Birth Better— makebirthbetter.org**
 - Resource devoted to helping parents access support and professionals access training and information about birth trauma.
 - **Prevention and Treatment of Traumatic Childbirth (PATTCh)— pattch.org**
 - Articles focused on traumatic birth and PTSD, partners, breastfeeding after birth trauma, pregnancy following traumatic birth written by experienced professionals
- Preeclampsia Foundation— preeclampsia.org**
- Information and stories from parents who have experienced birth trauma

Online Support and Resources for Patients, Friends, and Family

- **National Placenta Accreta Foundation— preventaccreta.org/support**
 - Resources
- **HELLP/Preeclampsia Circle via Zoom**
 - Join other survivors at the Circle each month on Zoom (free). For more details email Rachel at info@circleconnectiondmv.com

● Facebook Links

Birth Trauma
Support Group



Traumatic Birth
Stories and Support



Maternal Near Miss
Support Group



Support For Partners

● Postpartum Support International Chats For Dads

- First Mondays of every month – PSI hosts a free call-in forum for dads facilitated by a perinatal mood disorders expert. Call for information, support, and connection with other dads. for more information and call-in number:



● Dr. Andrew Mayers' Website- andrewmayers.uk/

- Dr. Mayers is a UK-based PhD researcher focused on fathers' experience during the postpartum period

● Make Birth Better “Supporting Partners”– makebirthbetter.org/support-for-partners

Books/Journals

- *Birth Crisis*, by Sheila Kitzinger
- *Cesarean Voices*, by the International Cesarean Awareness Network
- *Heal my PTSD*, by Michele Rosenthal
- *How to Heal a Bad Birth*, by Melissa Bruijn and Debby Gould
- *Rebounding from Childbirth: Toward Emotional Recovery*, by Lynn Madsen
- *Making Peace with Your Birth Experience*, by Kathleen Kendall-Tackett, Ph.D



Birth Trauma Mental Health Practitioners

- Beauchamp, Jessica, LICSW, PMH-C Adv. (978) 228-3703
- Brown, Lauren, Psy. D., PMH-C Adv. (978) 369-3297
- Center for Perinatal Wellness (413) 203-1300
- Foley, Jessica, LMHC, PMH-C (617) 877-0071
- Freid, Jodie, LMHC (508) 433-0028
- Fritts, Barbara, Ph.D, PMH-C (508) 505-4473
- Insoft, Andrea, LICSW (617) 694-6846
- Johnson, Megan, LICSW (617) 549-2726
- Sarantopoulos, Liz, LICSW (617) 221-5315