

Where does a birth reflections appointment take place?

Usually away from the maternity unit and often via video consultation. We will arrange the location with you based on your needs.

If you need a further appointment or specialist therapy, we will arrange this at your initial appointment.

How do I access this service?

Discuss your emotional needs with your current health care professional (your midwife, health visitor or GP). They can refer you to us and other services if appropriate.

You can also refer yourself.

How do I refer myself?

You can do this by emailing the Birth Reflections service on:

Rcht.birthreflections@nhs.net

Please include in your email:

- your name
- date of birth
- how you would like us to help.

We will contact you to arrange an appointment.

Patient testimonials

'It enabled me to process the timeline of events and start to recover from such a difficult time.'

'The talk through was extremely supportive, explanations of what happened to me were given freely and I was able to talk through my feelings and also experience of after care. I was left feeling listened to and understood.'

'I have never really felt such warmth towards a stranger so quickly and to be told that it was OK that I had struggled was really healing.'

'It allowed me to discuss my first labour and helped me understand it a little better. Eased my concerns and gave me confidence. My second birth was world's apart from my first.'

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690



Birth reflections

Helping you heal from
unresolved birth experiences



What is the birth reflections service?

It's a supportive and confidential service to help you with unresolved issues around your birth experience.

Who is it for?

It's for people who are pregnant or who recently gave birth.

Becoming a parent may feel particularly challenging for you. You may need additional support to understand your birth experience and overcome any difficulties.

What can I get help with?

We help you understand and overcome issues including:

- a traumatic birth
- difficulty understanding your emotions after your baby's birth
- confusion and memory loss about events and timings
- unanswered questions about the birth
- uncertainty in pregnancy because of upsetting memories from a previous birth
- difficulty understanding the actions or processes during your pregnancy and birth.

How can we help you?

Our specialist midwives have training in birth trauma. We help you reflect on your birth experience and understand your personal journey.

We will help you to:

- fill in any missing gaps in your birth experience
- understand the reasons behind care decisions and interventions
- understand your feelings and emotions.

We listen without judgement and support your feelings and experiences.

Although confidential, you're welcome to have a partner or relative with you for additional support.

We can also help your partner to understand their feelings and experiences associated with your birth journey.

How does the service work?

We will arrange with you a one hour initial appointment.

For postnatal appointments, we recommend adjusting to family life at home before reflecting on your experiences. Evidence suggests that over a period of 6 to 12 weeks, the natural emotional healing process happens for 80% of people.

We offer support tailored to you. We see most people once, but may offer additional support depending on your needs.

We can also direct you to other specialist services to help you get the best support.



The spiral sun is a symbol of healing. It helps us recover from setbacks and fall back into the natural rhythm and healthy harmony of life.