



# Traumatic Childbirth

*Cheryl Tatano Beck, Jeanne Watson Driscoll, Sue Watson*

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Postpartum depression has become a more recognized mental illness over the past decade as a result of education and increased awareness. Traumatic childbirth, however, is still often overlooked, resulting in a scarcity of information for health professionals. This is in spite of up to 34% of new mothers reporting experiencing a traumatic childbirth and prevalence rates rising for high risk mothers, such as those who experience stillbirth or who had very low birth weight infants.

This ground-breaking book brings together an academic, a clinician and a birth trauma activist. Each chapter discusses current research, women's stories, the common themes in the stories and the implications of these for practice, clinical case studies and a clinician's insights and recommendations for care. Topics covered include: mothers' perspectives, fathers' perspectives, the impact on breastfeeding, the impact on subsequent births, PTSD after childbirth and EMDR treatment for PTSD.

This book is a valuable resource for health professionals who come into contact with new mothers, providing the most current and accurate information on traumatic childbirth. It also presents mothers' experiences in a manner that is accessible to women, their partners, and families.

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