



Amanda Harry^{MSW, RSW}
Psychotherapy and Consulting

amandaharry.com



Birth Story Processing

Have you experienced or witnessed a birth with traumatic or unexpected events?

Do you find yourself ruminating on the same moments from your birth?

Perhaps your birth went according to the “plan,” but you were still shocked or disappointed by it (even a straightforward birth can rock your heart).

Are you confused by why you can’t just “move on” and “get over it”?

Many women discover that the events and emotions of their birth linger for months or even years after their baby has arrived. Feelings of frustration, inadequacy or self-judgment can “stick” to new parents when taking the time to process the events has not occurred.

IT IS POSSIBLE TO GAIN CLARITY, PEACE AND EASE

What are birth stories?

- The narratives we tell ourselves about a birth experience
- The narratives we tell others about a birth experience
- The meaning we make about a birth experience
- Stories passed down through families or within cultures
- An important piece of the foundation of our entry into parenthood and into relationship with that child

Sometimes we move past these key experiences without integrating and organising them.

What are the benefits of birth story processing?

- Integration
- Connection/Opportunity to share
- Gaining understanding of strengths
- Resolution of feelings around birth and understanding of what it means to become a parent
- Validation, social and emotional support by sharing information
- When we are participating in personal growth and self-exploration on the path to healing, though the path is not always linear, we serve those around us. We are no longer blind to our stories and how they impact our actions

“Telling birth stories allows the (person) to organise (their) memories of this life-altering event, to integrate (their) feelings about the event, and to shape their perceptions of other (people) who have yet to give birth.”

(Cynthia Garley & Sarah Widmann 2001)

Who benefits from birth story processing?

Anyone who has been present for a birth or postpartum experience! including...

- Mothers (or Birthing Parents)
- Fathers (or Supporting parents)
- Expectant parents wishing to process a previous birth before giving birth again
- Birth Workers: Doulas, Midwives, Nurses or Doctors
- Other Family Members

Birthing parents, supporting parents, partners and birth-workers can all experience challenging births. And they all deserve to process those experiences in a safe and dedicated space with a compassionate and experienced guide.

Benefits of birth story processing

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There doesn't have to be trauma present to benefit from organising our stories.

WHAT TO EXPECT:

Sessions can be held in person in Wainfleet, over secure video call or phone. Each session lasts 50 minutes.

The fee for a session is \$150. Most extended health benefit providers cover the cost of services provided by a MSW.

I encourage you to check beforehand if you have coverage.

For birth preparation, birth story processing and support as you transition into parenthood visit amandaharry.com to book your free 15 minute consultation.

Covered by many extended health benefit plans!



Amanda Harry MSW, RSW
Psychotherapy and Consulting
Nurturing resilience with compassion

Direct 289.439.7625
Email info@amandaharry.com
Web amandaharry.com