



## NURTURE PARENTHOOD

# Perinatal Post Traumatic Stress Disorder

### What is Perinatal PTSD?

PTSD is a form of anxiety disorder that occurs following an experience of a traumatic event. Often in the perinatal period, this can result following a birth trauma, perinatal loss, or other traumatic perinatal experience. It can happen to any woman, birthing person or birthing partner, as well as professionals and others involved in a birth.

### Common Symptoms of Perinatal PTSD

Reliving the traumatic event (flashbacks, nightmares, intrusive thoughts)

Hyperarousal - feeling alert and on edge, jumpy, sleep difficulties

Avoiding things that remind you of the experience, emotional numbness, disconnection, substance use

Negative thoughts and feelings about yourself, others and the world around you

### Treatments for Perinatal PTSD

- Psychological interventions: therapeutic support may include trauma focused approaches such as Trauma-Focused Cognitive Behavioural Therapy (TF-CBT), Eye Movement Desensitization and Reprocessing (EMDR) to help process the experience. Approaches such as Compassion Focused Therapy can also be used to make sense of the trauma in relation to your wider life experiences.
- Medication is not routinely offered for PTSD but medication may sometimes be prescribed for comorbid difficulties such as low mood

If you are struggling with any of the above symptoms and would like therapeutic support in developing skills to manage these feelings, or to make sense of your experience, get in touch via our website or the below email to arrange a consultation. There are a range of resources available on our website that may be of benefit to you.