CONFERENCE AIMS:

- To facilitate a better understanding of the birth trauma experienced by women;
- To provide information on ways that health professionals and others can assist women to seek assistance;
- To facilitate the formation of support networks for women who have experienced birth trauma or grief or feelings of disappointment following a birth and to support these women when planning a subsequent pregnancy;
- To provide specific information on human rights (particularly in relation to birth) and to discuss the current crisis in the options available to birthing women and midwives;
- To provide information on the significance of consent in the birth environment;
- To discuss current maternity services, and ways to negotiate challenging environments and policies;
- To work together to better support women to reduce the incidence of birth trauma, currently self-reported by women as affecting up to one in three births.

THURSDAY 10 MAY 2018

0900 Welcome

0915 Birth Trauma and its impact
Amanda Donnet BPsych BSc(Hons) MClinPsy:ch MAPS
What is birth trauma and how does it impact on women and their families. Birth trauma and PTSD are different from other perinatal mental health concerns. What factors contribute to a birth being perceived as traumatic, and how trauma turns into PTSD.

1030 Morning Tea

1100 Birth Trauma and its impact
Holly Priddis RM BN(Hons) PhD
This presentation will explore the physical and psychological impact of birth trauma on women, and will incorporate the personal traumatic birth journey of the presenter.

1215 Discussion with Amanda Donnet & Holly Priddis

1230 Lunch

1330 Supporting women to take initial steps towards healing
Debby Gould BN GradDipMid & Melissa Bruijn BA
In this session, we discuss the keys that we have found to be crucial in unlocking a woman’s understanding of her own trauma, and then provide insights to know how to support her. These keys will change her understanding of her trauma and enable her to recognize how to take her healing forward.

1500 Afternoon Tea

1530 Support services: What women really need after a traumatic birth
Debby Gould BN GradDipMid & Melissa Bruijn BA
Drawing on their experience from Birthtalk’s Healing from Birth™ meetings, the presenters will discuss 5 important steps that need to be taken for the healing journey to be complete: Awareness, Acknowledgement, Validation, Education and Processing. Exploring what is important for a group or an individual health professional to take a woman through all 5 steps, or to effectively refer her to suitable resources for further assistance.

1700 Close

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FRIDAY 11 MAY 2018

0900 Welcome

0915 Birth Trauma and Human Rights
Bashi Hazard

Are we normalising trauma and PTSD as another pathological consequence of pregnancy and childbirth? What are the human rights issues underpinning the failure to prioritise, at the medical, midwifery and legal levels, the mental health of women who then bear responsibility for society’s greatest need – our next generation? In this session we focus on the blind spot in Maternity Healthcare – the abuse and disrespect of pregnant women - and how that translates into a blind spot on quality of care and a crisis of accountability. When understood within a structural framework, it becomes clear that birth trauma is not a consequence of a woman’s lack of resilience but of poor quality care.

1030 Morning Tea

1100 The Australian Handmaid’s Tale
Bashi Hazard

Will modern midwifery survive the ravages of medical power structures? We look at issues of professional courtesy, and typical responses to oppressive structures and alignment of power that lead to inadvertent support for poor quality of care, abuse of prevailing accountability mechanisms and the resulting impact on an entire profession.

1215 Discussion with Bashi Hazard & Rachel Reed

1230 Lunch

1330 Challenges of providing Woman-centred care in Institution-centred Maternity Services
Rachel Reed RM BSc(Hons) GCEd PhD

This session will explore issues that midwives face when working in institution-centred maternity services. Legal, professional and ethical issues will be explored including navigating evidence-informed practice and conflicting policies.

1500 Afternoon Tea

1530 Supporting each other
Jessie Johnson-Cash RN RM BNSc MMid PhD Candidate

Historically, women have always sat together, weaving stories and connection. In this session, we explore the concept of support circles for midwives and student midwives, and discuss the practicalities of how to establish them in our local areas.

1645 Closing session including a photographic presentation by Holly Priddis.

SPEAKERS

Birhttalk founders: Melissa Bruijn BA and Debby Gould BN GradDipMid

Debby originally trained and worked as a midwife. She is now a childbirth educator and doula. Melissa experienced a traumatic birth ending in caesarean, an empowering VBAC, and a beautiful waterbirth. Together, they are the authors of the book How to Heal a Bad Birth: Making sense, making peace and moving on, where they share their experiences after 16 years facilitating their Healing From Birth meetings.

Amanda Donnet BPsych BSc(Hons) MClinPsych

MAPS is a registered psychologist and the owner and director of Mothers, Milk and Mental Health, where she shares her passion about breastfeeding, mental health and supporting mothers and their families through the challenges of early parenting. In her private practice, Amanda predominantly works with women and their families experiencing depression, anxiety, or adjustment difficulties during pregnancy and the postnatal period.

Bashi Hazard is an Australian lawyer, with experience in human rights, negligence and competition and consumer law. Since 2015, Bashi has been a Board Director of Human Rights in Childbirth (HRiC) and she is the Board Secretary of Radio Station 2RRR in Sydney.

Jessie Johnson-Cash RN RM BNSc MMid PhD Candidate is a Lecturer at the University of the Sunshine Coast. She has practised midwifery in a range of models and settings. Jessie is passionate about supporting students: viewing the process of becoming a midwife as another rite of passage and she is acutely aware of the unique challenges students face.

Holly Priddis RM BN(Hons) PhD is a midwife and Lecturer in Midwifery at Western Sydney University. Her main research areas include understanding the experiences of women who sustain birth related trauma, specifically severe perineal trauma. Holly is interested in the impact that birth trauma has on the sexuality and identity of the woman, and how the psychological and/or physiological implications of birth trauma impact on the woman’s ability to mother.

Rachel Reed RM BSc(Hons) GCEd PhD is a Senior Lecturer and Discipline Leader in Midwifery at the University of the Sunshine Coast. She has practised midwifery in a range of models and settings in the United Kingdom and Australia. Rachel is committed to the promotion of physiological birth, and of women’s innate ability to birth and mother. She is a writer and presenter, and the author of the Midwife Thinking blog site.
Birth Issues Conference

Birth Trauma, Human Rights and Negotiating the System

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Attendance at both days of the Conference is strongly encouraged

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Birth Issues Conference

Birth Trauma, Human Rights and Negotiating the System

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A unique conference focusing on significant issues affecting health professionals and birthing women.

12 May - Cultivating Compassion in Maternity Care Workshop

Cultivating Compassion in Maternity Care

1-day workshop for health professionals with Amanda Donnet

Melbourne 17 March | Sydney 7 April | Brisbane 12 May
Calnrs 24 August | Townsville 25 August | Toowoomba 14 September
Brisbane 2 November | Canberra 17 November

Amanda Donnet BPysch BSc(Hons)(Psych) MClinPsych MAPS Cert IV Breastfeeding Education (Counselling) is a Psychologist and Clinical Registrar. She is the founder and Director of Mothers, Milk & Mental Health.

Perinatal Grief and Loss

1-day workshop for health professionals with Paula Dillon

Ballina 22 June | Toowoomba 15 September

Paula Dillon RN RM BN PostGradDip Mid MMid has been a midwife for 14 years, and involved in perinatal loss education for 11 years. She is a member of the Perinatal Society of Australia and New Zealand Stillbirth and Neonatal Death Alliance (PSANZ-SANDA).

Promoting Physiological and Instinctive Birth

1-day workshop with Jessie Johnson-Cash

Ballina 23 June | Brisbane 3 November

Jessie Johnson-Cash RN RM BNSc MMid PhD Candidate is a Lecturer at the University of the Sunshine Coast. She has practised midwifery in a range of models and settings.

See website for details and online registration. www.capersbookstore.com.au