

Debrief Session

Your Story

Many women report lingering emotional distress following the birth of their babies. This often shows itself in the form of flashbacks, nightmares, and/or physical reactions to real or symbolic reminders of the event.

Having the opportunity to debrief after your labour and birth is important and is best done with your maternity care provider. For many reasons, this may not have been possible for you. At Willow we offer a debrief service and can provide Havening as part of this to address any residual trauma, anxiety, or fear.

What to Expect

If it is helpful, we can support you to obtain a copy of your notes from the place you birthed, or you may have a copy of your notes if you birthed at home.

We then bring our extensive midwifery expertise to help you to make sense of your experience, and to unpack your feelings around the events. Following that we utilise Havening to gently reduce the emotional distress that you may be carrying.

A debrief session can be done at any time following your birth, even years after your birthing experience, and we believe that the results last a lifetime.

The debrief session lasts up to two hours, and you are welcome to bring support. The session cost is \$250.

Follow up

We will connect with you following your session to see how you are.

We generally find that trauma experienced during one birth can be alleviated within one session. If however, you have multiple birth traumas over multiple pregnancies, additional sessions may be recommended. This is led by you, however, and there is no obligation to have more sessions than you need.