

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

**Date Received:** 4 July 2023

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Partially  
Confidential

Hello,

My name is \_\_\_\_\_ and I experienced birth and iatrogenic trauma when I had my first daughter at age 19, and was diagnosed with PTSD a year after the event. My daughter's birth was a cesarean which occurred while I was 10cm dilated and pushing, due to "foetal distress", which in reality was a normal heart trace for a baby about to be born, but due to the doctor and midwives only looking at the monitor and not at me they continued to tell me I "wasn't even in proper labour". The surgery was very intrusive and intense due to my daughter being so low in the birth canal and ended in an inverted T incision and bladder damage which led to a traumatic hospital transfer where my daughter was forcefully pulled off of me by a nurse as I was being taken to an ambulance. I was then left alone in a hospital room, hours away from home hyperventilating and not being able to contact anyone.

After a year, I was diagnosed with PTSD, which heavily impacted my relationship with my partner and ability to function healthily in every day life. At points- while not wanting to die, I considered self harm as I felt as though I was going insane and the heavy grief, and sadness felt unbearable at times. While deeply in love with my daughter, to a large point I feel as though I lost a lot of time of my life being stuck reliving the experience which I feel I can now put into a story; especially following a beautiful birth at home with my second daughter and being cared for by a private midwife.

Warmly,