

**Submission
No 1059**

INQUIRY INTO BIRTH TRAUMA

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I have been grappling with serious after effects of birth trauma since I was 14. I am now 66 years old. A survivor of child sexual abuse, incest and pregnant to my biological father at 13 I have been to hell and back. During decades of ongoing therapy I have managed to remember key instances and am still in the process of healing. Does one ever fully heal from birth trauma? I don't believe so, we find ways of managing our triggers and self sooth. As I take a moment to recall my labour at 14 I have memories of being heavily sedated and somehow forcing myself to consciousness so I could attempt to take back some control of body and the situation as grab my baby and run. The medical team were authoritarian and harsh. I feel quite nauseas now but will continue to share more I never held my baby. I was a prisoner in a inhumane system. I had a forced adoption. Deep psychological to myself and my baby. Despite decades of searching I have not found a lead on my child. Not even a birth certificate...My body has physical signs/markings and I have severe trauma memories. Illegal baby selling I assume. I obviously slipped through the cracks of any welfare agency at the time. For decades I have been healing and trying to manage my severe and complex PTSD and other symptoms. This is my lifestyle, regularly monitoring my triggers so I can have some sense of wellbeing. I have raged my fury, I have bleed tears of deep grief, I live daily with my sorrow. And what of my child??? How are they fairing in all of life's complexities - struggling with Complex birth trauma no doubt! Birth trauma rocks you to your deepest core, challenges the foundational structure of your being, it's like a personal death, you as you know yourself has died and somehow we have to find ways of going forward, to live.