

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

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Partially  
Confidential

I work as a psychologist in the area of perinatal psychology. In this role I have encountered countless stories of women who have experienced birth trauma. Women regularly report feeling powerless and/or violated during their birth. Often this appears to be due to a lack of respectful communication between staff and women, and a lack of appreciation of the level of vulnerability women feel in the final stages of their pregnancy, during birth and post partum. I understand that hospital staff are placed under immense pressure and strain given the lack of resources. If maternity care was better funded, perhaps our health system would be better equipped to support the psychological wellbeing of birthing parents. Many women report that they wished they had have received continuity of care, or that they were rejected from their local Midwifery Group Practice. Women and birthing parents deserve to feel a sense of safety and security in one of the most vulnerable moments of their lives. Perhaps improving options for continuity of care may be a small step in the right direction to assist in increasing these feelings of safety.