

## Birth Afterthoughts

### Feedback

Your thoughts and comments are valuable to us in ensuring we are providing a high standard of individualised care within the service. If you can take the time to complete one of the feedback questionnaires '2 minutes of your time' we would be very grateful.

**CARDIFF AND VALE UNIVERSITY  
HOSPITAL  
MATERNITY SERVICES**

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The women's unit  
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## BIRTH AFTERTHOUGHTS



Email [birthafterthoughts.cav@wales.nhs.uk](mailto:birthafterthoughts.cav@wales.nhs.uk)

## What is Birth Afterthoughts?

Becoming a parent is a challenging time. For some mothers the transition into parenthood can be made more difficult if there are unresolved issues around the birth experience.

It maybe that you felt your birth to have been traumatic, have poor memory of events or simply didn't understand some of the processes or actions taken.

The Birth Afterthoughts service provides you with an opportunity, following your birth experience, to have any questions answered that you may not have previously asked.

The service is run by Abi Holmes, Consultant Midwife and Liddy Sheppard, MLU Lead Midwife. Both Abi and Liddy a trained to offer you the 3 step rewind technique; This therapy if a brief intervention that seeks to relieve the symptoms of birth trauma by;

- Hearing your story (should you want to tell it) and understand the changes you would like to experience with the symptoms lifted
- Deep relaxation, remembering the event in a specific way whilst feeling safe and secure.
- Imagine the future and responding differently.

## What is the aim of Birth Afterthoughts service?

The aim of the service is to enable you to gain some clarity for your personal enquiry regarding your birth experience. This may include re-visiting your birth story, enabling any 'gaps' in care to be addressed, acknowledging your perceptions, experience and feelings and preparing for a potential future pregnancy.

We would advise that you wait until 6-8 weeks after your birth before attending for an appointment. To arrange an appointment please either complete the attached form or email:

[birthafterthoughts.cav@wales.nhs.uk](mailto:birthafterthoughts.cav@wales.nhs.uk)

Either Abi or Liddy will get back to you to arrange a meeting at a mutually convenient time and venue.

The service is confidential, however your partner/or other supportive person may also be present at the appointment if you wish.

The team providing the service will listen to your concerns provide information on your care and answer questions where they can.



## Your details

Name

Hospital number (if known)

Date of birth

Mobile number

Date of your baby's birth

I would be interested in the 3 step rewind therapy

Yes / No (please circle)

Additional information you would like to provide

.....  
.....  
.....  
.....

Please detach this part of the leaflet and return to:

Abi Holmes, Consultant Midwife  
Birth afterthoughts  
Midwifery Led Unit  
University Hospital Wales  
Heath Park  
Cardiff  
CF14 4XW