



# REAL TALK:

## TRAUMA-INFORMED MIDWIFERY CARE

PRESENTED BY MARIA RIVERA, LM, CPM





# AGENDA

Trauma-informed care defined

Skills

Wellness practices

Q&A: resources



## LEARNING OBJECTIVE:



FOR CLINICIANS TO UNDERSTAND  
HOW TO NAVIGATE OUR OWN  
TRAUMA WHILE HOLDING SPACE  
FOR SURVIVORS OF TRAUMA



# BREATHING EXERCISE







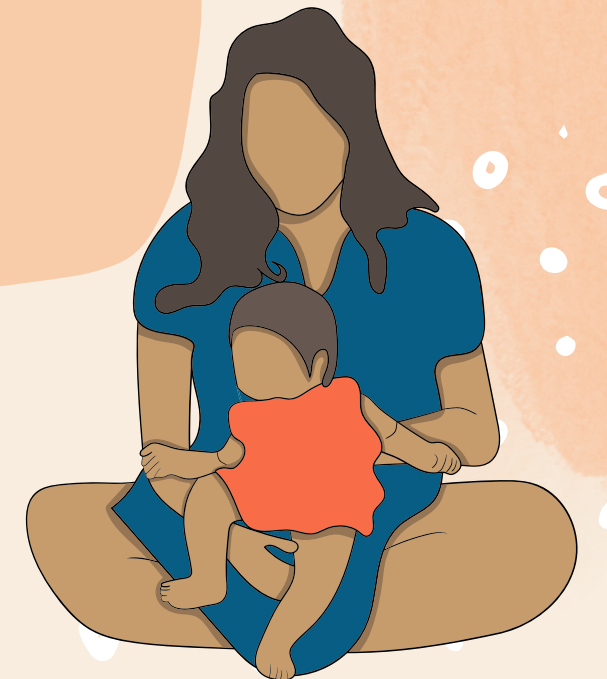
**WHAT IS TRAUMA-INFORMED CARE?**



# TRAUMA-INFORMED CARE

"The majority of sexual assault victims are under 30." Statistic is broken down into five age groups. 15% of sexual violence victims are 12-17, 54% of victims are 18-34, 28% of victims are 35-64, and 3% are 65+.

RAINN.ORG





# TRAUMA-INFORMED CARE

Childbirth can be traumatising for women, with approximately half of new mothers describing their childbirth experience as traumatic (Alcorn et al., 2010; Beck et al., 2011; Creedy et al., 2000; Patterson et al., 2019a; Simpson et al., 2018).







**SKILLS**



# TRAUMA CAN BE STORED IN

Brain

Intergenerational lineage

Body

Community



# WHAT ARE SOME WAYS TO PRACTICE TRAUMA-INFORMED CARE?



Practice Informed Consent



Learn how to read body language



Ask for permission + make eye to eye contact





# WELLNESS PRACTICES



# Q&A: RESOURCES







**THANK YOU!**

**@laceibamidwifery**