



The 8th Annual

# BIRTH TRAUMA SUMMIT

2ND & 3RD MAY 2023






## OUR CONFERENCE QUESTIONS

**What makes some people more vulnerable to birth trauma than others and why? How can we better support them?**

**How can we pave the way for trauma prevention, recovery and healing?**

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# 8th Annual Birth Trauma Summit

TUESDAY 2ND MAY



**12:00-12:20**

Welcome from Make Birth Better and breakout room hello!

**12:20 - 1:10**

**KEYNOTE:** Dr Antje Horsch, University of Lausanne | Early interventions to tackle intrusive memories and prevent postnatal PTSD

**1:10 - 1:20**

Showcase of birth trauma research | Comfort break

**1:20 - 1:40**

Amber Marshall, Big Birthas | Trauma from a 'High BMI' Perspective

**1:40 - 2:00**

Ruth Jenks, Autistic Parents UK | The gold standard of maternity care for Autistic people

**2:00 - 2:10**

Guided restorative comfort break with Lauren Parr

**2:10 - 2:30**

Carol King-Stephens, Diversity & Inclusion Lead Midwife | Promoting Equity in Maternity

**2:30 - 2:50**

Julianne Moore & Tania Harrison, Irwin Mitchell | Considering risks and vulnerabilities when consenting pregnant people - a legal perspective

**2:50-3:00**

Showcase of birth trauma research | Comfort break

**3:00 - 3:50**

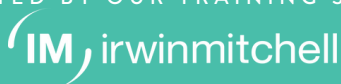
**KEYNOTE:** Dr Michelle Tolfrey | Loss on the journey to parenthood: Empowering everyone to make a difference

**3:50 - 4:00**

Closing remarks | Make Birth Better Co-founder, Dr Rebecca Moore

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# 8th Annual Birth Trauma Summit

WEDNESDAY 3RD MAY



**12:00 - 12:05**

Welcome back from Make Birth Better CEO Nikki Wilson

**12:05 - 12:25**

Avni Trivedi | Tending to the body for moving stress and finding calm

**12.25 - 1.10**

PANEL DISCUSSION: How can we better prevent birth trauma?

**1:10 - 1:30**

PANEL REFLECTIONS & HELLO'S | Breakout rooms

**1:30 - 1:40**

Creative work showcase | Comfort break

**1:40 - 2:00**

Dr Geraldine Brown, Coventry University | Pregnancy in prison

**2:00 - 2:20**

Lindsay Salmon, Pregnancy Sickness Support | The brutal truth about hyperemesis

**2:20 - 2:40**

Laura Godfrey-Isaacs, midwife, writer, artist and birth activist | Using creative journaling to process birth experiences

**2:40 - 3:00**

Professor Gill Thomson, University of Central Lancashire | What is the evidence for after-birth listening services?

**3:00 - 3:10**

Creative work showcase | Comfort break

**3:10 - 3:55**

KEYNOTE: Dr Rebecca Moore and Ruth Cooper-Dickson | Post-traumatic growth; a pathway to healing and hope for the future

**3:55 - 4:00**

Closing remarks | Make Birth Better Co-founder, Dr Rebecca Moore

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# Thank you to our keynote speakers:

## Tuesday 2nd May



### MORE ABOUT ANTJE AND MICHELLE AND THEIR WORK



#### **KEYNOTE: Dr Antje Horsch**

##### **Early interventions to tackle intrusive memories and prevent postnatal PTSD**

Dr Antje Horsch is a Clinical Psychologist and Associate Professor at the University of Lausanne. Her research focuses on the impact of stress and trauma in the perinatal period on parental and infant (mental) health and the development of (early) interventions to tackle perinatal mental health problems and to disrupt the intergenerational transmission of stress- and trauma-related consequences.



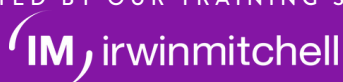
#### **KEYNOTE: Dr Michelle Tolfrey**

##### **Loss on the journey to parenthood: Empowering everyone to make a difference**

Dr Michelle Tolfrey is a bereaved parent, Clinical Psychologist and Founder of The Loss Collective, a company that helps organisations to support their clients and employees through loss. Throughout Michelle's 20-year career in psychology, she has developed a specialist interest in working therapeutically with trauma, loss and grief. Her own lived experience of baby loss, and engagement in the loss support communities, has further enriched her professional expertise.

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# Thank you to our soundbite session speakers: Tuesday 2nd May



From top left to right:

Amber Marshall, Big Birthas | [www.bigbirthas.co.uk](http://www.bigbirthas.co.uk)

Ruth Jenks, Autistic Parents UK | [www.autisticparentsuk.org](http://www.autisticparentsuk.org)

Lauren Parr, Supporter Services Lead & Yoga Teacher | [www.makebirthbetter.org](http://www.makebirthbetter.org)

From bottom left to right:

Carol King-Stephens, Diversity & Inclusion Lead Midwife | NHS Walsall Healthcare

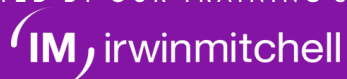
Julianne Moore, Irwin Mitchell | [www.irwinmitchell.com](http://www.irwinmitchell.com)

Tania Harrison, Irwin Mitchell | [www.irwinmitchell.com](http://www.irwinmitchell.com)

If you would like to contact any of these speakers directly and do not have their details please email Lauren on [hello@makebirthbetter.org](mailto:hello@makebirthbetter.org)

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# Thank you to our keynote speakers:

## Wednesday 3rd May



### MORE ABOUT BECCA AND RUTH AND THEIR WORK



#### **KEYNOTE: Dr Rebecca Moore**

Post-traumatic growth; a pathway to healing and hope for the future (a talk led together with Ruth below)

Dr Rebecca Moore works as a Perinatal Psychiatrist in London, dealing with infertility, pregnancy loss, anxiety, depression, OCD and trauma. She has got experience spanning over twenty years and has a particular interest in birth trauma. This led her to found the annual Birth Trauma Conference in 2015 and then to co-found Make Birth Better with Dr Emma Svanberg in 2018.



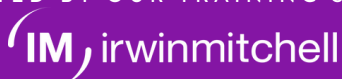
#### **KEYNOTE: Ruth Cooper-Dickson**

Post-traumatic growth; a pathway to healing and hope for the future (a talk led together with Rebecca above)

Ruth Cooper-Dickson is an award-winning positive psychology practitioner and trauma-informed coach. She founded global Mental Wealth consultancy, CHAMPS, in 2015 and has since worked with a multitude of internationally renowned brands. Putting compassion, empathy and authenticity at the heart of everything she does, Ruth often shares her own experience of living with panic disorder, generalised anxiety disorder, trauma and ADHD.

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# Thank you to our panel speakers: Wednesday 3rd May



From top left to right:

Sakina Ballard, Make Birth Better Community Lead | [www.makebirthbetter.org](http://www.makebirthbetter.org)

Sam Morgan-Hutchings, Doula & Amma Birth Companions | [www.ammabirthcompanions.org](http://www.ammabirthcompanions.org)

Karine Robson, Midwife & Founder of The Maternity House | [@the.maternity.house](https://the.maternity.house)

From bottom left to right:

Jacob Stokoe, Papa and Founder of Transparent Change CIC | [www.transparentchange.co.uk](http://www.transparentchange.co.uk)

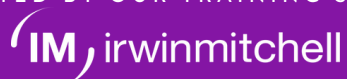
Leah Lewin, Mother & Perinatal Specialist | [@theperinatalspecialist](https://theperinatalspecialist)

Dr Rehan Khan, Consultant in Obstetrics and Gynaecology | Barts Health NHS Trust

If you would like to contact any of these panelists directly and do not have their details please email Lauren on [hello@makebirthbetter.org](mailto:hello@makebirthbetter.org)

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# Thank you to our soundbite session speakers: Wednesday 3rd May



From top left to right:

Avni Trivedi, Osteopath, Doula and Zero-Balancer | [www.avni-touch.com](http://www.avni-touch.com)

Dr Geraldine Brown, Assistant Professor of Research | [www.coventry.ac.uk](http://www.coventry.ac.uk)

From bottom left to right:

Lindsay Salmon, Pregnancy Sickness Support | [www.pregnancysicknesssupport.org.uk](http://www.pregnancysicknesssupport.org.uk)


Laura Godfrey-Isaacs, Artist, Midwife and Birth Activist | [www.lauragodfreyisaacs.com](http://www.lauragodfreyisaacs.com)

Professor Gill Thomson, Professor of Research | [www.uclan.ac.uk](http://www.uclan.ac.uk)

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## WE'D ALSO LIKE TO THANK

- our training sponsor Irwin Mitchell
- all those who shared their research projects with us
- all those who shared their beautiful creative work with us
- the Champions who kindly hosted our breakout rooms
- our wonderful team

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