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Is Birth Trauma? Is it Post-Traumatic Growth?**Hacer Unver***Inonu University, Turkey*

Although it is thought difficult to associate the act of birth, which is accepted as a miraculous and positive life event, with the word trauma, the fact that birth is completely unpredictable and full of unknowns has led to it being accepted as a traumatic experience (Cigoli, V., Gillis, G., & Saita, E., 2006). ; Soet, JE, Brack, GA, & Dilorio, C., 2003). Studies show that more than half of women consider their birth as a traumatic experience (Garthus et al., 2013; Modarres et al. 2012). Although birth, which is a traumatic experience, turns into a life crisis in women's life and is a process in which many physiological and psychological problems are seen, it has been seen in the literature that many life events with negative effects will also bring positive results (Calhoun & Tedeschi, 1998; Tedeschi, RG, et al. Calhoun, LG, 2004; Armeli, Gunthert, & Cohen, 2001, Nishi, Usuda, 2017, Taku, Calhoun, Tedeschi, 2007). As a matter of fact, it was determined years ago that pain and stress will have positive effects on the person (Tedeschi, Park, & Calhoun, 1998). The concept of "Posttraumatic Growth" used to express these positive effects covers the positive changes in the person caused by life crises that contain high levels of stress and cause traumatic effects (5). It has been determined that individuals can experience the opposite of the expected destructive symptoms after traumatic experiences, and that this experience can be an opportunity for personal development (Tedeschi & Calhoun, 2008; Linley & Joseph, 2004). It has been determined in studies that posttraumatic growth will increase with the increase in the severity of the stress factor (Armeli, Gunthert, & Cohen, 2001, Nishi, Usuda, 2017, Taku, Calhoun, Tedeschi, 2007). Birth trauma is an important issue that should be addressed by health professionals. By identifying birth trauma, health professionals should not forget that negative experiences can bring posttraumatic growth for women. Health professionals should provide supportive care to women and be able to provide appropriate guidance when necessary. The purpose of this review is to draw attention to the fact that traumatic experiences cannot always be a loss for women, but also an opportunity for their psychological development.

Biography

Hacer Unver is from faculty of health sciences, faculty member at midwifery department. She wrote her doctoral dissertation titled "The Effect of Yoga on Posttraumatic Growth and Quality of Life in the Postpartum Period". She's just early in her career. Open to all kinds of developments for his profession, ready for interdisciplinary and international team work.