

Innovations in Counseling (Part 12 Session 5)

Addressing Sexual Trauma and Childbirth-Related Post-Traumatic Stress Disorder (CB-PTSD)

Webinar Follow-up Question and Answer Session With S Anandavalli, PhD, NCC, LPC(I), CCTP and Stacey Diane Litam, PhD, LPCCs, NCC, CCMHC

Question from V. Lazin:

Is the cultural native acclimatization and the adopted acclimatization of childbirth variables are taken in the consideration in this research?

Answer from Presenters:

In a limited way. Most of these research inquiries are conducted in university hospitals which have standard protocol. Cultural acclimatization and its underlying emotional and psychological cost and labor is rarely acknowledged, let alone carefully considered as a variable.

Question from N Nguyen:

Is there a higher risk of pre-term and birth complications due to a history of sexual trauma? Is there any research on differences in cortisol levels and impact during this process from the general population?

Answer from Presenters:

Based on the extant data, there is emerging evidence that there is indeed a connection- Ward L. G. (2020). Trauma-Informed Perinatal Healthcare for Survivors of Sexual Violence. *The Journal of perinatal & neonatal nursing*, 34(3), 199–202. <https://doi.org/10.1097/JPN.0000000000000501>

Question from L. Guglielmo:

Do we know how much this information is being brought into the field/study of gynecology and obstetrics?

Answer from Presenters:

The Association of Women's Health, Obstetric, and Neonatal Nurses' Respectful Maternity Care Practice Guideline is available as an appropriate systems-level tool to mitigate and eliminate obstetric violence. However, the consistent evidence over the last couple of decades indicating prevalence of obstetric violence indicates that there is gap between training and implementation.

Question from M. Hoyt:

Are these statistics coming from hospitals, birthing centers, home births?

Answer from Presenters:

Mostly hospitals.

Question from Anonymous:

Hi! How would you suggest releasing trauma stored in the hips?

Answer from Presenters:

There are many ways to release trauma stored in the hips including stretching, yoga, and exercise. Many resources are offered for free on YouTube and can be found using key phrases such as “trauma-informed hip opening yoga.”

Question from L. Howie:

What did you say is carried in the hips? Can you talk more about that?

Answer from Presenters:

Check out the following article:

<https://www.healthline.com/health/mind-body/the-powerful-connection-between-your-hips-and-your-emotions>

Question from A. Vosburg:

CB-PTSD is not a new concept, but so much has changed or is different with the beliefs around childbirth through time past. What can be done to see through this concern with childbirth, What can be done to see through this concern childbirth?

Answer from Presenters:

Hello, I am not certain I fully understand your question. I would be happy to answer/elaborate if you can further outline. We can be reached at anandavalli.s@gmail.com or staceyalitam@gmail.com

Question from A. Perry:

Is it important to distinguish between retreating and withdrawing? They sound similar.

Answer from Presenters:

Retreating assumes a more passive and complying stance. It may be helpful to view it as a behavioral coping strategy wherein the individual changes how they act in the presence of their providers (e.g., saying yes and agreeing to their suggestions without considering their own preferences), whereas withdrawing is a physiological/somatic shutdown. The individual essentially disconnects from their body as the trauma activation is too strong.

Question from Anonymous:

How do we encourage clients to release that responsibility of other's emotions?

Answer from Presenters:

I'm not sure this question is been submitted in its entirety. I wonder if there was more to this? We would be happy to answer/elaborate if you can further outline. We can be reached at anandavalli.s@gmail.com or staceyalitam@gmail.com