



Introduction to the Birth Trauma Australia

Vision

Working towards safer births and better healing.

Our Purpose

Founded in 2016, Birth Trauma Australia (BTA), previously known as the Australasian Birth Trauma Association (ABTA) is Australia's peak charity dedicated to helping prevent, diagnose, and treat birth-related trauma. We are a peer-led association working with Australian women, birthing people and families who are impacted by birth-related trauma. Over the past eight years, we have gained unique and valuable insights into the nature, scope, and impact of birth-related trauma through:

- Working directly with families and health professionals;
- Implementing our highly successful peer-to-peer support program;
- Conducting community engagement activities;
- Undertaking research activities.

Did you know



Birth-related trauma affects as many as **1 in 3** women.

1 in 2 women with physical birth trauma are living with severe mental health disorders



In Australia, between 100,000 - 130,000 Australian families will experience birth-related trauma.

Fathers and non-birthing parents can also experience trauma from the birth process.

4-6% of all women giving birth develop postpartum Post Traumatic Stress Disorder (PTSD), with many more going undiagnosed.

Underpinning BTA's work is its commitment to the following values:

To promote acknowledgement and understanding of birth-related trauma through advocacy, education and research

1

To engage in active collaboration with healthcare providers, other perinatal service providers and consumers

2

To lead with empathy, compassion and without judgement

3

To contribute to better health outcomes for mothers, parents, babies, families and health care providers

4

We value information that is:

Evidence-based

Our approach is supported by the best available research.

Holistic

Our approach takes a broad view of perinatal trauma to include not only physical needs but also social and emotional.

Multi-disciplinary

Our approach involves a wide range of healthcare professionals, each with important strengths and contributions.

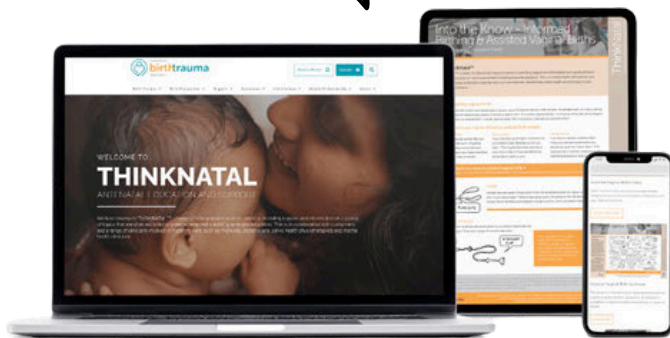


About The ThinkNatal Education and Training

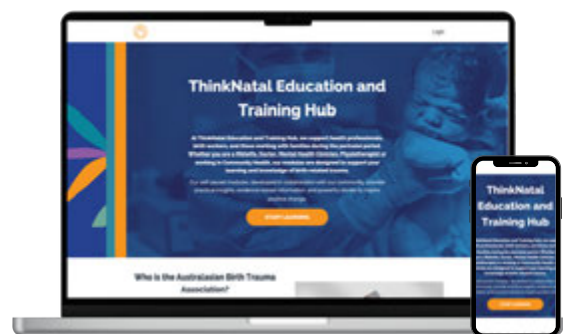
Birth Trauma Australia launched ThinkNatal Education and Training in 2020. In response to the thousands of women and parents asking, 'Why didn't anyone tell me?'. ThinkNatal offers a series of educational resources aimed at providing birth preparation support and information on topics that are often excluded or underrepresented in existing antenatal education. Our resources are developed in collaboration with consumers and the range of clinicians involved in maternity care, such as midwives, obstetricians, pelvic health physiotherapists and mental health clinicians. These resources are used in hospitals nationwide.

In 2024, ThinkNatal took a significant step forward by expanding its offerings to include CPD-accredited training for healthcare professionals and other professionals who are working with parents in the perinatal period. The development of our courses is in direct response to a critical need to educate and upskill in the prevention, diagnosis, and treatment of birth-related trauma across all health professional groups involved in maternity care.

ThinkNatal for Consumers



ThinkNatal for Health Professionals



“The training was very informative and complete. The lived stories highlighted the great need for change within our health system and how we in our roles we can begin to make small changes such as informing, making sure partners are included and advocating for change.”

“The training was very informative and complete. The lived stories highlighted the great need for change within our health system and how we in our roles we can begin to make small changes such as informing, making sure partners are included and advocating for change.”

“This has been a really excellent course. I am an obstetrician who runs the birth debrief clinic at our hospital each week. This course has helped provide some additional background for my role.”

“Your extensive and empathetic knowledge in this area provide students with the opportunity to ask questions and reflect on their own future practice and understanding.”



OUR IMPACT

AWARENESS

EDUCATION

SUPPORT

ADVOCACY

4600+

Peer Support for women, partners and families across Australia every year.

7000+



unique website visitors each **month**.

Peer-led and trauma-informed support and care

Peer2Peer 6,792

Peer2Peer related website content garnered 6,792 page views during the last financial year

SBS
ABC
Sydney Morning Herald
Daily Telegraph
Canberra Times
Australian Women's Weekly
Local Print and online Media
Podcast and Radio
Healthy Male

400+

Appearances in media advocating for birth related trauma and our community.

35+

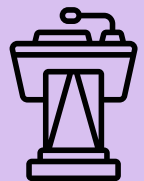
Resources and videos developed for consumers and health professionals with thousands of views/downloads.

ABTA Global Engagement Snapshot



- Australia
- United States
- United Kingdom
- Canada
- New Zealand
- Ireland
- India
- Germany
- Netherlands
- Sweden

100+ Conferences



Over 3 years, reaching **3,600+** maternity and allied health practitioners across Australia.

Meetings with key politicians to advocate for our cause and strengthen our partnerships for future initiatives. Participation in industry working groups, including for RANZCOG and the Continence Foundation of Australia.

In the financial year of 2022-2023



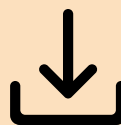
81,936

Users



101,264

Sessions



3,350

Unique Downloads



New South Wales
Victoria
Queensland
South Australia
Western Australia
Tasmania
Australian Capital Territory
Northern Territory

Distribution of birth-related trauma resources to hospitals, allied health professionals and birth centres in **every state and territory**.

Current Key Projects, Steering Committees and Working Groups

- RANZCOG/ACM/ABTA - Partnered on a Birth Trauma Education grant with the Fed Gov
- QLD Birth trauma Working group - QLD Maternity and Neonatal Clinical Network
- ALEC/ACM/RANZCOG - National development of pre and postnatal care guidelines.
- Queensland Clinical Guidelines

Research Roles

- LaTrobe University - Developing an Evidence-Based, Woman-Centred Support Maternity Care Pathway For Women Who Have Experienced Birth Trauma For Their Subsequent Pregnancy: A Modified Delphi Study
- La Trobe University and Mercy Hospital - Shared decision-making and induction of labour
- Hudson Institute - A Novel RNA Therapy to Combat Maternal Birth Injury and Prevent Chronic Pelvic Floor Disorders
- African Women's Federation, SA - Collaboration on the Fay Fuller grant - investigating birth trauma and the CALD Community

ABTA-Led Research

- 2019 Birth Preparation Survey (418 participants)
- 2021 Understanding Your Needs Community Survey (147 participants)
- 2022 ABTA Birth Injuries Report (801 participants)
- 2023 Postpartum PTSD Consumer Survey (1001 participants)
- 2024 Informed Consent Survey (1006 participants)
- 2024 Your Birth, your Voice: Survey for Better Care (385 participants)

Partnerships

A history of strategic partnerships with key not-for-profits and maternal health industry organisations, including:



CEO Amy Dawes OAM Presentations Snapshot

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| • Central Queensland University | • RANZCOG Annual Scientific Meeting |
| • University of South Australia | • University of Queensland |
| • The Continence Foundation Australia | • Royal Prince Alfred Hospital and Canterbury Hospital |
| • The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) Webinar | • Pelvic Pain Symposium |
| • Southern Sydney Health District | • Continence Foundation Australia |
| • Royal Prince Alfred Hospital, NSW | • Australasian Sonographers Association |
| • 13th, 14th and 15th Annual Obstetric Malpractice Conference, Keynote | • Cairns Hospital |
| • Australian Student Medical Association | • The Royal Women's Hospital |
| • Curtin University | • RANZCAP Psychiatry Symposium |
| • Mercy Perinatal | • Mercy Hospital |
| | • Curtin University |
| | • Hudson Institute and Monash University |

BTA's Credentials Portfolio

Key Services and Programs

BTA has experience developing evidence-based, high-quality information resources and overseeing their delivery. Examples of our resources are available at:

<https://birthtrauma.org.au/downloadable-guides/>

Awareness and Advocacy

BTA actively engages in raising awareness and increasing both community and professional understanding about birth-related trauma, challenging stigma, and advocating for policy changes that prioritise safety, informed birthing, and mental health support.

Petition for Medicare subsidised access to pelvic health physiotherapy for women in the perinatal period - 43,000 signatures.

Corporate Ally Program and Pay-It-Forward Campaign

Through corporate partnerships and the Pay-It-Forward initiative, BTA enables trauma-informed training opportunities for healthcare providers, promoting a positive shift in maternity care.

Current Consultations

- Western Health Hospital - Birth Trauma and the Anaesthetist
- Queensland Clinical Guidelines
- representative for National Consensus project - Best Practice Principles for Weight Inclusive Maternity care across Australia
- Plus Paternal Network

Past Consultations

- Blueprint for Maternity Care - Ministry of Health
- Weight stigma in Maternity care - key partner organisation
- Postpartum Blood Loss Measurement TPP
- Obstetric Emergency Training
- RANZCOG Caesarean Delivery at Maternal Request
- RANZCOG Informed Birth Working Group
- Safer Care Victoria
- NHMRC Centre of Research Excellence in Stillbirth (Stillbirth CRE)
- National Strategic Approach to Improving Maternity Services

Submissions

- NSW Birth Trauma Enquiry - Submission August 2023 & Evidence September 2023
- All Party Parliamentary into Birth Trauma (UK) - February 2024
- Tasmanian Parliamentary Inquiry into Reproductive, Maternal and Paediatric Health and Perinatal Mental Health Services - Submission January 2024 & Evidence October 2024
- Victorian Enquiry into Women's Pain - Submission August 2024
- Parliamentary Committee on the Health Care Complaints Commission (HCCC)



Support and Community Resources

Offering a range of resources, including peer support networks and educational materials, to help individuals and families affected by birth-related trauma find understanding, validation, and practical assistance.

Over 30+ resources and videos developed for consumers and health professionals with thousands of views/downloads.

Distribution of birth-related trauma resources to hospitals, allied health professionals and birth centres in every state and territory.



ABTA established Birth Trauma Awareness Week in 2018, reaching thousands of consumers and health professionals.

Over 400 appearances in media advocating for birth-related trauma and our community.