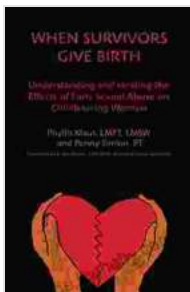


When Survivors Give Birth: Unpacking the Complexities and Resilience of Motherhood After Trauma

By Dr. Stephanie Covington

Motherhood is a profound and transformative experience for all women, but for survivors of trauma, it can be particularly challenging. The physical, emotional, and psychological effects of trauma can linger long after the initial experience, and these can have a significant impact on a woman's ability to conceive, carry a pregnancy to term, and care for her child.

In her groundbreaking book, *When Survivors Give Birth: Unpacking the Complexities and Resilience of Motherhood After Trauma*, Dr. Stephanie Covington explores the unique challenges and triumphs of mothers who have survived trauma. Through real-life stories and evidence-based research, Dr. Covington provides a comprehensive guide to understanding the emotional, psychological, and physical aspects of motherhood after trauma.



When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing

Women by Penny Simkin

★★★★☆ 4.8 out of 5

Language : English
File size : 696 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 464 pages



Dr. Covington begins by discussing the prevalence of trauma among women and the impact that trauma can have on their physical and mental health. She then explores the specific challenges that survivors of trauma face during pregnancy and childbirth. These challenges can include:

- Anxiety and depression
- Post-traumatic stress disorder (PTSD)
- Dissociation
- Chronic pain
- Infertility
- Preterm labor
- Cesarean delivery

Dr. Covington also discusses the unique strengths and resilience that survivors of trauma bring to motherhood. These strengths can include:

- A deep understanding of the importance of safety and security
- A strong sense of empathy and compassion
- A heightened awareness of their own needs and the needs of their child
- A determination to overcome adversity

Dr. Covington concludes by offering a roadmap for healing and recovery for survivors of trauma who are pregnant or parenting. She provides practical tips and strategies for managing the challenges of motherhood after trauma, and she offers hope and encouragement for all survivors who are on this journey.

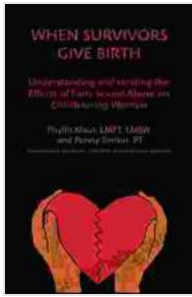
When Survivors Give Birth is an essential resource for survivors of trauma who are pregnant or parenting, as well as for clinicians, researchers, and anyone else who is interested in understanding the complexities of motherhood after trauma. Dr. Covington's groundbreaking work provides a roadmap for healing and recovery, and it offers hope and encouragement for all survivors who are on this journey.

About the Author

Dr. Stephanie Covington is a clinical psychologist and researcher who specializes in the mental health of women who have survived trauma. She is the founder and director of the Trauma and Resilience Center in Denver, Colorado, and she is a clinical associate professor at the University of Colorado School of Medicine. Dr. Covington is a leading expert on the impact of trauma on motherhood, and she has published numerous articles and book chapters on this topic. She is also a sought-after speaker and trainer, and she has presented her work to audiences around the world.

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When Survivors Give Birth: Unpacking the Complexities and Resilience of Motherhood After Trauma is available now from all major booksellers. To Free Download your copy, please click [here](#).

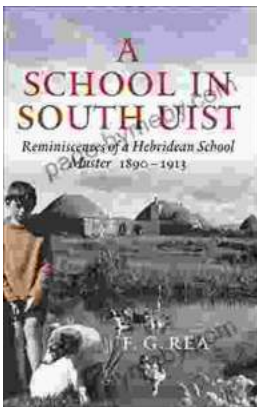


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