



Birth Debrief

Birth can be one of the most powerful experiences in a person's life - but it isn't always easy to process. Whether your birth felt beautiful, overwhelming, confusing, traumatic, or simply unfinished in your mind, a birth debrief session offers a safe, supportive space to gently explore your experience and make sense of your story.

This is a calm, compassionate conversation where you can talk openly about your birth without judgement or pressure. Together, we explore your thoughts, feelings, and memories, helping you process what happened and how it impacted you emotionally.

Many people seek a birth debrief to:

- understand their experience more clearly
- process difficult or unexpected moments
- release lingering emotions
- reduce feelings of guilt, fear, or self-blame
- feel more at peace with their story.



As a Master's-qualified counsellor and mother, I bring both professional knowledge and lived understanding to these sessions. My approach is gentle, trauma-aware, and holistic, recognising the emotional, physical, psychological, and personal layers of birth experiences.

You set the pace. You share only what feels safe. My role is simply to walk beside you as you make sense of your story.

This session is for anyone who has given birth and feels they would benefit from talking through their experience, whether your birth was recent or years ago.

You do not need to have had a traumatic birth to benefit. Many people simply need space to be heard.