

Trauma-Informed Maternity Care

Training Programme Overview.

Creating safer, more responsive maternity care for women with experience of sexual trauma.

CORE PRINCIPLE

Why this training matters.

Sexual trauma is not rare, and many women will never disclose. This means trauma-informed care cannot depend on knowing a woman's history.

1 in 4

women have been raped or sexually assaulted since age 16

1 in 6

children has been sexually abused

Hidden

disclosure is not required for trauma to shape care

Care as if trauma may be present, whether disclosed or not.

The learning pathway.

1

Webinar

60 minutes online awareness raising and entry point.

2

Foundational Training

Core knowledge, recognition, communication, consent, and safer practice.

3

Advanced Training

Trigger work, case-based practice, clinical responses, and complex scenarios.

The pathway allows participants to deepen understanding and skills progressively, from awareness to applied clinical practice.

Foundational Training.

8 hours | online | no specialist prerequisites

- Understand how sexual trauma can affect pregnancy, labour, birth and postpartum.
- Recognise common trauma responses and why they may be misread.
- Strengthen consent, communication, body autonomy, privacy, and safer language.
- Identify small changes that reduce the risk of re-traumatisation.

Participant resources include:

- Quick-Reference Guide for Labour and Birth, Communication Scripts, Reflection Worksheet, Small Changes Checklist

Advanced Training.

2 days | online | case-based and interactive

- Move from knowing to doing under pressure, while balancing clinical and emotional safety.
- Work with triggers, trigger cascades, dissociation, panic, freeze, withdrawal and refusal.
- Practise trauma-informed responses for examinations, procedures, medical interventions, and emergencies.
- Develop team communication, documentation, handover and implementation planning.

Participant resources include:

Trigger Checklist, Consent Language Examples, Case Study Worksheets, Cascade Mapping Worksheet, Procedure Planning Template, Documentation and Handover Templates.

Who is it for.

Midwives

Obstetric staff

Maternity support workers

Nurses

Health visitors

Doulas

Perinatal mental health professionals

Family support workers

Antenatal educators

Charity-based practitioners

Social workers

Scope and boundaries

This is education in trauma-informed maternity care. It is not trauma therapy, diagnosis, counselling, or a replacement for safeguarding, clinical governance, or local policy.

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