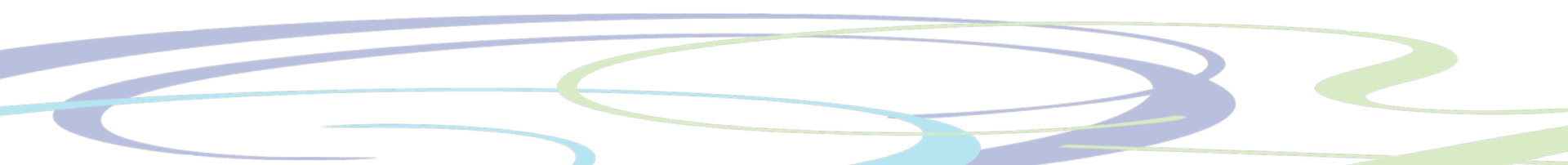


A Mindfulness Approach to Pregnancy and Childbirth



Dr Sian Warriner

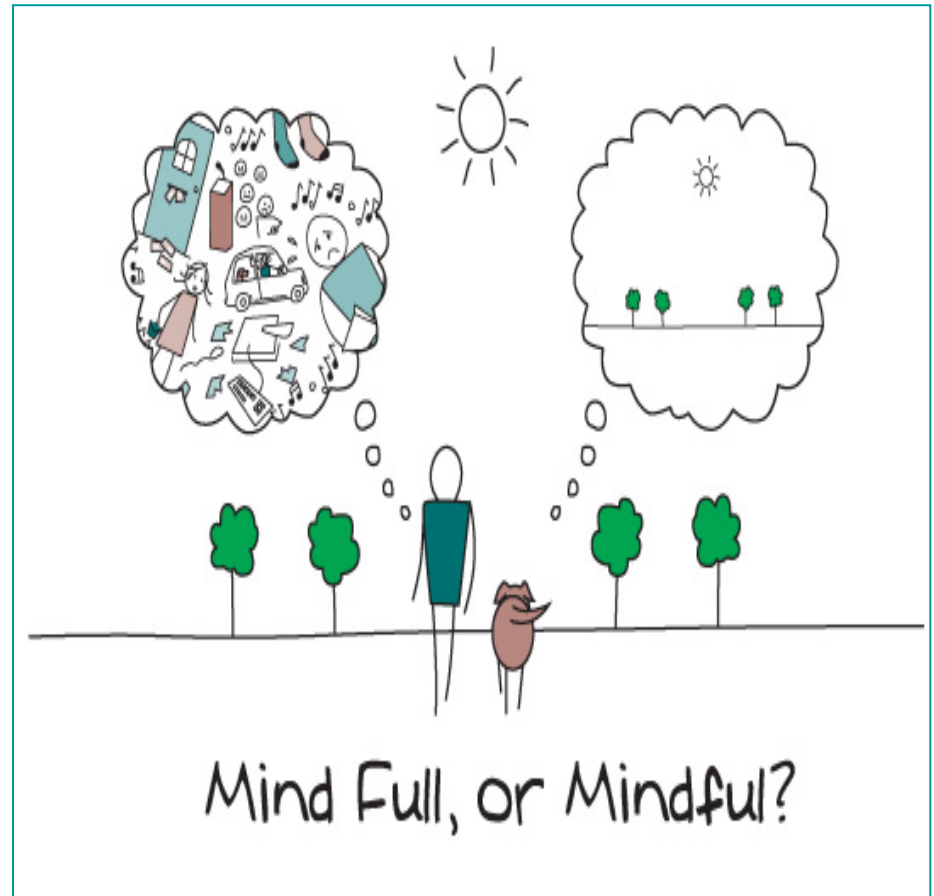
**Consultant Midwife
Oxford University Hospitals NHS trust**



Mindfulness

“the awareness that arises from paying attention, on purpose, in the present moment, and non-judgmentally.”

Kabat-Zinn (2005)



Where did it start?



Mindfulness Based Stress Reduction (MBSR)
Mindfulness Based Cognitive Therapy (MBCP)
Mindfulness Based Childbirth and Parenting (MBCP)
Mindfulness in Schools (.b)



Why Mindfulness? Research Evidence

- MBCT is already established and recommended by NICE as an effective treatment for the prevention of recurrent depression
- Research into the prevention of depression in pregnancy and the postnatal period has not yet identified an effective treatment (Dennis et al 2005)
- **Early research suggests mindfulness could be beneficial in the perinatal period**

Emerging Evidence for Mindfulness in Childbirth and Parenting

Duncan, L et al (2014). *Mind in Labor: Effects of mind/body training on childbirth appraisals and pain medication use during labor.*

“participants showed increased childbirth self-efficacy and a trend towards lower pain catastrophizing and significantly lower depression symptoms post-course than controls; the difference grew in magnitude postpartum”

CM Guardino et al (2013) *Randomised controlled pilot trial of mindfulness training for stress reduction during pregnancy*

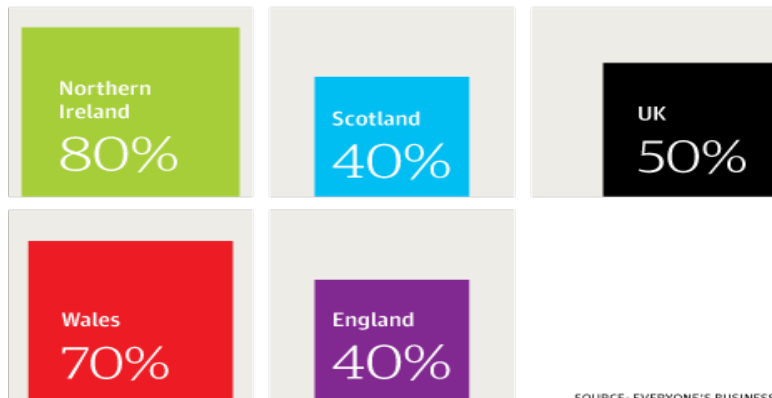
“a mindfulness-based course that combines mindfulness training with information and coping methods regarding pregnancy, childbirth and parenting concerns is more likely to optimise maternal well-being during this unique and important reproductive interval”



MBCP: The Need

Female mental health

No specialist community perinatal mental health provisions



SOURCE: EVERYONE'S BUSINESS

21% of fathers suffer a depressive episode following birth



Traditional UK antenatal education provision too narrow in its focus

Up to 20% of women suffer antenatal /postnatal depression



Expectations of birth and parenthood



> Maternal mental health

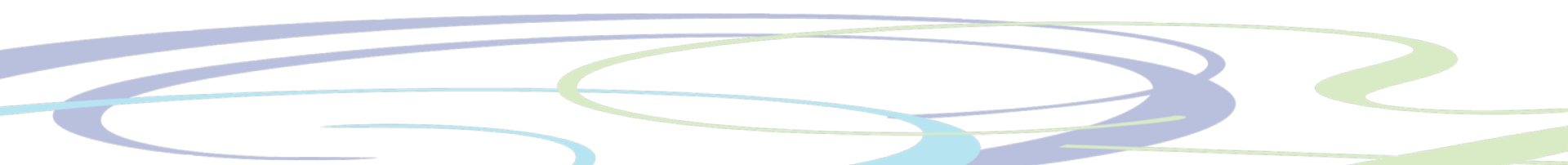
3 out of 5 midwives don't feel they have enough time or resource to support new mothers through maternal mental health issues.



Read our first #pressurepoints report into maternal mental health in the postnatal period here

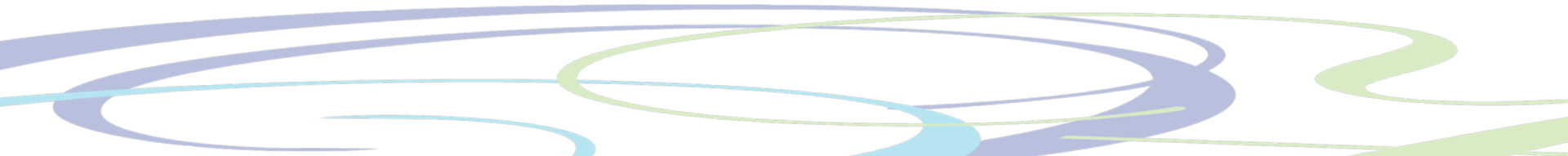
www.rcm.org.uk/pressurepoints

MBCP: The Benefit

- Teaches skills to enhance managing pain, stress, anxiety and other emotions during the transition to parenthood and everyday life
 - Participants learn to pay attention to present moment experiences (sensations, thoughts, feelings) deliberately and non-judgementally
 - Mindfulness help participants to see more clearly the patterns of the mind, halting the escalation of negative thinking and the tendency to be on autopilot
 - MBCP has the potential to reduce the risk of postnatal depression and increase 'availability' of attention for the baby
 - Skills are applicable to pregnancy, childbirth and parenting and are transferrable life skills
- 

Oxford MBCP Project to Date

- 2009 8 week introductory course in mindfulness for midwives
facilitated by Prof Williams
- 2010 Meeting with Nancy Bardacke
- 2011 MBCP Introductory weekend workshop for couples and professionals
facilitated by Nancy Bardacke in Oxford
- 2012 1st UK MBCP nine week course runs in Oxford
1st Mindfulness staff course at Women's Centre
- 2014 1st MBCP short workshops run in Oxford
2nd Mindfulness staff course at Women's Centre
- 2015 4 week short course run by OUH midwives in CC
9 week course to run at OMC taught by OUH midwives
Staff groups x 3
On-going training
HETV Post- Doc Fellowship



Impact

I have found the mindfulness techniques to be indispensable in my daily life. My self awareness has increased and I am able to manage my stress level which is invaluable with a young baby. During c section, my husband kept reminding me to do my breathing and it has become our cue for identifying when I need sometime out. Even our baby responds if I practice mindful breathing whilst holding him. Quite often it will be enough to calm him down from a screaming fit”

Due to our previous experience I found aspects of the course very difficult ...I found the course quite emotionally difficult. It wasn't until I reflected and used the techniques in labour that I realised how important it was. I am sure without the techniques of mindfulness I learnt I would have found labour much harder and more frightening than I actually did. I am now very glad that I attended and am trying to use the techniques as a parent”

What Next



Going Forward

Explore the feasibility and acceptability of delivering a shortened MBCP programme within the NHS in a Children Centre setting

Questions

Can the 9 week MBCP course be adapted to a 4 week course

What impact will shorting the course have on acceptability and effectiveness

Is it possible to recruit from the NHS in a CC setting





Oxford University Hospitals



NHS Trust

Teens Get More than Higher Test Scores with Mindfulness

Beyond grades, this study suggests that teens can rewire their ability to regulate attention and stress.

Mail Online

How to breathe yourself happier



MINDFULNESS...

The Mindful Revolution
Finding peace in a stressed-out, digitally dependent culture may just be a matter of thinking differently
By Kate Pickert Monday, Feb. 03, 2014



MPs Slow The Westminster Treadmill With Weekly 'Mindfulness' Meetings:



theguardian

Managing time well means appreciating the present and grounding our wandering attention

