

Transcript for A Father's Experience with Birth Trauma

[Music]

[Text on screen] "Trauma can happen to anyone. It can happen at any time."

[Text on screen] "For mothers and fathers, their experiences during childbirth can result in postnatal post-traumatic stress disorder (PTSD) after childbirth."

[Slide showing "The rate for women experiencing birth trauma is about one-third of all births."]

[Slide showing "Up to five percent of births are traumatic for partners at their child's birth."]

[Bart Blaylock, TriWest Healthcare Alliance Regional Director, sitting, facing ahead, clasping hands, as text on screen shows "TriWest employee Bart Blaylock experienced emotional birth trauma firsthand."]

[Close-up of Bart Blaylock]: "Our son was born about four weeks early. The triage nurse was kind of distant, quiet. But suddenly she started moving faster and calling people and not really explaining what's going on."

[Video footage of stark, empty hospital corridor]

[Blaylock continues] "And so then we're rushed upstairs and placed in a room and shortly thereafter we found that we were on the high-risk floor."

[Blaylock, sitting, looking ahead] "As the delivery progressed they had to use a vacuum to get him out. And I'll never forget the look of the physician just pulling, pulling with all her might to get him out."

[Close-up of Blaylock, he continues] “The next thing I hear is, ‘Come on little guy, breathe.’”

[Video of newborn baby’s feet and parents’ hands]

[Blaylock continues] “In the end he was really OK. But that experience had stuck with us over time. And we began to realize that something wasn’t quite right.”

[Music]

[Text on screen] “Bart was able to recognize that he was experiencing birth trauma.”

[Slide showing “Counseling helped him process the experience and learn how to cope.”]

[Close-up of Blaylock] “Counseling is talk therapy. So you’re able to talk about it from your perspective with no biases. ‘Let’s focus on that experience and what it meant to you and what it means to you on a daily basis.’”

[Blaylock, sitting, looking ahead, continues] “And so the coping mechanisms that we were able to learn through counseling did make quite a bit of difference. So some of the coping mechanisms that we learned primarily were to take the time and recognize at the moment the flashback or the feeling that you have and to be with it for a little while. You become more familiar with that feeling and then you’re able to place it in context with how things are going right now.”

[Video footage of a couple sitting closely on a couch together, shows a close up of them holding hands in support of one another]

[Blaylock reflecting] “My wife and I talking together quite a bit and then sticking with the counseling over time.”

[Video of young man on bed with legs crossed, wearing ear phones, meditating]

[Blaylock continues] “Breathing exercises. There’s meditation.”

[Video of woman meditating outdoors by lake with her hands in “Namaste” position in front of her chest]

[Blaylock continues] “There’s all kinds of things you can use and those things came in particularly helpful.”

[Bart Blaylock sitting, facing ahead, adds] “The faith-based side of it was extremely helpful to us.”

[Slide showing “Bart now draws from his experience to help educate others on the realities of birth trauma.”]

[Blaylock close-up sitting, facing ahead] “The signs really are mostly having vivid flashbacks of the delivery or whatever the occasion was that was the real trauma. Just reliving it time and time again.”

[Music]

[Slide showing “There can be many different triggers to trauma.”]

[Music]

[Slide showing “It is important to recognize trauma and seek help when needed, regardless of the origins.”]

[Music]

[Blaylock sitting, facing ahead, gesturing with hands] “So trauma is trauma. Whether you experienced it on the battlefield or you experienced it in the delivery room or you experienced it in a hospital or a doctor’s office.”

[Close-up of Blaylock facing ahead] “Those things are still real. And if it affects you in such a way that you can’t let it go and your functioning changes then it’s very important to get help to deal with that.”

[Blaylock nodding and reflecting]

[Blaylock sitting, facing ahead] “There are people who really want to be there and that includes my wife and I ... we’re constantly in the community. We’re not only asking ‘How is the child’ but ‘How are you?’”

[Blaylock continues] “That’s an easy thing to do. Being very careful to not suggest that ‘At least the child is OK.’”

[Blaylock adds] “Again, as true as that is, it minimizes the experience of the person that’s feeling the trauma.”

[Color photo of Blaylock and his wife smiling at camera, with baby son in the mother’s arms]

[Slide showing “Despite the traumatic start, Bart and his wife Debbie were able to bring home a healthy baby boy.”]

[Music]

[Blaylock sitting, relaxed and smiling] “Our son, Aiden, is soon to be 21 years old.”

[Color, close-up photo of Blaylock, his wife Debbie, and son Aiden outdoors smiling at camera]

[Blaylock, referring to Aiden in the picture of his family] “He is such a joy.”

[Color photo of Blaylock, Debbie, and Aiden posing together outdoors after a baseball game, with Aiden in a baseball uniform holding a baseball]

[Blaylock, referring to Aiden in the picture of his family at a baseball game] “He has been an athletic child. He’s been a great student.”

[Color photo of Blaylock, Debbie, and Aiden standing at outdoor college graduation ceremony, with Aiden in cap and gown with his arms around his mom and dad]

[Blaylock, referring to graduation photo] “He just finished a degree at Grand Canyon University after three years.”

[Blaylock sitting, facing ahead, speaking into camera with big smile on his face] “We’re very proud of him.”

[Music]

[Slide showing “Visit the links in the video description for resources regarding help with trauma.”]

[Music]

[Final slide shows TriWest Healthcare Alliance logo and website:
www.triwest.com]

[End]