

BIRTH STORY *medicine*

Birth Story Medicine®, also referred to as Birth Story Listening®, is a medicine brought to us by Pam England, author of *Birthing From Within*. Birth Story Medicine® offers a unique, safe space to share your story and the impact it still has on you now. Birth is an extraordinary event in our lives, and it can bring up a lot of emotions and changes. Regardless of the outcome, birth may bring out some emotions that are difficult and/or challenging. Birth Story Medicine® sessions create an opportunity for you, the storyteller, to review the birth experience with no one judging, patronizing or coddling you. This holistic process uses thoughtful questions, validation and solution-focused dialogue to help the storyteller rediscover truths and answers about themselves and help them find some healing and peace. After a Birth Story Medicine® session, storytellers leave with new insights and uncovered beliefs, along with newfound self-confidence and love that can radiate into their lives.

Events in birth can sometimes bring feelings of brokenness, perhaps to your expectations, dreams, relationships, etc. In the Japanese art of Kintsugi, cracks in broken pottery are filled in with gold, which shows the added value and appreciation for the repair and history. Similarly, Birth Story Medicine® creates a space for you to recognize and pick up those pieces. This process can help you find the value and appreciation for your history and the path you're taking to rebuild.

What are sessions like?

When you feel you are open to inviting a shift in perspective or self-growth from a difficult birth, you may be ready for a Birth Story Medicine® session. Trained and approved by Pam England, Nicole offers private one-on-one sessions with anyone who has had a difficult birth to help bring you new insights and perspectives by using a guided, natural flow of solution-focused dialogue.

As this is a different setting than ever before for sharing your birth story, the safe space you will be in is full of new discoveries, insights, and answers. Our sessions may be held in-person, or via phone or video chat, and each session is about 60 minutes. In our time together you can hope to come away with a shift in how you feel about your birth or the birth in which you witnessed.