



Birth Trauma
Resolution

Qualified BTR Therapy Practitioners

Jenny Mullan – Northamptonshire

Email: info@birthtraumaresolution.com

Mobile: [07870416003](tel:07870416003)

Jenny Mullan is the founder of Birth Trauma Resolution Therapy, designed to offer fast and effective treatment for women and their partners suffering from symptoms of birth trauma/PTSD. Following thousands of hours working with trauma patients, Jenny boasts excellent results, often where other practitioners have failed.

Jenny is a birth trauma specialist of seventeen years and uses her in depth theoretical knowledge and clinical experience to offer a leading edge training courses to birth professional including midwives, doctors, health visitors, counsellors, hypnobirthing practitioners etc.

Jenny's extensive knowledge of working with pregnant couples includes being the first UK trainer for hypnobirthing (since 2001), her work with thousands of pregnant couples teaching hypnobirthing classes and her work as a clinical hypnotherapist, Human Givens Psychotherapist (trauma specialist) and coach.

Jenny's is passionate about giving traumatised women and their partners a voice and as such she works tirelessly with birth professionals within the NHS to bring about changes in trauma treatment and the diagnosis of trauma.

Jenny runs a clinic in Earls Barton, Northamptonshire. If you would like to be treated by her please contact her on [07870416003](tel:07870416003) or email her at info@birthtraumaresolution.com

Jackie Jones - Lancashire

Email: jackiejones1708@gmail.com

Mobile: [07540 149459](tel:07540149459)

Jackie has over 30 years' experience in healthcare, initially working in the NHS as a Registered Nurse and Midwife. After further training as a Hypnobirthing practitioner in 2014, she was so inspired by the healing potential of hypnosis she went on to obtain a Medical Diploma at the London college of Clinical Hypnotherapy and is Registered with the British Society of Clinical Hypnotherapists. Jackie very much enjoys helping empower people to overcome life's challenges and has a particular interest in the specialised treatment of those suffering from trauma/PTSD; having undertaken further training including Jenny's 'Certified Birth Trauma Resolution

Practitioner' training, accredited by the Royal College of Midwives and Human Givens Psychologists. Jackie holds clinics in Lancashire at:

Kendal House Clinic, 24 Chatburn Road, Clitheroe, Lancashire BB7 2AP – 01200 424901
– www.kendalhouseclinic.co.uk

Remedy Centre for Health, 166 Tulketh Road, Ashton, Preston, Lancashire PR2 1ER –
01772 761166 – www.remedycentre.co.uk

Jackie Allatson - Leicestershire

Email: downtoearthjackie@gmail.com

Mobile: 07738762082

www.downtoearthjackie.co.uk

Jackie is based in the Midlands (Leicestershire) and is a Registered Midwife and ex-Nurse, Holistic Therapist, Reiki practitioner, part-time midwifery tutor and Certified Birth Trauma Resolution Practitioner who left NHS midwifery nearly 2 years ago to become a self-employed practitioner.

Time away from the NHS has allowed her to provide truly individual care to her clients focussing on their psychological and emotional needs before, during and after pregnancy as well as seeing clients from the wider community who are not pregnant! She believes that we all have an innate ability to heal ourselves and strives to that end on a daily basis encouraging and guiding anyone who seeks support. She currently works from a conversion in her home. She is fully qualified and insured and testimonials can be seen on her website or Facebook page 'down to earth jackie'

Hannah Sloan - North West England

Email: Renewuk3@gmail.com Mobile: 07704956320

www.renewuk.co.uk Hannah is a Doctor based in the North West and has extensive experience in Obstetrics and Gynaecology, forensic medicine and sexual health. She has a passion for supporting women, men and birth professionals in the area of birth trauma and pregnancy loss. Since having her two children she began to realise the huge impact birth and negative birth experiences could have on people and their families. As well as training as a birth trauma resolution practitioner Hannah is keen to raise awareness in this area and to educate health professionals and others about the impact of birth trauma and pregnancy loss in the hope that education leads to better practice. Hannah is fully qualified and insured and her testimonials can be seen on her website.

Linda Wardlaw – Milton Keynes

Linda is based in the Milton Keynes area and currently works with clients from fertility through to the postnatal period. She is a hypnotherapist, psychotherapist, birth doula, hypnobirthing

practitioner and Certified Birth Trauma Resolution Practitioner . She works from Newport Pagnell Medical Centre and also from her home therapy room which is a more relaxed environment for mothers experiencing birth trauma or PTSD .

Linda started her working life 45 years ago as a student nurse at Shenley Mental Hospital where she feels privileged to have worked in one of the country's first mother and baby units treating women with post-natal depression. Since then she has held many roles, including her favourite role, that of mother, before retraining as a hypnotherapist and psychotherapist in 2010. Linda has been working with clients suffering from PTSD (Post Traumatic Stress Disorder) for the last 7 years. Most recently Linda has trained with Jenny Mullan becoming a certified Birth Trauma Resolution Practitioner.

You can find out more about Linda and read reviews on her websites

www.hynobirthingmiltonkeynes.co.uk and www.hypnotherapymiltonkeynes.co.uk

Hazel Meacher - Berkhamsted

Mobile: 07789490122

www.renyingacupuncture.co.uk

My name is Hazel Meacher, I founded Renying Acupuncture in 2008 and specialise in women's health. My background is in Midwifery both clinically and latterly conducting research into Pre-Eclampsia with the University of Oxford. I am now also a qualified and fully insured Birth Trauma Resolution Practitioner. I am based in Berkhamsted, Hertfordshire at the Naturality Wellness Centre www.Naturality.org.uk My Facebook page is 'Hazel Meacher at Renying Acupuncture'

Lucy Reiling – Newcastle Upon Tyne, Northumberland, Durham and Teeside

Email: lucy@newcastlehypnobirthing.co.uk

Mobile: 07816 076 522

www.newcastlehypnobirthing.co.uk

My name is Lucy Reiling, I have been a Hypnobirthing practitioner for the last 7 years. Following my graduation in Combined Health studies in 2000, I worked at a fertility charity before qualifying as a counsellor and trainer for the last 16 years. During this time I have also qualified as a Human Givens Therapist identical to Jenny Mullan the founder of Birth Trauma Resolution. My passion for supporting people through birth trauma was born out of my own experience of birth trauma. The combination of my professional background and personal circumstances has led to me becoming a fully qualified and insured Birth Trauma Resolution Practitioner. I cover the Newcastle Upon Tyne region as well as Northumberland, Durham and Teeside. For more information, please visit my Birth Trauma website page <https://newcastlehypnobirthing.co.uk/birth-trauma-resolution>

Alexandra Brown - Somerset

Email: alex@birthintobeing.co.uk

Mobile: 07834589606 www.birthintobeing.co.uk Alexandra Brown is an antenatal and postnatal educator and practitioner, trained in delivering The Wise Hippo Birthing Programme, BabyCalm and ToddlerCalm workshops and is also a Certified Birth Trauma Resolution Practitioner which is where a huge part of her passion lies. She has a keen interest in yoga as well as women and children's rights during birth and beyond. Originally from London, Alex now lives in Somerset with her husband and 2 year old son. She is fully qualified and insured, and works out of a beautiful clinic in Somerset. More information can be found on her website.

Emma Harwood-Jones - Berkhamsted

Mobile: 07738328105

Email: emma@birthtraumaclinic.com www.birthtraumaclinic.com

Emma Harwood-Jones is a mother of two boys with a passion for supporting parents before and after birth. She is a Hypnobirthing Practitioner and a Birth Trauma Resolution Practitioner. She is fully qualified and insured and is based in Berkhamsted, Hertfordshire within easy reach from Buckinghamshire, Bedfordshire and North London. Testimonials and more about what Emma does can be seen on her website www.birthtraumaclinic.com

Zoe Wright - Hertfordshire

Mobile: 07961778357 or 01432432432

Email: mumsntums@gmail.com

www.mumsandtums.com

I am Zoe Wright, registered midwife in Hertfordshire. I hold an Associate Lecturer in Midwifery role and am certified in both Birth Trauma Resolution and Hypnobirthing. My role takes me across the three counties of Herefordshire, Gloucestershire and Worcestershire and into the borders of Wales. I work both in the NHS and privately. If you feel that I can help you or would like to discuss how I may be able to help, please call, email or visit my website for more information.

HELEN GRAHAM R.M. – Bedfordshire

contact : helengraham992@btinternet.com 07546560164 / 01234 378992

My passion for supporting women and partners after their journey through pregnancy and birth of their baby stems from over 25 years experience as a midwife.

I have had a wealth of experience in hands on care and 7 years of practising as a specialist midwife within the Birth Afterthoughts service which allows time for reflection and clarification on many aspects of care.

This interest in the psychological care of women and childbirth prompted me to train as a Birth Trauma Resolution Practitioner with Jenny Mullan to be able to provide a fast, effective therapy to recognise and treat women suffering from PTSD from 4 weeks after giving birth. My existing knowledge, compassionate nature and debriefing skills added to the specialist training to include the rewind technique and other psychotherapeutic tools to enable women or partners to be free of their emotional trauma within 1-3 sessions.

I have had outstanding results with the women I have seen to date . I am fully insured and a Registered Midwife with the Nursing and Midwifery Council.

My practice is from a therapy room at home in tranquil, rural North Bedfordshire , 30 minutes from Cambridge , 15 minutes from Bedford.

I also have a background in holistic therapies which enhances my calm and caring approach to the Birth Resolution Therapy.