

## **UNHAPPINESS AFTER CHILDBIRTH**

Distress after birth is often diagnosed as depression when it is, in fact, post-traumatic stress after a woman has been disempowered by the practices of our technocratic birth culture and medical autocracy. Treating it as depression tends to make it worse. We need to explore ways in which women can reclaim birth - and also ways to help them find the strength to cope with an experience which for many is like that of rape. Sheila Kitzinger

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