**Birth and Bereavement: A Traumatic Experience**

Kathryn Budzinska1 and Christine Richardson2

1. 1 The Grief Centre of Western Australia, Perth WA and MSWA
2. 2 The Grief Centre of Western Australia, Perth WA

[kbudzinska@hotmail.com](mailto:kbudzinska@hotmail.com)

Death was once a part of life – an experience that families and communities were familiar with. People seem to fear death now. When a baby dies families feel a stigma and health professionals feel a failure.

Professor Robyn Murray, Kings College London, encourages us to not “bury” ourselves “…in understanding the heart and kidneys, instead, step up to the exciting challenge of understanding how the brain processes the social environment.” Not rocket science or neuroscience, but caring science. Unresolved grief after a traumatic birth experience can not only cripple the life of the mother and father, but significantly affect others around them, possibly for generations.

At The Grief Centre of Western Australia (GCWA), we rise to the challenge to do grief differently in our society. We do this by engaging every-one involved with and impacted by death; the families, close friends, health professionals, and allied workplaces.

The Grief Centre’s Birth and Bereavement Bundle (BBB) is an innovative and holistic program. It offers a safe place for trauma and loss to be witnessed and honored, encouraging the bereaved to experience their deep sorrow, raw grief and to recover. A key to this process is teasing out the love at the heart of grief.

The GCWA draws on contemporary grief research along with collective staff expertise. There are opportunities for upskilling for allied health professionals that provide education and support to those working with grief and attempting to comprehend the intertwine between personal and professional grief. Our aim is for the bereaved to move from grief into life, from fear to love, not denying grief, but incorporating it into our life experiences, rather than being overwhelmed and consumed by it. Our approach is bold, compassionate and effective. We are excited to share this with the audience at the 2019 Marcé Conference.