

Description

Book Review: Mindfulness in the Birth Sphere Practice for Pre-Conception to the Critical 1000 Days and Beyond By Lorna Davies and Susan Crowther

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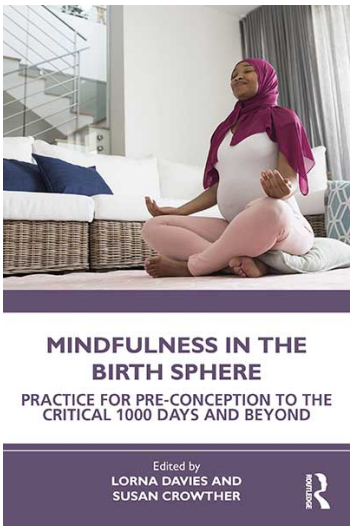
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Mindfulness in the Birth Sphere, edited by Lorna Davis and Susan Crowther, serves as a practical resource, offering holistic tools and recommendations aimed at sustaining the wellbeing of women, families and everyone working in perinatal services. In a maternity climate marked by escalating intervention rates and a concerning surge in staffburnout, this book stands as a much-needed ally to all of us. Its insights into mindfulness practices not only offer apowerful antidote to these challenges but also embody a helpful support system.

The book comprises seventeen well-organised chapters, covering topics such as the mindful practitioner and mindfulness-based interventions from a multi-disciplinary range of authors. Each author integrates theory and practice by presenting research findings alongside practical exercises, case studies and personal reflections. This approach allows readers, regardless of their familiarity with mindfulness, to understand the conceptual framework and gain practice-based tools for implementation.

The contributors highlight how mindfulness practice empowers women, reduces anxiety and fear, and enhances the overall birthing experience. The book also emphasises the importance of mindfulness for healthcare providers, advocating for a compassionate and present approach to care. As a professional midwifery advocate and having witnessed first-hand the benefits of including mindfulness in restorative supervision, supporting individuals to be fully present and receptive to their emotions and feelings, I find this book to be a timely and invaluable contribution.

Another significant theme is the integration of evidence-based mindfulness interventions into clinical settings. The contributors explore various mindfulness techniques and interventions, illustrating their effectiveness in promoting resilience, reducing stress and addressing challenges during pregnancy birth and beyond.

While some chapters may be dense and research-oriented, requiring a deeper understanding of the subject matter, the overall value of the book remains high. The editors have balanced the content to cater to academic readers and those seeking practical guidance. **TPM**

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1. 2023
2. book review
3. mindfulness

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