

Sarah (32)
2 young children plus one unborn baby when first seen
5 sessions

(No scores on database)

In her own words:

I had post partum psychosis with my last two pregnancies. I didn't bond with my first child (now 11). With my second I was in hospital, shaking – like something out of the exorcist. It was a great strain and I worried that I wouldn't love him. When I first met him I didn't really, but that changed in the end.

This time it was difficult being pregnant. I went to NorPIP while I was pregnant and just about to have him. I'm so relieved that I went. It's really gutting that this wasn't around the other two times.

What was your relationship with your therapist like?

When I met her she was very nice, warm, comforting, lovely to me. One of the most wonderful people I've ever met.

I never thought she'd get to the crux of it. I didn't like talking about the past, it hurts – but you need to do it to let it go.

It's important that you know you're a good mum because she says so – no one else does.

What do you remember about the sessions?

I loved the filming – you could really see him interacting, see he was looking at me.

I remember not feeling judged – it felt comfortable. I was so apprehensive, I didn't think he liked me. When we looked back at the video I watched him checking I was there – I'd never noticed that before.

Watch, wait and wonder – that was brilliant, we played with the toys, watched his development, saw what he liked and didn't like. I bonded with my child properly for the first time.

What has changed as a result of working with your therapist?

I still have the guilt – but he's just so brilliant. I can see him developing – it's like a pattern, I can't wait to see what he'll do next.

It has helped the other kids as well – the whole family dynamic has changed. I have more patience – I learned to be a bit patient with him, watch what he wanted, what he was telling me. Now I have more fun with them and a much better bond. Hopefully now they can trust me – they've started telling me everything.

People don't know how sensitive kids are – when you're in a stress they're in a stress. She helps you cope with that so they don't feel so stressed.

What would your message to other parents be?

Go, definitely go. It will change the dynamic of your parenting and you will see that your child likes you.

What would your message to commissioners be?

You need this. I think it'll save lives. It'll slow down depression rates.

Post partum psychosis is a big black hole – you want to take your own and your kids' lives. But this gives you your life back.