



The Warrior

Your Personal Birth Healing Guide

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A Guided Introduction to

THE **PATTI GOOD METHOD** TM
FOR BIRTH TRAUMA TRANSFORMATION

Welcome

This guide has been created especially for women like you, who're ready to understand, integrate, and transform their birth experience in a deeply supported, professional, and compassionate way.

*Your story is important. Your nervous system is important.
And you deserve a safe space to heal fully.*

This guide introduces you to **The Patti Good Method for Birth Trauma Transformation**. This is a three-stage, trauma-informed, woman-centred healing framework developed through more than two decades of therapeutic, birth and spiritual practice.

It's designed to help you **reclaim your story, reclaim your nervous system and reclaim your power** so you can restore your confidence and embrace motherhood with strength, calm and deep self-trust

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Hi, I'm Patti Good



For I'm not your typical healer, I'm a specialist in birth trauma transformation and the creator of The Patti Good Method - a deeply embodied, trauma-informed approach that helps women gently integrate their birth experiences, restore nervous system safety, and reclaim their true sense of self.


For over 23 years, I have worked at the forefront of maternal healing as a HypnoBirthing Practitioner and Practitioner Trainer, Doula, Senior Accredited Journey Practitioner, BodyTalk Energy Healer & EFT Practitioner. Through my work running BabyJourney on Harley Street in London, I have supported thousands of women and families through the most vulnerable, complex, and emotionally intense experiences of pregnancy, birth, and early motherhood.

For more than two decades, I have specialised in working with the traumatic side of motherhood, supporting women through birth trauma, medicalised births, fertility work, loss, anxiety, and identity rupture after becoming a mother. This clinical-adjacent, frontline experience is what grounds my spiritual and intuitive work in deep safety, professionalism, and integrity.

Through my own healing journey after birth trauma, I developed the Patti Good Method to address what so many women are never taught: that unresolved birth experiences live in the body, shape identity, and quietly influence every part of life until they are safely witnessed and completed.

I am known for my ability to bring calm, clarity, and deep safety into even the most overwhelming emotional landscapes. Clients often describe me as the steady presence that helps them feel held while doing the brave work of healing.

My approach integrates trauma release tools, Emotional Freedom Technique, body-based awareness, nervous system regulation, and intuitive and shamanic healing practices. This allows women to process their stories without becoming overwhelmed, re-traumatized, or disconnected from themselves.



At the heart of my work is one guiding principle: the body is the gateway to the soul. When a woman learns to listen to her body with compassion and skill, healing unfolds naturally without force, pressure, or performance.

This is how trauma becomes wisdom
This is how baggage becomes blessings
This is where women come home to themselves

My Story

Every year around my son's birthday, I would fall apart.

I couldn't understand why. I loved my son deeply and I'd tried so many healing methods. And yet, inside my body, something was still holding the memory of his birth.

One day, exhausted and desperate, I sat on my sofa and told my birth story out loud... in full detail... sobbing while gently tapping with EFT.

And then I forgot about it.

A year later, his birthday came again and for the first time in six years, my body was calm. Completely calm.

That's the moment I realised my nervous system had finally completed something it had been holding for all that time.

In the UK alone, around 30,000 women develop PTSD from birth trauma every year. But behind that number are women who feel broken, disconnected, anxious, or not like themselves anymore, often without knowing why.

Not because they're weak, but because their body never felt safe enough to finish the story.

So, I've combined 24 years of therapeutic and birth experience with my own healing journey to create **The Patti Good Method** for Birth Trauma Transformation. A gentle, powerful 3-step healing process that allows the nervous system to finally finish and release what it's been carrying.

In this deeply held process, women don't relive their trauma, they integrate it.

**They reclaim their story
They reclaim their nervous system
They reclaim their power**

And when their story is integrated, life begins again

Why Birth Experiences Stay With Us

For many women, birth is one of the most intense experiences of their lives - physically, emotionally, hormonally, and neurologically.

In a very short period of time, your body is required to cope with extreme physical sensation, powerful hormonal shifts, uncertainty, vulnerability, and a deep instinctive concern for your baby's safety. At the same time, you may be navigating medical environments, unfamiliar procedures, conflicting advice, or a sudden loss of control over what's happening to you.

From a nervous system perspective, this combination creates an enormous load.

Even when a birth is medically described as "successful", your body may have experienced it as frightening, overwhelming, or disempowering. What matters is not how it looked from the outside, but how it felt inside your body.

*"It's not what happened, it's how you feel about what happened." —
Gabor Maté*

When an experience becomes too intense, the brain prioritises survival over processing.

Instead of calmly integrating what's happening, your system moves into protection mode. Attention narrows. Awareness shifts. Emotional responses are muted or pushed aside. Sensory information may be stored in fragments rather than as a complete story.

This response is intelligent. It allows you to get through something that might otherwise feel unbearable.

However, when this happens, parts of the experience remain unfinished in the body.

Because they were never fully processed, they do not become “past”. Instead, they stay present in subtle ways: in sensations, emotions, reactions, and unconscious expectations.

Your body remembers.

This is why many women are surprised when, months or even years later, their birth still affects them. They may feel emotional around birthdays, struggle with anxiety, notice sudden waves of sadness, or feel disconnected from themselves without knowing why.

This does not mean something is wrong with you.

It means your body has been waiting for the right conditions - safety, support, and understanding - finally complete what it began at the time.

How Trauma Lives in the Body

When an experience feels overwhelming, the nervous system automatically activates ancient survival responses. These responses are built into all humans and exist to keep us alive in moments of danger.

During birth, many women are unable to fight or flee. Their body may instead freeze, submit, dissociate, or shut down in order to survive what feels unmanageable.

In the moment, this is protective. It's your body's way of keeping you safe.

It reduces pain.

It limits emotional overload.

It helps you endure.

But when these survival responses are not later resolved, they remain stored in the body as patterns of tension, holding, and vigilance.

Over time, this may be experienced physically as chronic tightness in the shoulders, jaw, pelvis, or abdomen, shallow breathing, digestive disturbance, fatigue, headaches, or a general sense of being "on edge."

Emotionally, it may show up as anxiety, emotional numbness, overthinking, people-pleasing, perfectionism, difficulty resting, or fear of losing control.

Psychologically, it may influence how you see yourself, how safe you feel in relationships, and how much you trust your own instincts.

These patterns are not flaws.

They are adaptations.

Your body created them to protect you.

The problem is not that they exist. The problem is that they remain active long after the original threat has passed.

When the nervous system stays in protection mode, it never fully relaxes into safety. This can limit joy, creativity, intimacy, confidence, and ease.

Healing does not mean forcing these responses away.

It means helping your body gently recognise that the danger is over.

When this recognition happens in a supported, attuned environment, the nervous system naturally begins to soften, regulate, and reorganise itself.

The body remembers how to return to balance.

The Patti Good Method: A Three-Stage Pathway to Integration

I always say to women: if you were going to figure it out, you would've done it by now. You're not stupid and you have Google (and now ChatGPT!).

The truth is, true healing requires more than just intellectual understanding.

True healing requires working at three interconnected levels: your story, your nervous system, and your identity.

When all three are addressed together, deep and lasting change becomes possible.

This is why The Patti Good Method works holistically and sequentially rather than through isolated techniques.

Each stage prepares the ground for the next, creating a coherent and compassionate pathway toward wholeness. Together, these three steps support full-system integration.

1. Your Story
2. Your Nervous System
3. Your Identity

Step One

Reclaim Your Story

Integrating Your Experience Through Guided EFT Story Work

Your birth story is not something to “get over”. It is something that needs to be fully witnessed, honoured, and integrated.

When experiences remain unspoken or only partially processed, they stay active in the nervous system.

This may show up as:

- Emotional triggers
- Unexpected tears
- Anxiety
- Avoidance
- Shame
- Feeling disconnected from your body
- Difficulty trusting yourself

What is EFT and why is it so effective?

Emotional Freedom Technique combines simple tapping on the end point of acupuncture meridians to help clear “energetic blocks” in the body. Literally like taking a knot out of a hosepipe and allowing the water to flow freely again.

It can be very fast and effective at clearing phobias, traumas and negative thought patterns.

How it started

"In 1979, an American Psychologist by the name of Dr. Roger Callahan had a client named Mary. Mary was in her early 40's and had suffered from severe water phobia all her life. She couldn't even bathe her own children.

In the attempt to cure her, Dr. Callahan employed every traditional psychotherapy technique at his disposal: cognitive therapy, hypnosis, relaxation therapy, systematic desensitisation, biofeedback, and rational emotive therapy, but his success was limited to Mary being able to sit on the edge of a pool, whilst remaining in a state of acute anxiety.

In one session, Mary informed Dr. Callahan that just thinking about water resulted in a terrible feeling in the pit of her stomach. Dr. Callahan had recently been studying Chinese meridian points (used in acupuncture) and in a moment of inspiration, asked Mary to tap on the stomach meridian endpoint which is located under the eye.

To their mutual surprise, Mary's discomfort quickly vanished and so did her anxiety. Mary remains free of water her phobia till this day" (Ortner, 2013)

Gary Craig then took Callahan's ideas one step further to develop EFT as it is known today.

There's now a growing body of scientific evidence showing the effectiveness of EFT with trauma and anxiety and it's effectiveness in pregnancy.

As I discovered that day on the sofa, telling your story whilst tapping can be a very powerful way to witness and integrate your own birth trauma.

This allows:

- Emotional intensity to be safely regulated
- The story to unfold without retraumatisation
- Your system to remain present and resourced
- Integration to happen rather than reactivation

This work is done gently, at your pace, and in full respect of your boundaries.

What Changes When Your Story Is Integrated

When your story is properly processed, many women experience:

- Reduced emotional charge Greater self-compassion Relief from long-held shame
- A sense of completion
- Feeling "whole" again

This is not about rewriting the past. It is about freeing yourself from carrying it in your body.

Step Two

Reclaim Your Nervous System

Coherence Trauma Integration

Trauma is, at its core, a disruption of nervous system regulation. During overwhelming experiences, the body shifts into survival mode.

If that state is never fully resolved, it can become chronic.

Signs of Ongoing Nervous System Dysregulation

You may notice:

- Hypervigilance
- Difficulty relaxing
- Poor sleep
- Emotional overwhelm
- Numbness
- Digestive issues
- Fatigue
- Feeling “on edge”

What Is Coherence And How Does It Support Healing?

Heart coherence is a physiological state where your heart rhythm, breath, and nervous system move into harmony.

This concept has been researched extensively by the HeartMath Institute, which studies how emotional states affect heart rhythm and overall wellbeing.

In this state:

- Your heart rhythm becomes smooth and wave-like
- Your nervous system shifts into safety mode
- Stress hormones decrease
- Emotional regulation improves
- Your brain and heart communicate more clearly

I discovered that if Coherence was used AFTER step one (EFT Story Work), it was profoundly beneficial for helping the nervous system to re-regulate to safety, even whilst bringing any aspect of the original trauma to mind.

This is because coherence deeply supports the nervous system in re-organising fragmented experiences into a unified, regulated state.

What Happens When Safety Is Restored

As regulation returns, many women begin to experience:

- Deeper sleep
- Greater emotional stability
- Increased presence
- Improved resilience
- More access to joy
- Feeling "at home" in their body

This creates the foundation for lasting transformation.

Step Three

Reclaim Your Power

Identity-Level Transformation Through Integrated Tools

Birth trauma does not only affect how you feel, it shapes how you see yourself and what you believe you are capable of.

Many women unconsciously adopt survival identities such as:

- "I failed"
- "I am not strong enough"
- "I can't trust myself"
- "My body betrayed me"
- "I must stay small"
- "I'm broken"

These beliefs form in moments of vulnerability. They're completely understandable, but they are not the truth of who you are.

The problem arises when they embed more deeply as time goes on.

Identity-Level Healing

Combining the wisdom of Women-Centred Coaching principles developed by Claire Zammit, The Journey Healing Method by Brandon Bays and my own Soul Alignment Method, this step focuses on transforming self-concept at its roots.

Rather than working only on specific behaviours or your mindset, this work addresses your sense of inner authority.

This is where women move from healing into embodied leadership of their lives.

Your sense of self-trust and authentic confidence.

Your sense of deep, inner purpose in the world.

Life After Identity Integration

When this level of healing occurs, many women report:

- Stronger boundaries
- Greater clarity
- Renewed confidence
- Deeper self-respect
- Feeling aligned with their true nature
- Greater capacity for love and creativity

This is not about becoming someone new. It is about returning to who you really are.

YOUR FIRST STEP

Your healing journey begins with a private Wellness Assessment. This session allows Patti to:

- Understand your unique history and assess your nervous system patterns
- Identify key trauma imprints
- Clarify your archetypal healing needs
- Design a personalised pathway forward

·This is not a sales call. It is a professional therapeutic assessment held in safety and confidentiality.

Following your assessment, you may be invited into the full three-session healing program with Patti.

[Book a Wellness Assessment](#)

WHO THIS WORK IS FOR

This work is especially supportive if you:

- Still feel affected by your birth experience
- Sense unresolved emotional residue
- Feel disconnected from yourself
- Struggle with self-trust
- Want deep, lasting healing
- Are ready to invest in your wellbeing

·You do not need to be "at rock bottom" to deserve support. And your birth may or may not be recent. This program works beautifully even if your birth was years or decades ago.

A NOTE ON SUPPORT & SAFETY

If you are currently experiencing severe distress, dissociation, or feeling unsafe, please reach out for immediate professional support.

This work complements medical and psychological care and honours the importance of comprehensive wellbeing.

A MESSAGE FROM ME

Your willingness to explore your healing already speaks to your courage. Nothing about your experience was meaningless. Everything you have lived through has shaped your depth, wisdom, and sensitivity.

With the right support, it can also become a source of strength, clarity, and freedom.

You don't have to carry this alone.

YOUR INVITATION

If something in this guide has resonated with you, it may be your body's way of saying, "I am ready for support."

Your next step is to book your private Wellness Assessment.

From there, we will explore together what your healing path can become. You are worthy of peace. You are worthy of safety. You are worthy of a life that feels like home.

With love and respect,

Patti

[Book a Wellness Assessment](#)

FAQs

1. Why does my birth still niggle? Is this the right option for me?

If something about your birth still niggles, it is usually because your body and nervous system haven't fully integrated the experience yet. You may feel emotional when you think about it, unsettled by certain moments, or unsure why it still matters. You might understand it all in your head, yet feel something unresolved in your body.

This work is ideal if you sense there is "more" beneath the surface and you want gentle, supported healing. But if your body keeps quietly reminding you that something is unfinished, this work can help you find peace and completion.

2. Why is birth so much tougher for Highly Sensitive People?

Highly Sensitive People experience life more deeply on emotional, physical, and energetic levels. During birth, this can mean feeling overwhelmed more easily, absorbing the emotional atmosphere, and being more affected by medical environments or sudden changes.

What might feel manageable to someone else can feel deeply shocking to a sensitive nervous system. This is not a sign of weakness, it simply means your system needs more gentleness, care, and integration afterwards, which is exactly what this work provides.

3. My birth was years ago. Will this still work for me?

Yes, absolutely. It doesn't matter whether your birth was months, years, or decades ago. Your nervous system does not work by calendar time. If something was too overwhelming to process at the time, it can remain held in the body. Many women are surprised to find that once their birth story is gently integrated, long-standing patterns of anxiety, emotional heaviness, or self-doubt begin to soften. Healing is not limited by time. It happens when you are ready.

4. Could this help my partner too?

Yes, often it does, both indirectly and sometimes directly. When you feel calmer and more settled inside yourself, tension in your relationship often softens and communication becomes easier. Emotional availability and connection tend to grow naturally.

FAQs continued

Some partners also benefit from understanding trauma and nervous system responses, especially if they witnessed the birth or felt helpless during it. Your healing creates positive ripples through your whole family.

I do occasionally work with partners using the same simple three step framework.

5. I thought re-telling my birth story could re-traumatise me. How does this work?

This is a very real and understandable concern. Unsupported, rushed or incomplete re-telling can feel overwhelming and unsafe and does not lead to integration or resolution as most women already know.

The difference in this work is the way your story is approached.

EFT is a very powerful and effective way to support your body in clearing the trauma out of your nervous system as you retell your story.

Your story is also witnessed and validated in it's entirety, so your nervous system can finally feel safe enough to finish it and allow it to fully integrate, rather than becoming re-traumatised.

6. Why do I feel so awful after my birth? I just can't get it together like I normally would.

After a difficult birth, many women feel confused by how much they have changed. You may feel anxious, low, disconnected, irritable, or unlike yourself. You might wonder why you cannot "pull yourself together" the way you normally would.

This happens because trauma shifts your nervous system into survival mode. Your body is trying to protect you, not failing you. With the right support, your system can learn that it is safe again, and your natural strength and confidence can return.

FAQs continued

7. My birth wasn't really "that bad." Why do I feel so awful?

Trauma is not about how bad something looks on paper. It is about how your body experienced it. You may have felt frightened, out of control, unheard, pressured, alone, voiceless or unsafe, even if everything appeared fine medically. You do not need to justify your pain. If your body remembers the experience as overwhelming, it deserves care and compassion.

8. I really struggle to talk about what happened. Can this really help me?

Yes, especially if you find it hard to talk about your birth. Difficulty speaking about it is often a sign that parts of the experience are still unprocessed.

In this work, you do not have to be articulate or know what to say. Silence is respected, emotions are welcome, and you are supported to move at your own pace. Many women who begin barely able to speak gently rediscover their voice as safety builds. You do not need to feel "ready." You only need to take the first step.

9. How will I know if this has worked for me?

Most women notice that thinking about their birth no longer brings distress. They feel calmer in their body, more emotionally stable, and more like themselves again. Sleep often improves, anxiety reduces, and confidence grows.

Many women say the biggest sign is realising how much their birth was affecting them only once it no longer does. A sense of peace, completion, and inner steadiness is usually the clearest indicator.

10. How long do the three steps take to complete?

The three steps are normally completed within three hours but may vary depending on your circumstances. Some women require slightly less time and some slightly more.

You will be given all the time you require.

FAQs continued

11. How is it possible to clear the trauma so fast?

This is because of how the program is designed with each step building on the previous. The body is very clever and will always choose healing, we just need to give it the right environment to do what it does naturally.

This program distils over 23 years of experience into the simplest, gentlest and most effective way to clear birth trauma.

12. How much is the 3 session Program?

Your investment is £750 which is paid at the time of booking.

13. Are there other options available?

Currently the only way to access The Patti Good Method is working 1 on 1 with me. There is a Waiting List for a Group Program and a Self-study option which will be coming soon.

14. What if my baby was in NICU?

NICU experiences are deeply stressful and frightening for many parents. Sudden separation, fear for your baby's life, and medical overwhelm can leave lasting imprints on the nervous system, even if your child is now healthy.

This work honours both the love and the fear you carried at that time. It helps your body release what it had to hold alone, so you can feel more settled and present in yourself and your parenting.

Some women may require additional support and may be offered the More Room For Miracles Program over 10 hours to help heal deeper wounds.

15. What if my baby died?

If you have lost a baby, your grief deserves the deepest tenderness and respect. This work is not about moving on or forgetting. It is about creating space for your love, your sorrow, and your bond with your baby to be held safely in your body.

When you separate the trauma from the grief, you create more space for the grief to be allowed fully. Many bereaved mothers find that this work helps them feel more grounded, more connected, and less trapped in survival mode.

Baby loss is not something to be trivialised in a "three step method". That is why I offer deeper, longer healing containers for this precious work.

FAQs continued

16. What if I was in an MBU (Mother and Baby Unit)?

Being in an MBU is often a sign that your nervous system was under enormous strain. Many women carry shame, guilt, fear, or self-doubt afterwards, even though they were doing their best in extremely difficult circumstances.

This work helps you understand that you were not weak. You were overwhelmed and in need of support. By restoring safety in your body, many women feel stronger, more self-trusting, and less afraid of struggling again. It supports not just recovery, but deep emotional rebuilding.

Lisa's Story...

Working with Patti was a gift to me, my body, my family and mostly my children. Sadly 4 years ago after the birth of my second beautiful daughter, I experienced severe and very troubling post natal depression and anxiety. It manifested as insomnia and hyper vigilance after an unwanted delivery via c-section (during the pandemic).

I had a fear of being with her at night and felt an enormous amount of responsibility to be in charge of 2 humans. I am a sensitive soul (which I'd never acknowledged) despite feeling things greatly most of my life.

To give birth during a pandemic and then to come home and be in charge of 2 little ones whilst recovering from major surgery (and whilst my husband continued working at a frantic pace) and all that entails, I quickly realised I was not coping.

We had breast feeding issues which led to me pumping every 3 hours. The hyper vigilance started, the inability to relax, the perfectionism and comparison arrived (how could I not breastfeed this daughter after 2 perfect years with her sister??). Wow when I look back, how very hard I was on myself but it's not surprising something broke. Where did these standards come from? Me, society, my own mother? I felt lonely yet I was never alone. I felt bored but I'd never been more manic.

Early motherhood is complex especially in this modern world. I was terrified and it continued and continued for months. I was put onto medication, none of it helped. We were at a loss.

As Christmas approached, I realised I couldn't carry on. Despite having a community mental health nurse, the support did not feel enough. The support at home also did not feel enough. I made the incredibly hard yet brave decision to be admitted to an MBU as a voluntary patient.

Here I stayed on and off for 27 days with my baby daughter.

Lisa's Story...

It was traumatic yet it was the beginning of my healing journey. I learned and realised I could look after my daughter (despite tremendous guilt for leaving my older one behind). I was put onto new medication that slowly started to help and the doctors weaned me off my sleeping pills (I'd become quickly dependent on).

I started to practice and use my own tools again – every day I rolled about my yoga mat whilst my baby girl slept. Inside the MBU I started to be able to read and watch TV again and I found breathwork (which soon became a daily ritual). I started to recover.

I contracted covid in the MBU and we made the difficult decision that I would be discharged rather than sit alone in isolation for 10 days.

I came home and started to rebuild my life. However, the trauma, the horror of the last 8 months was still at the forefront of my mind and i felt it deeply in my body and nervous system.

And then in walked Patti....

Patti and I worked together to release the trauma and terror of this experience. We talked, we tapped, I meditated, I rested. I invested big time into my healing financially but it was the greatest gift I could give myself.

Talking therapy had not been helping as it took me to the mind.

The beauty of working with Patti is the work combines talking therapy, body work and deep trauma release from the nervous system. Patti has the voice of a South African angel - she made me feel safe in my body and me again. I know that I have done the work myself but Patti was my gentle, loving guide.

I am forever grateful for the work we did together. I have so much more joy in my parenting and my life now. I honestly believe I have become a better version of myself through my traumatic experience but definitely due to my work with Patti.

Today I live a life that is full and much more authentic. My boundaries are firmer, some relationships have slipped away. I teach and share yoga and breathwork in London, with up to 10 classes a week and am able to fit that in around being available for every school drop off and pick up as I want to be as present and connected to my young daughters as possible.

Fatima's Story...

The first birth was an emergency C-section and it was just very very overwhelming. I felt like I had no idea what was happening and it was awful.

With Patti, we worked a lot on "clearing out" the experience of this birth so that I could have a natural delivery with my second baby.

After the work we did, the second time was a lot calmer and I felt like I was much more prepared. I just felt so ready to take it on.

It was such a different experience. It was beautiful. Oh my word, it was so beautiful. I mean the whole entire birth process went well. It just didn't feel like the first time at all.

I felt like "I chose this and this is the path I'm taking and I'm having a V-bac." So, when I think about the work we did together, it helped me feel so ready and I'm so grateful.

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