



# Working With Women Who

**Working with women who have received a prenatal diagnosis of a congenital anomaly.**

**Pieta Shakes, Executive Director, Through the Unexpected**



Pieta Shakes is the Executive Director of Through the Unexpected, a new health promotion charity with the purpose to reduce the distress and mental health challenges associated with prenatal diagnosis. As a mental health nurse psychotherapist, Pieta worked clinically within in a range of mental health settings from crisis and inpatient settings through to private practice, before stepping into academia. Pieta is mid-way through her PhD: a hermeneutic phenomenological study of the maternal lived experience of receiving a prenatal diagnosis of agenesis of the corpus callosum. Her PhD was initially motivated by her own experience of receiving unexpected news at 32 weeks gestation. Her advocacy with the team at Through the Unexpected, is to bring prenatal diagnosis out of the shadows and improve the experience for the 1 in 22 parents who receive a prenatal diagnosis and for the clinicians who support parents through the unexpected.