



Womb Twin Survivors: The Lost Twin in the Dream of the Womb

Althea Margaret Hayton

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A comprehensive study of womb twin survivors, i.e. the sole survivors of a twin or multiple conception, which includes a "vanishing twin" pregnancy. An illustrated guide to the biology of twinning and multiple conceptions, which also describes the feelings of grief and loss felt by the sole survivor after the death of a twin during pregnancy or around birth. A detailed review of the eight-year Womb Twin research project carried out by Althea Hayton using an online questionnaire and involving many hundreds of womb twin survivors. From this study a psychological profile has emerged, revealing that womb twin survivors are unusual people who experience unexplained psychological distress. They have problems with relationships, a fragile sense of self and a tendency towards self-sabotage. A five stage, self-help healing process for womb twin survivors is described including a farewell ritual for their twin. About 10% of the population are womb twin survivors but until very recently it has not been possible to identify them and study them. This book will be of great interest to medical professionals, psychotherapists and of course womb twin survivors and their families. Complete with stories by womb twin survivors in their own words, illustrations, case studies and appendices.

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