

# **THE WOMBTWIN PROJECT**

## **Research, support and training**

**A project for and about the sole survivors of a twin or multiple pregnancy.**

**Our aims are to explain the reality of twin loss before birth and resolve the psychological effects on the survivor.**

[www.wombtwin.com](http://www.wombtwin.com)

*I just do not understand why I was the one to live. I can't seem to figure out why I was the strong one, when in life, I feel weak. I don't understand why I have to go through life alone - I feel like part of me is missing and I feel like it's unfair of my twin to let me live without her. I have both identical and fraternal twins in my family - both sets are cousins - fraternal on my mother's side and identical on my father's side. The doctors told my mother that she was having twins. My entire life, I've known I was a twin, in my heart. It was only when I was 13 that my mother confirmed my suspicions. When I was younger, I had an imaginary friend that I said was my twin sister. I have always been fascinated with twins and with sisters, as well. I don't know for sure that my twin was a girl, by any means medical, anyway, but something tells me that we were sisters. No one seems to understand what it is like to grieve for someone who was never born - but I miss her every day of my life. I don't know how to find a way to feel whole, when I feel like part of me is missing. I guess I'm just looking for answers.*

I started the Wombtwin project in 2001, when I finally recognised that I am a wombtwin survivor. There was a normal, rational, intelligent and loving reason why I had spent so much of my life haunted by a series of vague difficult feelings that I didn't understand and could not overcome, however hard I tried. I was not "crazy" or "neurotic" after all! I entered into a process of healing that occurred naturally following this discovery but which I had to undertake alone and unsupported. I now offer support to other wombtwin survivors, so they do not need to be alone in this.

### **THE WOMBTWIN HYPOTHESIS**

I believe that wombtwin survivors spend their lives recreating the events that took place in the womb the resulted in the death of their twin. Nothing – not personal happiness, satisfaction, or even life itself - is more important than that. As a result they end up living only half a life. They re-live constantly the death of their twin and all the grief and pain that goes with that. Only when this "womb-script," (which underlies all attitudes, beliefs and behaviour in born life) is clearly understood, can the wombtwin survivor begin at last to live life to the full.

### **A WEBSITE**

The wombtwin.com website is under constant development as this project continues to grow. It is the main communications centre for wombtwin survivors throughout the world.

### **A RESEARCH QUESTIONNAIRE**

I am attempting to develop a shortlist of characteristics of wombtwin survivors. There are three types: - identical wombtwin survivors, fraternal wombtwin survivors and multiple wombtwin survivors. They all have their own particular view of the world, and this questionnaire is the principle way of clarifying this.

## **INTERVIEWS**

By email, letter, telephone or face-to-face - for five years I have been interviewing wombtwin survivors wherever I can find them. Every interview throws a little more light in the subject serves to strengthen the Wombtwin Hypothesis.

## **TRAINING**

Wombtwin survivors are increasing in numbers as the present epidemic of twinning continues. I am creating a team of trainers who can offer one-day training courses to professionals about this widespread but largely misunderstood phenomenon - and of course the survivors.

## **OBJECTIVES**

- To undertake a programme of information gathering about the many different events in a twin or multiple pregnancy that lead to the intrauterine death of one or more embryos or foetuses.
- To identify the personality characteristics of wombtwin survivors and publicise them, so that wombtwin survivors can identify themselves and be recognised as such.
- To make contact with as many wombtwin survivors as possible throughout the world by means of a comprehensive website.
- To interview as many wombtwin survivors as possible about their subjective experience of being the sole survivor, both face to face and by email.
- To disseminate information about the subjective experience of being a wombtwin survivor by means of a website, printed publications, media interviews, training sessions, pod-casts etc.
- To develop a range of useful therapeutic interventions for distressed wombtwin survivors of all ages.
- To provide training for various professional groups in how to identify and bring out the best potential in wombtwin survivors and make full use of their special gifts
- To find ways of bringing wombtwin survivors together into communities to normalise their feelings and maximise their potential.
- To offer personal support to wombtwin survivors where they are isolated and misunderstood, by means of email contact, healing groups, and specially trained therapists who are prepared to be “wombtwin companions”.

## **CONTACT ME**

- To arrange a wombtwin survivor interview
- To send us your story
- For further details of publications
- For a copy of our research questionnaire
- For media interviews
- For any other reason not listed above

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