

Our qualitative study "The Phenomenology of Experience in Extreme Situations Based on the Example of Unplanned Caesarean Sections" tries to map and to describe the phenomenon of extreme situations mainly from the point of view of their dynamic aspects and puts the emphasis on the experience of such. As a typical example of extreme situation we have chosen unplanned Caesarean Section on the background of historical - economic and social changes. Such example is to serve as a prototype of successful ending to the extreme situation. Therefore only such cases when both mother and child survived the delivery were included in our research.

In our work we are laying a question what experience of this concrete extreme situation means to women, what types of feelings may be connected with such experience and above all what various ways there are to cope with such experience.

We are not actually trying to generalize because every such experience is a unique one. We are more searching for suitable theoretical frameworks, research methods and safe ways to allow mothers to gain distance from this difficult and sensitive experience so they can reinterpret such in a positive way. Then they can integrate such important and often traumatic event into their present every day life and enrich it by another experience dimension.