

New Brunswick-Based Podcast Mamahood After Trauma Reaches 10k Downloads and International Mental Health Podcast Charts

Independent podcast reaches listeners in 89 countries and earns Top 5% global ranking



Fredericton, New Brunswick Aug 28, 2026 ([Issuewire.com](https://www.issuewire.com)) - What began as a small independent podcast created to support trauma-surviving mothers has grown into a globally reaching platform, with Mamahood After Trauma surpassing 10,000 lifetime downloads and reaching listeners in 89

countries.

Created and hosted by New Brunswick entrepreneur, author, speaker and trauma recovery coach **Emily Cleghorn**, Mamahood After Trauma explores the intersection of trauma, healing and motherhood through honest conversations designed to help mothers understand themselves, their triggers and the patterns they are working to break.

The milestone comes as the podcast continues to demonstrate international reach. In August 2026, Mamahood After Trauma reached **#12 in the Mental Health podcast category in Malaysia** and also appeared in Norway's Mental Health podcast charts.

The podcast is currently ranked among the **Top 5% of podcasts globally**, according to Listen Notes, and was recently recognized by PodMatch as a **Top 10 Mental Health podcast**.

With **278 episodes published**, the show's growth represents years of consistent independent production rather than a single viral moment.

"I'm honestly having a hard time believing it," says Cleghorn. "I started this podcast from absolutely nothing. There was no audience waiting for me, no production team and no big media company behind it. I just knew there were conversations about trauma and motherhood that needed to happen."

"To discover that those conversations have now reached people in 89 countries—and that the show is actually appearing on mental health podcast charts internationally—is surreal."

From local conversations to a global audience

Mamahood After Trauma was created with a specific audience in mind: mothers who are navigating motherhood while also carrying the effects of trauma.

Rather than positioning healing as a destination, the podcast explores the ongoing process of recognizing patterns, understanding triggers, developing emotional regulation, and breaking cycles that can otherwise be passed from one generation to the next.

The show's growing international reach illustrates the universality of those experiences.

"Trauma doesn't stop at a border," Cleghorn says. "Neither does motherhood. The circumstances may look different from country to country, but mothers everywhere are asking many of the same questions: *Why do I react this way? Why is motherhood bringing so much up for me? How do I do things differently with my children?*"

What's next for Mamahood After Trauma

The 10,000-download milestone marks not an endpoint, but the beginning of a new chapter for the podcast.

Cleghorn is currently developing a more intentional listener journey designed to help listeners move from individual episodes into a broader framework for healing. The podcast's existing library will increasingly be organized around the **Cycle Breaker's Journey**, allowing listeners to identify where they are in their healing process and discover episodes specifically curated for that stage.

The podcast will continue publishing new episodes while expanding the ecosystem surrounding the show, including its **Rising Room community**, educational resources, and personalized pathways for deeper support.

“For years, the goal was simply to keep showing up and make the next episode,” says Cleghorn. “Now I have a body of work that people around the world are actually using. The question I’m asking next is how do I make that body of work even more useful—and how do I build something sustainable around it?”

About Mamahood After Trauma

Mamahood After Trauma is an independent podcast created for trauma-surviving mothers who want to understand their triggers, heal old wounds and break cycles in motherhood.

Hosted by Emily Cleghorn, the podcast offers conversations about trauma recovery, motherhood, emotional regulation, boundaries, identity, and the messy reality of healing while raising children.

Since its launch, Mamahood After Trauma has grown to more than **278 episodes**, surpassed **10,000 lifetime downloads**, reached listeners in **89 countries**, and earned a **Top 5% global podcast ranking**.

For more information:

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