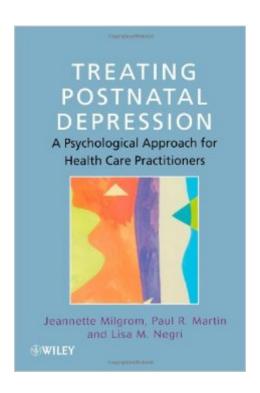
The book was found

Treating Postnatal Depression: A Psychological Approach For Health Care Practitioners





Synopsis

When mothers feel depressed in the months after childbirth, their feelings have often been dismissed as understandable reactions to the stress of caring for a new baby, perhaps complicated by family and marital demands. Most mothers cope, with varying degrees of support and success, but for many the neglect and misunderstanding of postnatal emotional problems can lead to long-term difficulties, with implications for their families as well as for mental health services. This book provides an understanding of depression following childbirth which draws together current theories and a synthesis of key research with a framework for intervention. It provides a novel way of thinking about postnatal depression, and a treatment program which is based on this model. The clinical programs and interventions which are outlined have been found to be effective at reducing postnatal depression. These programs are aimed at developing coping skills in women which: * Reduce the symptoms of postnatal depression * Improve maternal functioning in terms of self-esteem, assertiveness and coping * Address marital and partner difficulties which often arise * Deal with parent-infant difficulties the may exist * Facilitate the use and development of existing social networks The authors have reviewed current knowledge on postnatal depression, and given guidelines for best practice in a variety of approaches to treatment and prevention, Included is a detailed account of a tried-and-tested 10-week treatment program, together with materials and resources that a busy clinician might need to implement a similar program. Treating postnatal Depression will be a valuable resource for clinical psychologists, counsellors, psychiatrists, nurses, health visitors, midwives and other professionals who need to understand and deal with the emotional problems of mothers and babies. "A very readable book which presents an excellent overview of this important topic, and allows the authors to share their wealth of clinical experience in the clinical management of depressed mothers." Professor Peter Lewinsohn, University of Oregon "This book is a very timely and accessible approach for health care workers who treat women with postnatal depression Medical interventions alone are rarely adequate in the management of this disorder, an understanding of the psychological issues is essential, and this comprehensive manual, which deals with how to approach the complexities of the disorder, will aid workers significantly and, ultimately, benefit those who are suffering." Professor Anne Buist, University of Melbourne Austin & Repatriation Medical Centre

Book Information

Paperback: 296 pages

Publisher: Wiley; 1 edition (February 8, 2000)

Language: English

ISBN-10: 0471986453

ISBN-13: 978-0471986454

Product Dimensions: 6.6 x 0.6 x 9.7 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,060,757 in Books (See Top 100 in Books) #90 in Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #513 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Maternity, Perinatal, Women's Health #797 in Books > Medical Books > Nursing > Women's Health, Obstetrics & Gynecology

Download to continue reading...

Treating Postnatal Depression: A Psychological Approach for Health Care Practitioners Sad Dad: An Exploration of Postnatal Depression in Fathers Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression & Anxiety Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years A Breastfeeding-Friendly Approach to Postpartum Depression: A Resource Guide for Health Care Providers Cats: Cat Care-Kitten Care- How To Take Care Of And Train Your Cat Or Kitten (Cat Care, Kitten Care, Cat Training, Cats and Kittens) Dogs: Dog Care- Puppy Care- How To Take Care Of And Train Your Dog Or Puppy (Dog Care, Puppy Care, Dog Training, Puppy Training) Health Care Information Systems: A Practical Approach for Health Care Management Delivering Health Care In America (Delivering Health Care in America: A Systems Approach) Kovels' Depression Glass and Dinnerware Price List, 8th edition (Kovels' Depression Glass & American Dinnerware Price List) The Depression Book: Depression as an Opportunity for Spiritual Growth The Depression Cure: The 11-Step Program to Naturally Beat Depression for Life The Doctor's Guide to Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, ... Pancreatitis, Cirrhosis, Hernias and more Essential Procedures for Practitioners in Emergency, Urgent, and Primary Care Settings, Second Edition: A Clinical Companion Becoming an Intuitive Healer: A Professional Development Course for Health Practitioners Positive Poker: A Modern Psychological Approach to Mastering Your Mental Game Essentials in Hospice Palliative Care - Second Edition: A basic end-of-life manual explaining how to care for the dying and helps health care workers, family and patients deal with death and dying. The Sociology of Health, Illness, and Health Care: A Critical Approach Health Care Finance: Basic Tools for Nonfinancial Managers

(Health Care Finance (Baker))

<u>Dmca</u>