Beyond The Blues: A Guide To Understanding And Treating Prenatal And Postpartum Depression
Newly updated, Beyond the blues contains the current information about risk factors, diagnosis, treatment, and prevention of mood disorders in pregnancy and postpartum. Straightforward yet compassionate, it is required reading for all who work with pregnant and postpartum women, as well as for those suffering before or after the baby is born. This book is being used by the US Navy, Spectrum Health in Michigan, Durham Regional Health Department of Canada, New York State Department of Health, Broward Healthy Start Coalition of Florida, the International Childbirth Education Association, and many other organizations.

**Synopsis**

Approximately 10 percent of women experience depression. Of these, about 15 percent are so severely depressed that they attempt suicide. During a time when you would imagine most women would be happy and fulfilled in their new roles as a mother, many women experience the nightmare of postpartum depression. While many of us have heard of postpartum depression (PPD), I was unaware of prenatal depression. In fact, this book presents five postpartum mood disorders that can also occur during pregnancy. Since depression can have fatal results, it is essential to get counseling. This book is not intended to be a replacement for individual counseling, medical assessment or group support. "Beyond the Blues" shows the reality of Prenatal and Postpartum depression. It is one of the most well-organized books I’ve seen on any type of depression. You can quickly assess the condition and find help, treatment options and support. The authors wrote this
book to help provide critical information to psychotherapists and clients. Shoshana S. Bennett, Ph. D., founded "Postpartum Assistance for Mothers in 1987" and also holds her second masters degree in Psychology and a doctorate in Clinical Counseling. Pec Indman, Ed.D., MFT has a doctorate in counseling and a masters degree in health psychology. Our Stories - Shoshana and Pec show how they became aware of perinatal mood disorders. You soon realize the lack of sensitivity out there in the "real world" and can't believe we humans are not more nurturing. For some women, becoming a new mom can be a shocking experience when they start feeling suicidal.

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A Deeper Shade of Blue: A Woman’s Guide to Recognizing and Treating Depression in Her Childbearing Years
Treating Postnatal Depression: A Psychological Approach for Health Care Practitioners
After the Stork: The Couple’s Guide to Preventing and Overcoming Postpartum Depression
A Breastfeeding-Friendly Approach to Postpartum Depression: A Resource Guide for Health Care Providers
Transformed by Postpartum Depression: Women’s Stories of Trauma and Growth
Perfect Mothers Get Depressed: Why trying to be perfect, not speaking up, and always trying to please everyone increases your risk of postpartum depression
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Nobody Told Me: My Battle with Postpartum Depression and Obsessive-Compulsive Disorder
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