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Treating Postnatal Depression: A Psychological Approach for Health Care Practitioners (Paperback)

By Jeannette Milgrom, Paul R. Martin, Lisa M. Negri

John Wiley and Sons Ltd, United Kingdom, 2000. Paperback. Condition: New. Language: English . Brand New Book. 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...



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