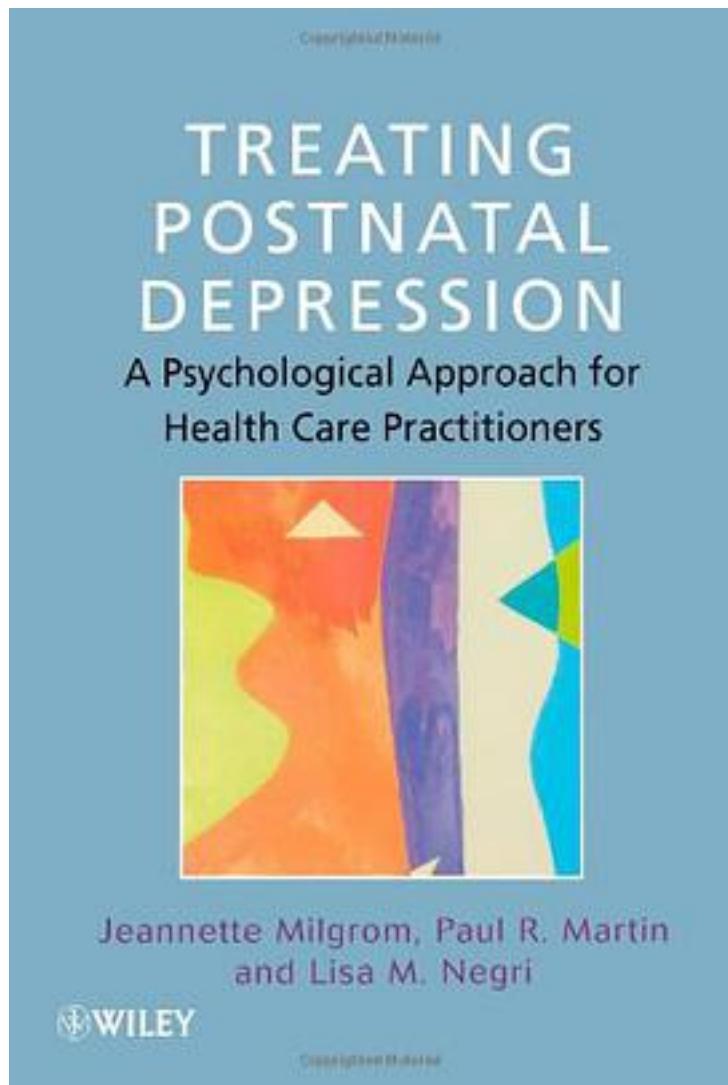


# Treating Postnatal Depression



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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

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