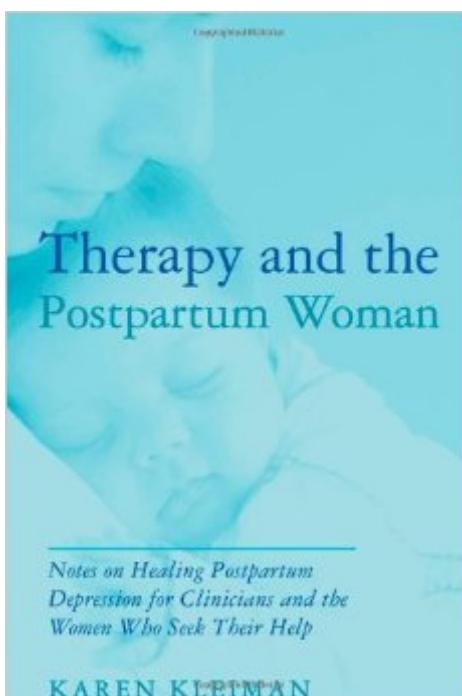


The book was found

Therapy And The Postpartum Woman: Notes On Healing Postpartum Depression For Clinicians And The Women Who Seek Their Help



Synopsis

This book provides a comprehensive look at effective therapy for postpartum depression. Using a blend of professional objectivity, evidence-based research, and personal, straight-forward suggestions gathered from years of experience, this book brings the reader into the private world of therapy with the postpartum woman. Based on Psychodynamic and Cognitive-Behavioral theories, and on D.W. Winnicott's "good-enough mother" and the "holding environment" in particular, the book is written by a therapist who has specialized in the treatment of postpartum depression for over 20 years. Therapy and the Postpartum Woman will serve as a companion tool for clinicians and the women they treat.

Book Information

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Customer Reviews

As a psychiatrist who specializes in working with pregnant and postpartum women, I found this book to be an invaluable resource. Karen Kleiman's expertise resounds brilliantly throughout this immensely useful book. It not only reflects well upon Karen's scholarly and academic pursuit of guiding how best to alleviate suffering for the postpartum woman but it also is written in a straightforward and thoughtful manner that parallels Karen's compassion and warmth for the affected new mother. I recommend this book highly to all clinicians working in this field.

Having had a friend suffer from post partum depression many years ago, I wish that Karen's book had been available for both her and me. It is wonderful to know that there are so many resources

available for women who suffer from this syndrome, and Karen's book covers those resources for both the therapist and the patient so very thoroughly.

As a therapist that treats women with a variety of postpartum mood disorders and distress this is the book we have all been waiting for. Finally something new, different, and comprehensive. You won't just learn about the variety of mood disorders and issues women face, you will learn what to actually DO to help them. Be careful...this book is like a good glass of wine. You want to drink it in slowly and one sip at a time...because it is that good and there is so much to take in that will be useful to you in your work with families..

Karen Kleiman, MSW, continues to offer her insight and expertise to guide women and families struggling with perinatal mood disorders to the most effective help/resources. In *Therapy and the Postpartum Woman*, Kleiman answers important questions that often remain unasked when postpartum consumers seek therapeutic services - often for the first time. And for clinicians motivated to expand their specialty commitment to this population, the book is rich with clinical information and the most effective approaches to help clients feel heard and achieve recovery. Kleiman's own commitment to postpartum women, which has endured over many years and resulted in the formation of the Postpartum Stress Center, has now brought us another excellent and timely publication. For as we begin to do a better job of identifying and assessing women suffering with pregnancy related mood disorders, treatment approaches must keep pace to maximize women's recovery options. The value of Kleiman's book at this educational, legislative, awareness and prosocial juncture cannot be overestimated. Susan Dowd Stone, MSW, LCSW, Chair, President's Advisory Council, Postpartum Support International, NJ HSS Certified Perinatal Mood Disorders Instructor

This book goes the distance. Well researched, respectable, and clearly based on years of hands-on practice with this population. It reads like a thoroughly cited journal article, yet is enjoyable and holds attention. Not dry by any means. It is clear that the author cares deeply about women and families who experience postpartum difficulties. A book that is a worthy addition to any clinician's library regardless of specialty population or theoretical leanings.

As someone who provides therapy for women with postpartum mood disorders, this book has been invaluable. *Therapy and the Postpartum Woman* is actually very enjoyable and difficult to put down,

which is unexpected for such an informative book. My hope is that graduate clinical and medical programs regularly offer courses on Postpartum Mood Disorders, and that this book becomes part of the curriculum. I would recommend this book to any clinician or medical professional who treats women, as well as to anyone who is personally affected by postpartum mood disorders. Leanne McNett, LCSW

"Therapy and the Postpartum Woman" is a book that every therapist and person who knows someone suffering from PPD should have. It is insightful, informative, and practical. Written eloquently from a person with great knowledge in the area of PPD. I would recommend this book to anyone interested in learning more about PPD and its treatment. Rachel Donnelly, MS Counseling and Human Relations

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