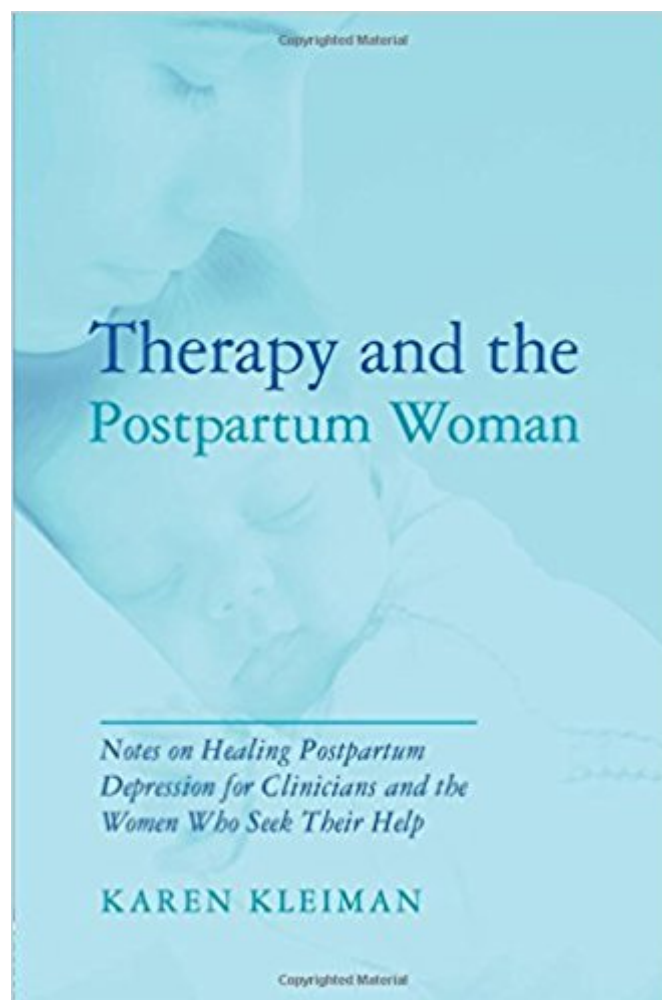




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# Therapy And The Postpartum Woman: Notes On Healing Postpartum Depression For Clinicians And The Women Who Seek Their Help





## 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

"Therapy and the Postpartum Woman is an essential resource for clinicians who work with postpartum women and the clients they serve. Postpartum mothers and those who love them will learn what questions to ask of caregivers and what educational and clinical experience to seek when choosing a therapist. By offering perinatal professionals and the women they serve an intimate view of the postpartum therapeutic experience, Kleiman's book creates a stellar benchmark for treatment quality and more efficacious outcomes." — Susan Stone, MSW, president, Postpartum Support, International and psychotherapist specializing in women's reproductive mental health "A beacon of light and hope to women lost in the confusing world of postpartum depression, *Therapy and the Postpartum Woman*, is an invaluable tool for everyone

engaged in the battle to help women cope with this devastating complication of childbirth. It is a resource that is destined to be at the right hand of any clinician whose mission is to ease the suffering of women with PPD and help them take those first steps on the road to recovery." — Liz Powell, director of the TLC (Talking Listening and Caring) for Moms perinatal depression program at Virtua Health in Southern New Jersey, USA "[This book] provides tremendous breadth and depth of information, resources, theory, and interventions for treating this population. As a cognitive-behavioral therapist who works with women with postpartum issues, I find her illustration of the types of distorted thoughts and beliefs of depressed mothers to be extensive and her focus on workable solutions right in line with my own experience with this population. Given the high incidence of depression and anxiety in postpartum women, and the potentially lethal consequences of these illnesses, this book is a must-read for any clinician working with mothers and mothers-to-be." - Antonia M. Pieracci, PhD., Senior Instructor, University of Colorado Depression Center

Karen Kleiman, MSW, Licensed, Clinical Social Worker, author of *This Isn't What I Expected*, *The Postpartum Husband* and *What Am I Thinking?* has been working with women and their families for over 20 years. A native of Saint Louis, MO., Karen has lived in the Philadelphia area since 1982 with her two children and her husband. In 1988 she founded The Postpartum Stress Center where she provides treatment for prenatal and postpartum depression and anxiety.

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.

This is an accurate, interesting, informative, and thoroughly enjoyable read. I recommend it for anyone working with postpartum women, especially counselors/therapists.

This is---in my not-so-humble opinion---THE authoritative guide for the Postpartum Clinician. If you are treating women with PPMD, you MUST have this in your library.

Pretty good book with a lot of good info for both therapist and individual suffering.

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

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..

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

This book is a must have for any therapist or health care professional currently working with

postpartum women or who plans to work with postpartum women in the future. Her writing is impeccable and she transcends the emotions that dance through the room during a therapy session. Karen is an amazing professional and her dedication to the field can be seen throughout the book. For anyone seeking information for postpartum depression, this book provides a realistic view of the women who experience postpartum and the women who help them. For those seeking support for postpartum depression, this book provides facts, information and resources, as well as demystifies the therapeutic process. I think women will appreciate her honesty and understand the importance of seeking appropriate support in order to feel better. Thank you Karen for continuing to train professionals, educate women and share your wisdom. Jennifer Atkinson, LCSW Specializing in PPD Richmond, VA

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