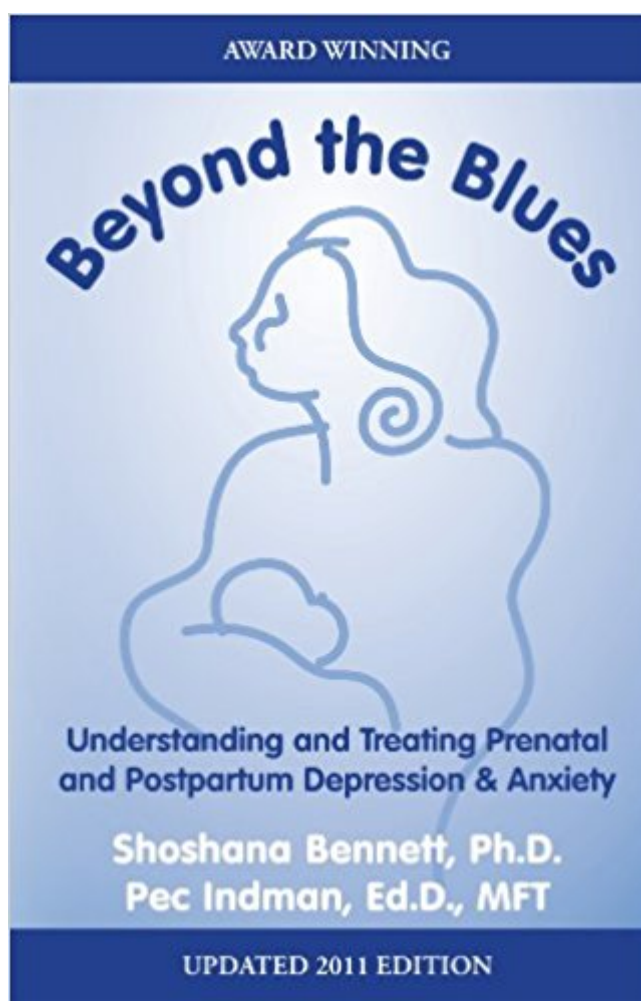


The book was found

# Beyond The Blues, Understanding And Treating Prenatal And Postpartum Depression & Anxiety



## Synopsis

Newly updated in 2010, *Beyond the Blues* contains the current information about risk factors, diagnosis, treatment options, and prevention of mood disorders in pregnancy and postpartum. Included is the most up-to-date research about medication use in pregnancy and in breast milk. 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, Clarian Health in Indiana, the International Childbirth Education Association, and many other organizations. This book is recommended by the United States Department of Health and Human Services, and by actress Brooke Shields. A newly updated section for fathers/partners explains how to support an ill wife, as well has a discussion of how you, as a dad/partner may be feeling. This book tells how to screen for a trained healthcare provider, and discusses the variety of health and mental health care providers and their differences.

## Book Information

Perfect Paperback: 160 pages

Publisher: Moodswings Press; 2011 updated edition (September 23, 2010)

Language: English

ISBN-10: 097171245X

ISBN-13: 978-0971712454

Product Dimensions: 0.5 x 5.5 x 8.2 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 4.5 out of 5 stars 10 customer reviews

Best Sellers Rank: #545,350 in Books (See Top 100 in Books) #34 in [Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression](#) #482 in [Books > Health, Fitness & Dieting > Mental Health > Mood Disorders](#) #549 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders](#)

## Customer Reviews

An indispensable guide to understanding and treating prenatal and postpartum depression. This book is a gift not only to healthcare providers but also to family and friends of mothers suffering from these devastating perinatal mood disorders. --Cheryl Tatano Beck, DNSc, CNM, FAAN Professor, University of Connecticut, School of Nursing Co-author of Postpartum Depression Screening Scale

--Cheryl Tatano Beck, DNSc, CNM, FAAN Professor, University of Connecticut, School of Nursing  
 Co-author of Postpartum Depression and Anxiety: A Practical Guide for Health Care Providers  
 I love this book! It is easy to read and use as an informative reference for all aspects of perinatal mood and anxiety disorders. I recommend this book to all the OB care provider offices in my hospital system. It's an excellent book for my clients and required reading for providers I train. Thanks to Pec and Shoshana for the recent updates which make this great book even better." --Birdie Gunyon Meyer, RN, MA Immediate Past President, Postpartum Support International PSI Coordinator and Trainer Perinatal Mood Disorders Program, Clarian Health Indianapolis, IN  
 Unfortunately, even in 2010 there remains a stigma surrounding mental health issues such as depression, including during the perinatal period. Despite the fact that approximately 10 to 15% of women experience depression during pregnancy and in the postpartum, translating into thousands of women who are suffering, often in silence. This book will be of great help for both women and their health care practitioners, providing information on all aspects of depression in pregnancy and in the postpartum, including safety/risk of medication therapy." --Adrienne Einarson RN, Assistant Director, The Motherisk Program, The Hospital for Sick Children Toronto, Canada  
 There are many important messages in this book but here were a few that really made an impact on me. Some of them include:   
 • One in five women will be affected by postpartum depression or anxiety but it is a condition that will go away with help.   
 • Women need to speak up and be persistent in getting proper care.   
 • Not all counselors/therapists have experience or knowledge about perinatal mood and anxiety disorders. The book also offers screening questions to find the right practitioner. Beyond the Blues is a vital resource for the whole support team, family, educators, doulas, practitioners, therapists and of course for any woman is pregnant, thinking about becoming pregnant, or who has recently had a baby. It should certainly be required reading for any birth professional certification program. --International Childbirth Education Association  
 Unfortunately, even in 2010 there remains a stigma surrounding mental health issues such as depression, including during the perinatal period. Despite the fact that approximately 10 to 15% of women experience depression during pregnancy and in the postpartum, translating into thousands of women who are suffering, often in silence. This book will be of great help for both women and their health care practitioners, providing information on all aspects of depression in pregnancy and in the postpartum, including safety/risk of medication therapy." --Adrienne Einarson RN, Assistant Director, The Motherisk Program, The Hospital for Sick Children Toronto, Canada

Pec Indman, Ed.D., MFT has a doctorate in counseling and is a licensed Marriage and Family Therapist. She is chair of the Education and Training Committee of Postpartum Support International

International and is active in international perinatal organizations. Dr. Pec Indman is a internationally recognized expert in the field of mental health related to pregnancy and postpartum. She works with clients experiencing fertility challenges, pregnancy loss, depression and anxiety during pregnancy or postpartum in her private psychotherapy (counseling) practice in San Jose, and is an expert consultant for the federal government, state and local communities. Shoshana Bennett, Ph.D. is a licensed psychologist and is a past President of Postpartum Support International. Dr. Shoshana founded Postpartum Assistance for Mothers in 1987 after her second experience with undiagnosed postpartum depression.

I'm pregnant and dealing with some pretty severe antepartum depression. I have talked to numerous doctors and am now pretty successfully treating it with medication and therapy, but I wanted this book as an extra resource on the subject. It was comforting to read and know that I was treating it properly. It doesn't go really in depth (it's fairly basic), but it has helpful info. It also has a section for practitioners and family members of those suffering from antepartum or postpartum depression. I had my husband read the "spouse" part and I think it gave him some useful tips on how best to support me.

For new moms who are suffering: this is easy to read, even when you have trouble focusing on anything. Useful for women suffering from Postpartum Anxiety/ Depression as well as those who care for them. Women, give this to your friends, family, spouse, etc to help them understand what you are going through and help them learn what to say and what not to say.

I suffered through postpartum depression with both of my births. I wish I had learned some of these tips back then.

Great book!

Great book to read for sure!

Great book.

My wife bought this on my accounts for one for my coworker's wives. She tells me it helped her and she want to help others who have had similar issues. So, Its supposed to be good.

Give it a shot, its better than the alternative. If its not worth \$20 to you to help your wife out, then call mine. She'll gladly spend my money to help you out.

I went through PPD/anxiety after my first child was born. It seemed to come out of nowhere and I was hanging on by my fingernails when a supportive friend sent me this book. In retrospect, I'd probably get the book postpartum depression for dummies, but this book got me through a real crisis. Another reason it was helpful was because the mental health clinicians I worked with didn't seem to really get my situation, but this author did. The clinicians I had knew enough to recognize it was a serious situation, but PPD is so much more serious because you are talking about two lives, the mother's and the baby's, who are at risk.

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Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression  
Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders)  
Postpartum Depression: How to Overcome Postpartum Depression and Be a Happy Mom (Postnatal Depression)  
Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression)  
Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)  
Interpersonal Psychotherapy for Perinatal Depression: A Guide for Treating Depression During Pregnancy and the Postpartum Period  
Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek their Help  
The Postpartum Husband: Practical Solutions for living with Postpartum Depression  
Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers )  
Fit to Deliver: An Innovative Prenatal and Postpartum Fitness Program: Safe and Fun Exercises Tailored by Professionals to Benefit Both You and Your Baby  
Nurse-Midwifery Handbook: A Practical Guide to Prenatal and Postpartum Care  
Beyond the Baby Blues: Anxiety and Depression During and After Pregnancy  
Interpersonal Psychotherapy for Perinatal Depression: A Guide For Treatment of Depression During Pregnancy and the Postpartum Period  
Postpartum Depression and Anxiety: How to Survive and Thrive Through Self-care Diet and Fitness  
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Holding in Therapy: An Essential Intervention for Postpartum Depression and Anxiety Overcoming Postpartum Depression and Anxiety A Story of Will: A Spiritual Perspective on Postpartum Anxiety and Depression The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions

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