



Help For Depressed Mothers

Carolyn Westall, Pranee Liamputtong



Help For Depressed Mothers:

Help for Depressed Mothers Barbara Ciaramitaro, 1978 **Sorrow's Web** Anne Sheffield, 2001-02-21 Drawing on her experience of growing up with a depressed mother and then years later of becoming a depressed mother herself Books for a Better Life winner Anne Sheffield casts long overdue light on the grave threat to the health and happiness of millions of women and their children posed by maternal depression One of every four women suffers from depression at some point in her life often during the prime childbearing years yet most fail to recognize the true source of their lack of joy in life and in parenting their irritability and exhaustion and the flawed personal relationships that characterize this common treatable disease With honesty and empathy Sheffield uses her own story as a springboard to alert other mothers to the dangers their unrecognized depression holds not only for themselves but also for their children whose risk of developing the illness is three times higher than the risk to children of non depressed parents She draws on extensive research by experts in psychiatry psychology and child development to explain why and how children with a depressed mother may lose out on a rewarding social life perform below their academic potential or fall victim to substance abuse Chapters on each age group infancy and toddlerhood school age and adolescence pinpoint the symptoms and effects of a mother s depression on her children and offer advice on how to recognize these effects and so lessen or avoid them And because depression s fallout destroys family cohesion and harmony Sheffield draws attention to its impact on marital relations and outlines a strategy for fathers that will help them and their children weather the crisis The detailed information in Sorrow s Web about how to treat depression at any period in a mother s life during pregnancy or following delivery when her children are teenagers or later in life will help readers of all ages choose wisely from the range of medical and psychotherapeutic options available Sheffield offers insider tips on how to tell the difference between good and poor practitioners how to ensure that the illness does not return and how to recognize and respond to warning signs of depression in vulnerable children Dedicated to the author s daughter Sorrow s Web seamlessly weaves together real life stories with street smart advice As the first book to demystify destigmatize and humanize a long taboo subject it points the way to sustaining and regaining a loving relationship between mother and child

Depression in New Mothers Kathleen A Kendall-Tackett, 2009-12-04 Depression is the number one cause of maternal death in developed countries and results in adverse health outcomes for both mother and child It is vital therefore that health professionals are ready and able to help those women that suffer from perinatal and postpartum depression PPD This book provides a comprehensive approach to treating PPD in an easy to use format It reviews the research and brings together the evidence base for understanding the causes and for assessing the different treatment options including those that are safe for use with breastfeeding mothers It incorporates a new psychoneuroimmunology framework for understanding postpartum depression and includes chapters on negative birth experiences infant characteristics psychosocial factors antidepressant medication therapies such as cognitive behavioural therapy herbal medicine and alternative therapies suicide and infanticide

Invaluable in treating the mothers who come to you for help this helpful guide dispels the myths that hinder effective treatment and presents up to date information on the impact of maternal depression on the health of the mother as well as the health and well being of the infant **Depression in New Mothers, Volume 1** Kathleen Kendall-Tackett,2023-11-16 Depression in New Mothers Volume 1 Causes Consequences and Risk Factors provides a comprehensive evidence based approach to understanding symptoms and risk factors of depression anxiety and posttraumatic stress disorder PTSD in perinatal women which are common complications of childbirth To effectively intervene health professionals must be aware of these conditions and ready to identify them in mothers they see Written by a psychologist and International Board Certified Lactation Consultant this fourth edition is expanded into two complementary volumes the first focuses on causes and consequences of poor perinatal mental health and the second on screening and treatment This volume integrates recent research on Feeding methods and sleep location for mother infant sleep Traumatic birth experiences Infant temperament illness and prematurity Violence discrimination and adversity The dysphoric milk ejection reflex D MER COVID 19 military sexual trauma immigration refugee status and the impact of war displacement and terrorist attacks Depression in New Mothers Volume 1 includes mothers stories throughout which provide examples of principles described in studies Each chapter highlights key research findings and clinical takeaways It is an essential resource for all healthcare practitioners working with mothers in the perinatal period including nurses midwives doctors lactation consultants and psychologists

Depression in New Mothers Kathleen Kendall-Tackett,2016-09-05 Depression is the most common complication of childbirth and results in adverse health outcomes for both mother and child It is vital therefore that health professionals be ready to help women who have depression anxiety or posttraumatic stress disorder in the perinatal period Now in its third edition Depression in New Mothers provides a comprehensive approach to treating postpartum depression in an easy to use format It reviews the research and brings together the evidence base for understanding the causes and for assessing the different treatment options including those that are safe for breastfeeding mothers It incorporates research from psychoneuroimmunology and includes chapters on assessing depression mother infant sleep traumatic birth experiences infant temperament illness and prematurity childhood abuse and partner violence psychotherapy complementary and integrative therapies community support for new mothers antidepressant medication suicide and infanticide This most recent edition incorporates new research findings from around the world on risk factors the use of antidepressants the impact of breastfeeding and complementary and integrative therapies as well as updated research into racial ethnic minority differences Rich with case illustrations and invaluable in treating mothers in need of help this practical evidence based guide dispels the myths that hinder effective treatment and presents up to date information on the impact of maternal depression on the mother and their infants alike Depressed Mother Kath James,1998-05-31 Depression in new mothers is very common but it is often not simply a case of the baby blues Most mothers are suffering from general depressive disorders

related to their living and or social circumstances Examining symptoms and causes of general depression amongst mothers and its effects on mother infant relationships this book gives a comprehensive overview of the causes and effects of depressive disorders particularly in relation to mothers and their families It considers preventative measures including physical treatments and counseling Worksheets and projects for individual and group use are included The book aims to empower students to identify the client s needs prescribe treatment and provide help and support for the family

Postpartum Depression and Anxiety Pacific Post Partum Support Society,2014-02 Revised for the seventh edition and called a gem by Mothering magazine our book has sold over 30 000 copies to date This is a practical guide for mothers who are experiencing postpartum depression and anxiety The book is based on the experiences of thousands of women and describes what has helped them get through this difficult time From the introduction The idea for this book came from the realization that many women are suffering from some degree of postpartum depression and that very few will find access to supportive care while going through it Some of our own mothers are only now feeling safe enough to talk about their experiences and describe how alone and crazy they felt The material in this book is based on over thirty years of counselling thousands of women with postpartum depression These women have willingly shared their experiences with each other and together they have explored what has helped them It is their knowledge wisdom courage and generosity that has made this book possible Emphasis has been put on those common threads which run through the experience of postpartum depression The term perinatal depression is being used to describe postpartum depression in many newer research journals and publications It is an umbrella term that better reflects the fact that symptoms can begin during pregnancy as well as postpartum In this book we refer to postpartum depression which fits under the more general category of perinatal symptoms As you read keep in mind that you are going to survive this However hopeless you may feel try to remember that it will end Women grow and change as they cope with their depression After it is all over many women say they are glad they went through the experience As one woman said I never thought I d get through it but I did and I feel great I know much more about myself Now I enjoy my baby and I feel peaceful Community-based Breastfeeding Support ,1996 Children of Depressed Mothers Marian Radke-Yarrow,1998-10-28 A developmental perspective on the psychopathology of offspring of depressed mothers **Depression in New Mothers, Volume 2** Kathleen A. Kendall-Tackett,2024-04-25 This fourth edition of Depression in New Mothers Volume 2 Screening Assessment and Treatment Alternatives provides a comprehensive and evidence based approach to understanding the assessment for treatment and treatment of postpartum depression Depression anxiety and posttraumatic stress disorder are common complications of childbirth that result in adverse health outcomes for both mother and child It is vital therefore that health professionals be ready to help women with these conditions in the perinatal period Written by a psychologist and board certified lactation consultant this fourth edition is greatly expanded and available as two complementary volumes Focusing on causes and consequences of poor perinatal mental health and its

treatment It can also be used by community organizations that want to support new mothers screen for possible depression discuss treatment options and refer them to appropriate care This volume integrates current international research and includes chapters on Choosing an assessment scale to measure depression and co occurring conditions Developing a treatment plan Supporting new mothers and families through community interventions Using complementary and integrative therapies Providing evidence based psychotherapy Using antidepressants Depression in New Mothers Volume 2 4th Edition includes case illustrations throughout and retains its focus on moving research into practice It is an essential resource for all healthcare practitioners working with mothers in the perinatal period including mental health providers nurses midwives doctors lactation consultants and peer supporters

The Complete CBT Guide for Depression and Low Mood Lee Brosan, David Westbrook, 2015-06-04 Overcoming app now available Depression and low mood affect a significant portion of the general public Sadly those with depression often experience other problems such as low self esteem relationship problems and sleeping problems Cognitive Behavioural Therapy CBT is an extremely effective treatment for depression and low mood and is used widely in the NHS The companion book to the popular Complete CBT Guide for Anxiety this practical self help book contains essential information about the nature of depression and covers a range of topics including insomnia relationships bipolar disorder and postnatal depression It also provides information on some of the latest treatments such as Mindfulness Behavioural Activation and Compassion Focused Therapy The chapters on individual techniques or problem areas are written by the leading experts in that field Includes individual chapters on Low self esteem by Melanie Fennell Insomnia and sleep problems by Colin Espie Rumination by Ed Watkins Relationship problems by Donald Baucom Bipolar Disorder by Warren Mansell Depression in the elderly Ken Laidlaw Postnatal Depression Peter Cooper Lynne Murray Depression and ill health Stirling Moorey Behavioural Activation by David Richards Compassion Paul Gilbert Mindfulness Willem Kuyken Halley Cohen Imagery Ann Hackmann Jon Wheatley

Unhappy mothers Sarah Crook, 2025-07-29 In the decades following the Second World War mothers experiences of loneliness boredom and unhappiness were increasingly widely acknowledged The language of postnatal depression came to be attached to this but mothers organised around their own discontent in ways that challenged the medical model Unhappy mothers draws attention to the social political and professional contexts within which knowledge about unhappy mothering developed Drawing upon an extensive range of archival material the book addresses themes around expertise feminism and the value given to lived experience

Depression in Parents, Parenting, and Children Institute of Medicine, National Research Council, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Depression, Parenting Practices, and the Healthy Development of Children, 2009-10-28 Depression is a widespread condition affecting approximately 7.5 million parents in the U S each year and may be putting at least 15 million children at risk for adverse health outcomes Based on evidentiary studies major depression in either parent can interfere with parenting quality and

increase the risk of children developing mental behavioral and social problems Depression in Parents Parenting and Children highlights disparities in the prevalence identification treatment and prevention of parental depression among different sociodemographic populations It also outlines strategies for effective intervention and identifies the need for a more interdisciplinary approach that takes biological psychological behavioral interpersonal and social contexts into consideration A major challenge to the effective management of parental depression is developing a treatment and prevention strategy that can be introduced within a two generation framework conducive for parents and their children Thus far both the federal and state response to the problem has been fragmented poorly funded and lacking proper oversight This study examines options for widespread implementation of best practices as well as strategies that can be effective in diverse service settings for diverse populations of children and their families The delivery of adequate screening and successful detection and treatment of a depressive illness and prevention of its effects on parenting and the health of children is a formidable challenge to modern health care systems This study offers seven solid recommendations designed to increase awareness about and remove barriers to care for both the depressed adult and prevention of effects in the child The report will be of particular interest to federal health officers mental and behavioral health providers in diverse parts of health care delivery systems health policy staff state legislators and the general public

The Development of Children Michael Cole, Sheila R. Cole, Cynthia Lightfoot, 2005 Development is best understood as a fusion of biological social and psychological processes interacting in the unique medium of human culture In this text the authors have tried to show not only the role of each of these factors considered separately but also how they interact in diverse cultural contexts to create whole unique human beings Pref

Motherhood and Postnatal Depression Carolyn Westall, Pranee Liamputtong, 2011-07-21 Globally postnatal depression PND is a growing public health problem PND affects 10 to 15% of women in Western society It caused by a combination of biological psychological and social factors Two models have attempted to define and explain PND the biomedical and the sociological models The traditional biomedical model views PND as a medical condition which implies there is individual pathology and abnormality Whilst the biomedical model has been the dominant model in treating PND it has been criticized by feminist sociologists and psychologists for its rigidity in defining and explaining PND In contrast the psychosocial model of health acknowledges the biological factors that impact on emotional well being but places more emphasis on the personal and social factors that impact on emotional well being but places more emphasis on the personal and social factors that contribute to depressive symptoms such as gender poverty social disadvantage and social class The central argument throughout this book is the importance of support before and after the birth for women s emotional well being This book will also include women s journeys through pregnancy childbirth motherhood postnatal depression and resolution To date literature has focused on women s lived experiences of PND rather than their personal journeys through pregnancy childbirth and early motherhood Additionally the adjustment to fatherhood has received less attention For

example little is known about the impact of postnatal depression on the partner what support partners offer when women with the intention to fill the gap in knowledge of cultural and social issues relating to pregnancy childbirth and motherhood for woman who were diagnosed with and had resolved PND

Perinatal Depression among Spanish-Speaking and Latin American Women Sandraluz Lara-Cinisomo, Katherine Leah Wisner, 2013-08-30 Perinatal Depression among Spanish Speaking and Latin American Women A Global Perspective on Detection and Treatment Sandraluz Lara Cinisomo and Katherine Leah Wisner editors As more is known about postpartum depression the more it is recognized as a global phenomenon Yet despite the large numbers information about this condition as experienced by Spanish speaking women and Latinas has not always been easy to come by Perinatal Depression among Spanish Speaking and Latin American Women focuses on four diverse Latina populations Mexico Chile Spain and U S to analyze key similarities and differences within this large and wide ranging group This first of its kind reference reviews current research on the topic including prevalence screening methods interventions and of particular salience for this population barriers to care Findings on psychoeducation assessment tools and cognitive behavioral and other forms of therapy provide important insights into best practices and continuity of care And psychosocial cultural and linguistic considerations in working with Latinas are described in depth for added clinical usefulness This landmark volume Outlines characteristics of Spanish speaking women and Latinas screened for postpartum depression Introduces the Edinburgh Postnatal Depression Scale English and Spanish versions and reviews their use with Latina women Compares postpartum depression and health behaviors in Spanish and Latina immigrant mothers Offers streamlined assessment to intervention models Provides two in depth case studies illustrating cultural factors influencing the treatment of Latinas with perinatal depression Presents an instructive firsthand account of postpartum depression Between its thorough coverage of the issues and its innovative clinical ideas Perinatal Depression among Spanish Speaking and Latin American Women has a wealth of information of interest to researchers and practitioners in maternal and child health obstetrics gynecology mental health and women s health

Postpartum Depression For Dummies Shoshana S. Bennett, 2011-04-18 It s a great blessing when a new mom with postpartum depression PPD is fortunate enough to be diagnosed early by a knowledgeable medical practitioner or therapist But without guidance it isn t always clear where the boundary between normal baby blues and PPD lies As with any other illness the quicker that PPD is identified and treated the faster the woman will recover Postpartum Depression For Dummies can help you begin the process of determining what s going on with you and give you a better idea of where you fall so that you can get yourself into proper treatment right away The book covers all aspects of PPD from its history and its origins to its effects on women and their families to the wide variety of treatments available including conventional Western medicine psychological therapy alternative medical treatments and self care measures Postpartum Depression For Dummies reveals Why some doctors may be hush hush about PPD How to distinguish between pregnancy hormone changes baby blues and PPD The difficulties of getting a proper

diagnosis The role and importance of a therapist The benefits of medication for depression Alternative treatments with a successful track record How to find the right balance of psychological medical and alternative treatment Ways you can help foster recovery The nutrition you need to care for yourself properly How to help your partner help you Postpartum Depression For Dummies also provides the additional resources you need web sites organizations and further reading to help avoid the unnecessary suffering caused by undiagnosed and untreated PPD and survive and thrive as a new mom

Handbook of Parenting Masud S Hoghughi, Nicholas Long, Nicholas James Long, 2004-03-08 A single volume textualization of the growing level of interest in research educational and professional activity within the broadly defined field of parenting

Insights in Public Mental Health: 2021 Wulf Rössler, 2022-07-01

Breastfeeding Made Simple Nancy Mohrbacher, Kathleen A. Kendall-Tackett, 2005 Breastfeeding is natural but it s not always easy It is the biological norm but it is not the cultural norm By learning the seven basic principles in this book mothers can dramatically increase their likelihood of success and make breastfeeding the enjoyable experience it should be The seven laws taught in Breast Feeding Made Simple are easy for mothers to understand and are sure to help them avoid some of the pitfalls that they might otherwise face The seven principles include Babies Have the Urge to Self Attach Use the Power of Skin to Skin A Baby s Natural Habitat Breastfeed Ad Lib Reach for the Comfort Zone Expect Cluster Nursing More Milk Out More Milk Made Babies Outgrow Breastfeeding The book also addresses how to solve common problems and deal with special situations such as breast reductions and babies with special needs The authors describe some of the social psychological and cultural reasons why breastfeeding is not currently the norm and what this implies for mothers In all this is an easy to use breastfeeding resource for new mothers which includes all the latest research and techniques used by those in the lactation field

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