

The
POSTPARTUM
HUSBAND

PRACTICAL
SOLUTIONS

for living with

POSTPARTUM
DEPRESSION

KAREN KLEIMAN, M.S.W.

The Postpartum Husband Practical Solutions For Living With Postpartum Depression

Ariel Dalfen



The Postpartum Husband Practical Solutions For Living With Postpartum Depression:

The Postpartum Husband Karen R. Kleiman, 2000 For too many families the postpartum period brings unexpected pain and devastation when depression entered the picture The anticipated joy and pleasure of parenthood is replaced with feelings of fear sadness anger confusion and resentment Research has shown that supportive relationships during postpartum depression treatment is associated with a reduction in depressive symptoms When partners have the right information they will not only gain a better understanding of the illness and its impact they will also feel better themselves Furthermore we know that this understanding and capacity for support is directly related to his wife s sense of well being and control In my first book *This Isn t What I Expected Overcoming Postpartum Depression* Bantam 1994 we included a chapter for husbands which turned out to be an invaluable resource for the partners of women suffering from PPD After receiving feedback from the families I treat I was shown that husbands needed support and information that is distinct from what their wives were seeking *The Postpartum Husband* offers that information with its handy reference style format and addresses specific questions that may arise throughout the course of the illness As the husband feels more in control of the situation and his wife feels understood and cared for symptoms improve and recovery is augmented

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The Postpartum Depression Workbook Abigail Burd, 2025-06-17 Powerful strategies and compassionate support for overcoming postpartum depression Becoming a parent is a huge transition For some the mood swings the pressures and the anxiety can be intense and overwhelming One in five women will develop postpartum depression PPD after pregnancy so if you re struggling with PPD know you re not alone This depression workbook is designed to help you navigate the transition to becoming the healthy and happy parent you want to be This depression workbook is here to guide you on your journey providing supportive strategies and tools grounded in

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Therapy and the Postpartum Woman Karen Kleiman,2022-09-01 Written by a pioneer and continuing advocate for perinatal health this book remains an enduring reference for any therapist working with pregnant or postpartum women and their families suffering from perinatal mood and anxiety disorders This Classic Edition includes a new preface by Hilary Waller that reflects on changes in the field since the book s first publication 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 the book is written by a therapist who has specialized in the treatment of postpartum depression for over 30 years Chapters address diagnosis medication depression psychosis suicidal thoughts bonding as well as finding meaning and the power to heal during recovery Bringing further attention to under recognized illnesses which plague mothers and cloud the childbirth experience this Classic Edition serves as an accessible companion tool for clinicians and the women they treat

When Baby Brings the Blues Ariel Dalfen,2010-03-08 A leading expert on postpartum depression offers new mothers an insightful medically sound guide to recovery A full 20 percent of new moms will be affected by PPD but the good news is that PPD is very responsive to treatment This guide written by psychiatrist and internationally acclaimed PPD specialist Ariel Dalfen leads women out of the maze of depression offering medical and psychotherapeutic options practical lifestyle changes and an impressive array of resources for further support Complete with a PPD diagnosis questionnaire a treatment plan checklist and a table of medications and side effects this upbeat guide also includes daily affirmations used by Dr Dalfen s own patients when recovering from PPD Dr Ariel Dalfen Toronto ON is a psychiatrist at Mount Sinai Hospital in Toronto and an acclaimed lecturer and medical researcher in the area of post partum depression

Breastfeeding Ruth A. Lawrence, MD,Robert M. Lawrence, MD,2015-10-26 The most authoritative trusted guide to breastfeeding for the medical profession Stay informed on every aspect of breastfeeding from basic data on the anatomical physiological biochemical nutritional immunological and psychological aspects of human lactation to the problems of clinical management of breastfeeding Learn from the award winning author and co founder of

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[2nd edition] Karen R. Kleiman, Valerie Davis Raskin, 2013-10-29 Written by two postpartum experts a definitive guide offering compassionate support and solid advice on dealing with every aspect of Postpartum Depression PPD If you or someone you love is among the one in seven women stricken by PPD you know how hard it is to get real help This proven self help program which can be used alone or with a support group or therapist will help you monitor each phase of illness recognize when you need professional help cope with daily life and recover with new strength and confidence Learn how to Identify the symptoms of PPD and distinguish it from baby blues Deal with panic attacks obsessive compulsive urges and stress overload Break the cycle of shame and negative thoughts Mobilize support from your husband or partner family and friends Seek and evaluate treatment options Cope with the disappointment and loss of self esteem Good Moms Have

Scary Thoughts Karen Kleiman, 2019-07-19 Over 90 percent of new mothers will have scary intrusive thoughts about their baby and themselves What if I drop him What if I snap and hurt my baby Mothering is so hard I don't know if I really want to do this anymore Gosh I'm so terrible for thinking that Yet for too many mothers those thoughts remain secret hidden away in a place of shame that can quickly grow into anxiety postpartum depression and even self harm But here's the good news you CAN feel better Author Karen Kleiman coauthor of the seminal book This Isn't What I Expected and founder of the acclaimed Postpartum Stress Center comes to the aid of new mothers everywhere with a groundbreaking new source of hope compassion and expert help Good Moms Have Scary Thoughts is packed with world class guidance simple exercises and nearly 50 stigma busting cartoons from the viral speakthesecret campaign that help new moms validate their feelings share their fears and start feeling better Lighthearted yet serious warm yet not sugary and perfectly portioned for busy moms with full plates Good Moms Have Scary Thoughts is the go to resource for moms partners and families everywhere who need help with this difficult period **The Recovery Mama Guide to Your Eating Disorder Recovery in Pregnancy and**

Postpartum Linda Shanti McCabe, 2019-02-21 The upheaval of pregnancy and new motherhood can often trigger the development of or a relapse into an eating disorder This book supports pregnant women and new mothers struggling with changes in food body image sleep spirituality work breastfeeding or not new motherhood identity and postpartum depression or anxiety Combining professional expertise personal experience and pragmatic suggestions it is the ideal guide for women who are trying to balance recovery with new motherhood The author offers recovery tools support strategies and wisdom on

how to make time for self care while navigating the chaos of early parenthood Most importantly this book will help women let go of perfectionistic ideals and embrace being good enough during the massive learning curve of new motherhood From the Hips Rebecca Odes, Ceridwen Morris, 2007-05-22 Drawing on the experiences of hundreds of real parents and the expertise of doctors midwives and other birth and baby pros this indispensable resource is filled with the most accurate and up to date information about having and caring for a baby including Decisions Decisions A judgment free breakdown of every major choice including prenatal testing natural vs medical childbirth circumcision breast or bottle feeding and work life options The Endless No What not to eat take and do when you re pregnant get the real facts behind the prohibitions I Want My Life Back Anxiety regret ambivalence and other rarely discussed postpartum emotions Parents and partners A look beyond the one size fits all approach to family with strategies for minimizing perfect parent pressure and managing your real life relationships through the changes Sorting Through the Voices A user friendly guide to the dueling gurus trendy techniques and conflicting theories that confuse new parents A forward thinking book that includes a wide range of voices and approaches From the Hips reflects the many ways of being pregnant and parenting without suggesting that there is one right way

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