



Cognitive Behavioral Therapy for Perinatal Distress

By Amy Wenzel

Routledge. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 0.0in. x 0.0in. x 0.0in. Perinatal Distress encompasses all clinically significant symptoms of anxiety or depression that occur during pregnancy or the postpartum period. While medication exists to combat this specific form of anxiety and depression, the need for the development of non-pharmacological interventions is great, especially as many women are hesitant to take medication during pregnancy or while breastfeeding. One therapeutic approach that has particular promise in the treatment of perinatal distress is CBT. This volume is a step-by-step guide for the implementation of CBT for women with perinatal distress in an individual psychotherapy format. Described in detail is the manner in which standard CBT session structure components and strategic interventions can be adapted in light of the unique needs of this population. The authors illustrate the compassionate, flexible cognitive behavioral treatment of perinatal women experiencing a wide range of depressive and anxious clinical presentations and unique life circumstances. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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