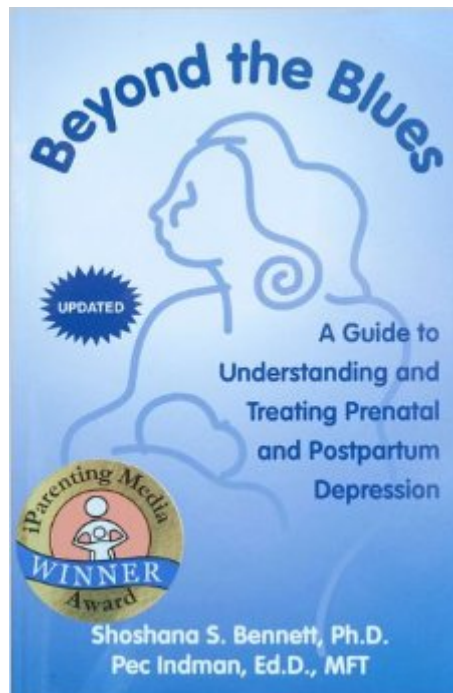


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# Beyond The Blues: A Guide To Understanding And Treating Prenatal And Postpartum Depression



## Synopsis

Newly updated, *Beyond the blues* contains the current information about risk factors, diagnosis, treatment, and prevention of mood disorders in pregnancy and postpartum. 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, the International Childbirth Education Association, and many other organizations.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (42 customer reviews)

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## Customer Reviews

"Contrary to popular mythology, pregnancy is not always a happy, glowing experience!

Approximately 10 percent of women experience depression. Of these, about 15 percent are so severely depressed that they attempt suicide."During a time when you would imagine most women would be happy and fulfilled in their new roles as a mother, many women experience the nightmare of postpartum depression. While many of us have heard of postpartum depression (PPD), I was unaware of prenatal depression. In fact, this book presents five postpartum mood disorders that can also occur during pregnancy. Since depression can have fatal results, it is essential to get counseling. This book is not intended to be a replacement for individual counseling, medical assessment or group support. "Beyond the Blues" shows the reality of Prenatal and Postpartum depression. It is one of the most well-organized books I've seen on any type of depression. You can quickly assess the condition and find help, treatment options and support. The authors wrote this

book to help provide critical information to psychotherapists and clients. Shoshana S. Bennett, Ph. D., founded "Postpartum Assistance for Mothers in 1987" and also holds her second masters degree in Psychology and a doctorate in Clinical Counseling. Pec Indman, Ed.D., MFT has a doctorate in counseling and a masters degree in health psychology. Our Stories - Shoshana and Pec show how they became aware of perinatal mood disorders. You soon realize the lack of sensitivity out there in the "real world" and can't believe we humans are not more nurturing. For some women, becoming a new mom can be a shocking experience when they start feeling suicidal.

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