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Depression In New Mothers: Causes, Consequences, And Treatment Alternatives



Synopsis

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.

Book Information

Paperback: 224 pages

Publisher: Routledge; 2 edition (December 23, 2009)

Language: English

ISBN-10: 0415778395

ISBN-13: 978-0415778398

Product Dimensions: 0.5 x 6.5 x 9.5 inches

Shipping Weight: 14.9 ounces

Average Customer Review: 5.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,354,969 in Books (See Top 100 in Books) #61 in [Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression](#) #244 in [Books > Medical Books > Medicine > Midwifery](#) #380 in [Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Maternity, Perinatal, Women's Health](#)

Customer Reviews

My enthusiasm for the comprehensive content and easy to read style of *Depression in New Mothers* leads me to recommend this book as an important resource for everyone working with pregnant and postpartum women as well as family members affected by this condition. - Marian Thompson, Co-founder, La Leche League International, Founder, AnotherLook at

Breastfeeding and HIV/AIDS, USA

“Dr Kendall-Tackett has yet again produced an invaluable resource in which she meticulously includes the most up to date research studies. This edition contains a new, separate chapter devoted to postpartum depression and breastfeeding. With her clear, concise, and engaging writing style she strips away the layers of dangerous misconceptions about postpartum depression.” - Cheryl Tatano Beck, University of Connecticut, USA

“Kathleen Kendall-Tackett has done it again! The second edition of *Depression in New Mothers* is an accessible, frank exploration of the manifestation, scope and treatment options of postpartum depression. A must-read for every health care provider working with childbearing women, the book includes vignettes of mothers’ experiences that bring the topic to life while providing the evidence needed to identify and treat women who are depressed after the birth of a baby. Kendall-Tackett explores the questions many health care providers have, such as “what do we know about negative birth experiences, sleeping, baby characteristics and the risk of depression?” - Karin Cadwell, Healthy Children Project, USA

“Kathleen is changing the paradigm of how health professionals view postpartum depression, and is on the cutting edge of helping these mothers who suffer alone. It is her groundbreaking work that is helping therapists who specialize in working with mothers with postpartum depression understand the depression, anxiety, guilt and pain these mothers experience. We are now seeing earlier screening and treatment with incredible outcomes due to the work of Kathleen Kendall-Tackett. These moms go on to have happy, healthy, lives, babies and families.” - Katie L. Monarch and Carol Suchy, Perinatal Services, St. Joseph Hospital Orange, USA

“This is a powerful book. The author succeeds in making a complex subject understandable and accessible without over-simplifying or trivializing it. The many different approaches to treatment are explored and evaluated factually and sensitively, with the importance of a holistic approach and respect for women and their babies and families underpinning the discussion. This is a must-read for anyone who seeks to understand the nature of postpartum depression and how best to support women for whom it is a reality.” - Gill Rapley, health visitor, midwife and author of *Baby-led Weaning*, UK

“Kathleen Kendall-Tackett offers safe and effective treatments for postpartum depression that are both compatible with and supportive of breastfeeding. Not only does breastfeeding have a protective effect on maternal mental health, it also plays an important role in the recovery from postpartum depression by reducing the stress response. Health care providers can make a real difference in the lives of mothers with depression and their babies when they understand and clearly articulate the risks of not breastfeeding.” - Amy Shaw, Director, La Leche League International, Eastern United States, USA

Kathleen A. Kendall-Tackett is a health psychologist and an International Board Certified Lactation Consultant. She is a Clinical Associate Professor of Pediatrics at Texas Tech University School of Medicine in Amarillo, Texas. Dr. Kendall-Tackett is a Fellow of the American Psychological Association in the Divisions of Health and Trauma Psychology, and is Associate Editor of the journal *Psychological Trauma*. She is also the author of more than 220 journal articles, book chapters and other publications, and author or editor of 19 books in the fields of trauma, women's health, depression, and breastfeeding.

Depression is a common and normal response to major life stressors (including pregnancy, birth, and becoming a mother). This common illness has many negative consequences for the development and well-being of both mothers and their children. Because up to 20% of women will become clinically depressed in their first year postpartum, it is imperative that health care providers be able to identify women at risk of developing postpartum depression and refer them to the treatment they need and deserve. Thoroughly referenced and filled with the experiences of real women, Dr. Kendall-Tackett's excellent book, *Depression in New Mothers*, provides exactly the information needed to do this. As a mental health care provider who is also an International Board Certified Lactation Consultant, I cannot recommend this book highly enough.

If, like me, you work with women during the perinatal period, this book is an essential resource. As an expert in the field, Dr. Kendall-Tackett has the experience, the familiarity with the research, and the perspective to explain clearly to the rest of us what we need to know, and she does it in a clear, easy-to-understand format. In this book, she debunks common myths (for example, that postpartum depression is mostly hormonal), explains risk factors, assessment tools, and treatments—including both prescribed and herbal medications and their compatibility with breastfeeding. She also discusses possible long-term effects of both negative and traumatic childbirths and provides specific approaches for helping women process these experiences so that they can learn from them and move on. This is a book I will turn to often in my work. I highly recommend it!

This book perfectly fills a gaping hole in the professional literature regarding depression in new mothers. Dr. Kendall-Tackett's exploration of the topic is comprehensive, well-cited, and recognizably accurate. Professionals and clinicians who work with new mothers will be exceptionally well-served to have this tremendous resource on their bookshelves. It is of such immediate practical

usefulness that they are likely to find that their copies are well-thumbed and dog-eared in short order. Diana West, IBCLC

This book is a "must" for any health care professional who works with new mothers. Dr. Kendall-Tackett cites research to back up every statement she makes. One might think that this would lead to a useful, though dry, book - but this is not the case. Depression in New Mothers is an interesting and valuable read. Highly recommended to anyone who helps new mothers in any way.

This is a must have for any parenting library. Well researched advice and various options for depression. I wish I had this book before the birth of my son. This could literally be a lifesaver for someone!

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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)
Difficult Mothers: Difficult Mothers Cure: Toxic Relationships With Narcissistic Mothers Understood And Overcome Forever! (Difficult Mothers, narcissistic ... absent mother, narcissist relationship)
The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition
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