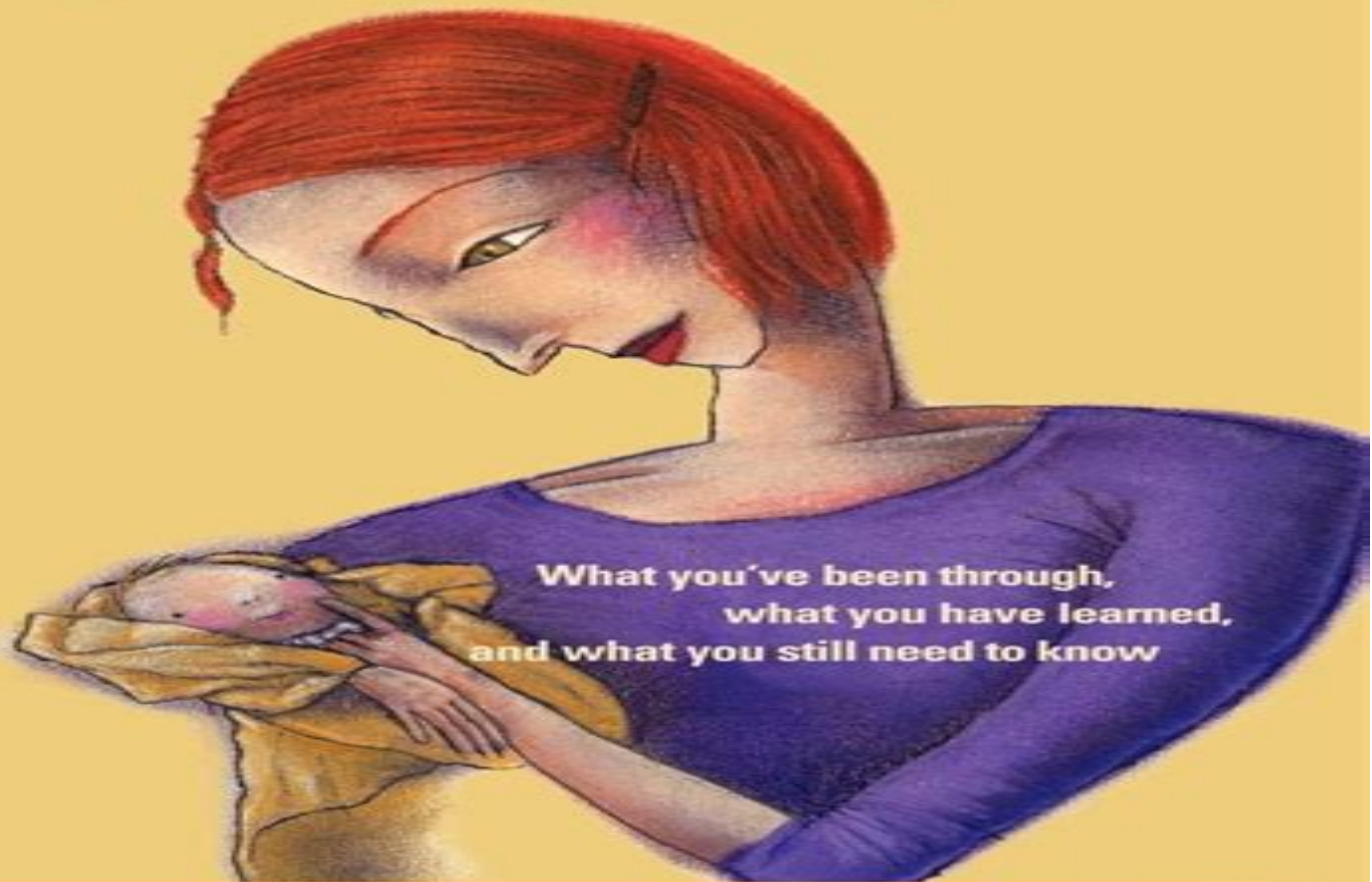


# What am I thinking?

**Having a Baby After Postpartum Depression**



What you've been through,  
what you have learned,  
and what you still need to know

**Karen Kleiman, MSW**

*Author of *The Postpartum Husband* and co-author of *This Isn't What I Expected**

# What Am I Thinking Having A Baby After Postpartum Depression

**Diana Lynn Barnes, Leigh Balber**



## **What Am I Thinking Having A Baby After Postpartum Depression:**

What Am I Thinking? Karen Kleiman, 2005-03-11 *What Am I Thinking* contains essential information for a woman and her family who plan on having another baby after a previous experience with postpartum depression. As these women know, planning another pregnancy can be a process filled with profound anxiety, indecision, fears, and self-doubt. What if I get depressed again? What if it's worse this next time? What if something terrible happens? What if I'm making a mistake? Filled with self-help strategies, current treatment recommendations, and practical advice, this book offers women the hope, confidence, and support they need to make this journey in spite of their anxiety. With this resource and available knowledge in hand, they are likely to feel more empowered, enabling them to proceed with confidence. *publisher description*

*Dropping the Baby and Other Scary Thoughts* Karen Kleiman, Amy Wenzel, 2011-01-07 What if I drop my baby when I go down the steps? What if I burn the baby in the bathtub? Thoughts like these can be frightening to new mothers but are a common symptom pregnant and postpartum women can experience. *Dropping the Baby and Other Scary Thoughts* addresses the nature of these intrusive, negative, and unwanted thoughts. Kleiman and Wenzel offer answers to the women who seek information, clarification, and validation in this useful resource for healthcare professionals working with these mothers. Written by two clinicians who have established themselves as leading experts and authors in this specialized field, this book maintains a compassionate tone that will be a voice familiar to many women in the postpartum community. Whether you must confront these negative notions personally or in your practice, this book will explain what these thoughts are, why they are there, and what can be done about them.

**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 postpartum depression.

*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

**The Journey to Parenthood** Diana Lynn Barnes, Leigh Balber, 2023-10-13 This book contains a Foreword by Kathy Hirsh Pasek and Roberta Michnick Golinkoff authors of *Einstein Never Used Flash Cards How Our Children Really Learn and Why They Need to Play More and Memorize* less New and expectant parents need support and confidence This book is designed to provide that It assists in exploring and analyzing thoughts

**Real Intimacy: A Couple's Guide to Healthy, Genuine Sexuality** Kristin B. Hodson, LCSW, Alisha B. Worthington, SSW, Thomas G. Harrison, LCSW, 2023-02-02 Based on doctrinal principles and years of professional experience counseling real people this uplifting volume approaches marital intimacy with a genuine desire to help couples Learn to lovingly discuss your physical relationship with your spouse identify false worldly ideas about sex and reconcile your differing perspectives Informative and engaging this book will answer all your questions as you learn to truly become one

**The Lifter of My Head** Susan McRoberts, 2007-07 The Lifter of My Head offers medical guidance and spiritual insight to women who may be plagued with this disorder Sue explains in her memoir the phases of illness recovery and the scriptures that sustained her throughout her healing

***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 *speakt hesecret* 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

**Postpartum Depression Demystified** Joyce A. Venis, Suzanne McCloskey, 2007-03-08 Postpartum depression is the most common complication women experience after childbirth nearly 700 000 new moms suffer from it each year Yet this serious mood disorder characterized by sadness anxiety feelings of hopelessness and guilt insomnia and thoughts of harming the baby or oneself continues to be widely misunderstood and frequently misdiagnosed In *Postpartum Depression Demystified* renowned

PPD authority Joyce Venis and Suzanne McCloskey both PPD sufferers themselves turn their combined experience and expertise into an insightful and supportive guide for everyone living with and seeking to understand this condition Venis and McCloskey cover topics including the nature of PPD and how it differs from other perinatal mood disorders how to recognize and cope with the symptoms how to obtain an accurate diagnosis key risk factors and how to minimize them medications and therapies getting the support you need from your partner family and friends how PPD can affect your relationship with your partner and your baby nurturing yourself through recovery

**Baby Ever After** Rebecca Fox Starr, 2020-01-31 After perinatal or postpartum depression the decision to have another baby can be fraught with emotion Rebecca Fox Starr movingly shares her story and those of others who have decided to carry adopt or not have another child and helps readers explore their own feelings about their own baby ever after In her last book *Beyond the Baby Blues Anxiety and Depression During and After Pregnancy* Rebecca Fox Starr gave a candid account of her battle with prenatal and postpartum anxiety and depression Rebecca's story has touched readers deeply and as her own journey has continued so has her story having veered in an unexpected direction the decision about a future baby What many people do not realize is that the idea of another pregnancy post postpartum can be cripplingly frightening to a woman and her loved ones Rebecca addresses this woefully in her first book opening up about her sadness that her shop is closed Having a baby was an option taken off the table for a reason completely out of her control Until it wasn't In 2017 Rebecca and her husband began exploring the idea of expanding their family and therefore consulted experts in the fields of obstetrics and gynecology psychiatry perinatal mental health fertility adoption surrogacy and grief in coping with the idea that despite all of the options the most sound of all could be to not have another child Books on the topic of pregnancy after postpartum depression are scarce making it difficult to find support or advice This book anchored in Rebecca's story offers an informative guide to the expert advice and insight alongside current research for women who want to explore pregnancy and other family expansion options after postpartum depression With heartfelt stories clinical data and a consideration of the range of options and the emotions that along with them Rebecca's book fills a gaping hole in an area that leaves too many women feeling abjectly alone

**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 cognitive behavioral therapy CBT proven to help you understand cope with and reduce your PPD symptoms Discover common signs of PPD what it is and what you can do about it Explore your thoughts feelings and relationships plus self care practices through a variety of practical and insightful exercises in this depression workbook This

depression workbook includes Primer on PPD Discover if you might have PPD take a look at common causes and risk factors and see how PPD can impact your partner Lasting relief The CBT based postpartum strategies in this depression workbook will help you adopt a positive mindset improve your mood deepen your relationships and find time to recharge Parents like you Find kinship in real life scenarios from other parents paired with practical advice simple tips and interactive exercises This depression workbook provides the strategies tools and support you ll need for a healthy and happy transition into parenthood *Social Work and Community Practice* Sharon Duca Palmer,2016-04-19 This title includes a number of Open Access chapters This book explores a variety of physical mental and lifestyle challenges faced by community populations Some of the topics discussed include homelessness smoking trends among certain populations mental health issues among different age and gender groups substance abuse and domestic violence The book also examines community health promotion nutrition intervention contraception and more **The Experts' Guide to the Baby Years** Samantha Ettus,2006 Read a little learn a lot Oh baby In one book 100 leading parenting experts offer must have advice for expecting and new parents The Experts Guide to the Baby Years is the all in one companion to raising your baby with confidence knowledge and style while maintaining your own sanity As a brand new parent Samantha Ettus creator of the Experts Guide series of books went on a search to collect invaluable insights and practical know how from the world s experts in the field of parenting The result is this wonderfully informative and entertaining guide to preparing for welcoming and caring for your new baby like an expert In bite sized chapters that even the most sleep deprived new parents can digest you ll find advice from an expert on the top 100 parental concerns from budgeting for the baby to bathing breastfeeding and beyond And it doesn t stop at Baby The Experts Guide to the Baby Years includes plenty of chapters devoted to you too such as getting in shape after childbirth maintaining a happy marriage and setting up a playdate Bestselling author and pediatrician Harvey Karp provides secrets for calming a crying infant travel guru Pauline Frommer reveals her best tips on planning a vacation with your child and Iron Chef Cat Cora offers her techniques for making baby food Each of the contributors brings a matchless blend of knowledge passion and experience to ensure that you make the most of your child s first years From choosing a name and preparing for your baby s arrival home to making the transition back to work The Experts Guide to the Baby Years brings an unparalleled breadth of practical and authoritative information to the alternately joyous and exhausting journey through the baby years

**Pregnancy and the Mind** Fred Goodwin,2004-02 **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

*Maternity, Newborn, and Women's Health Nursing* Amy O'Meara, 2023-08-21 *Maternity Newborn and Women's Health Nursing A Case Based Approach 2nd Edition* presents realistic patient centered case based narratives that captivate students while instilling essential critical thinking skills and clinical judgment capabilities 13 in depth unfolding case studies threaded throughout the text enrich students understanding of key concepts and align with the latest NCLEX testing plan to prepare students for the challenges ahead in class on their exams and beyond This updated 2nd Edition is enhanced with inclusive bias free language robust essential nursing competency learning features and the most current perspectives on care to help students ensure positive outcomes for an increasingly diverse patient population

**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

**Best Advice on Life After Baby Arrives** Nancy Evans, 2002-11-29 *Best Advice on Life after Baby Arrives* presents tried and true practical tips for moms from moms Addressing a mother's needs and issues from how to deal with the inevitable exhaustion to reconnecting romantically with her husband to carving out time for herself this book provides

comfort reassurance and inspiration to women facing the demanding first months after the baby arrives I ended up having panic attacks right after I had my first baby because I didn't see a light at the end of the tunnel Well here I am with four kids now and I can tell you it does get better What you're going through isn't what things will always be like Don't let anyone especially yourself make you feel guilty for doing something for yourself Get up 30 minutes earlier than everyone else and make it clear to everyone in the house that this is your time As long as your baby has food in her belly clothes on her back and is not overly wet then that time is yours You don't need to get in the habit of holding the baby all the time Babies also need to learn to become independent they need to know that someone doesn't need to hold them all the time

Psychosocial Adaptation to Pregnancy Regina Lederman, Karen Weis, 2009-09-16 presented in the Introduction Chapter 1 The focus of Chapter 1 is twofold 1 to present the research foundations for the psychophysiological correlates of prenatal psychosocial adaptation and the seven prenatal personality dimensions with progress in labor and birth outcomes and particularly 2 to present the theory underlying the seven dimensions of prenatal psychosocial adaptation which are further analyzed in the following seven chapters Chapters 2-8 present a content analysis of the interview responses to the seven significant prenatal personality dimensions that are predictive of pregnancy adaptation progress in labor birth outcomes and postpartum maternal psychosocial adaptation and they include 1 Acceptance of Pregnancy 2 Identification with a Motherhood Role 3 Relationship with Mother 4 Relationship with Husband 5 Preparation for Labor 6 Prenatal Fear of Pain Helplessness and Loss of Control in Labor and 7 Prenatal Fear of Loss of Self Esteem in Labor There is no other comparable comprehensive in depth prenatal personality research or empirical and content analysis of pregnancy specific dimensions of maternal psychosocial adaptation to pregnancy **I miei primi 40 giorni da mamma** Cheryl Zauderer, 2020-03-20 Un manuale di sopravvivenza per le neomamme scritto da un'ostetrica con grande esperienza nel campo dell'assistenza alle donne dopo il parto Il volume spiega nel dettaglio tutti i cambiamenti corporei che la donna deve affrontare durante le prime settimane dopo il parto e le emozioni che spesso si presentano rispondendo al bisogno di non sentirsi sola in quel delicatissimo periodo in cui esplora la sua esperienza di maternità



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