

TOKENS OF AFFECTION

Reclaiming Your Marriage After Postpartum Depression

KAREN KLEIMAN WITH AMY WENZEL

Tokens Of Affection Reclaiming Your Marriage After Postpartum Depression

Karen Kleiman, Amy Wenzel



Tokens Of Affection Reclaiming Your Marriage After Postpartum Depression:

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This Isn't What I Expected [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

Dropping the Baby and Other Scary Thoughts Karen Kleiman, Amy Wenzel, 2020-11-09 This accessible guide addresses the nature of the intrusive and unwanted thoughts that can be common in new parenthood and offers practical answers and advice on how to

tackle these With fresh material focusing on how to overcome barriers to disclosure and stigma and updated treatment approaches and case descriptions this revised edition explains exactly what these negative thoughts are why they come about and what can be done about them Chapters offer information on the specific nature of perinatal anxiety and related disorders along with take home points and evidence based strategies for symptom relief that clinicians can use effectively with new parents Written by two leading clinicians in the perinatal community in collaboration with two promising leaders in this specialized field Dropping the Baby and Other Scary Thoughts 2nd edition offers a compassionate approach to breaking the cycle of scary thoughts that is invaluable to new parents and clinicians alike

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 Pregnancy Workbook Katayune Kaeni, 2025-06-17 Techniques and strategies to manage anxiety during pregnancy This workbook is full of techniques and coping strategies to ease your anxiety during pregnancy Find peace and calm with exercises based in proven therapeutic methods Explore a variety of questionnaires and worksheets along with examples from people just like you to feel guided and supported through becoming pregnant being pregnant and transitioning into parenthood An evidence based approach Learn healthy coping skills drawn from cognitive behavioral therapy dialectical behavior therapy acceptance and commitment therapy mindfulness and more For any expectant parent This inclusive workbook supports families of any kind incorporating advice for your partner along with plenty of guidance for those without a partner For any experience level Whether you have a history of anxiety or are experiencing it for the first time during pregnancy you'll begin to identify and understand your unique feelings and worries Diffuse anxiety and find peace with the help of The Pregnancy Workbook

Contemporary Studies on Relationships, Health, and Wellness Jennifer A. Theiss, Kathryn Greene, 2018-11-29 Discusses contemporary research that examines the ways that close relationships are involved in and affected by health and wellness

What About Us? Karen Kleiman, 2021-09-14 The demands of a new baby can test a couple's relationship like nothing else When we factor in sleep deprivation hormonal

changes depression and anxiety and different personalities life with a newborn can feel a bit CRAZY Couples tend to misinterpret this rough patch as a sign that something is wrong with the relationship but when couples take steps toward open communication and safeguard their relationship they can face everything new parenthood throws at them together From the team behind the bestselling *Good Moms Have Scary Thoughts* comes a new guidebook of short essays comics and quick journal prompts about the stressful newborn stage the struggles that so many new parents face and the skills you need to tap into your strength as a couple Cognitive Behavioral Therapy for Perinatal Distress Amy Wenzel, Karen Kleiman, 2014-11-05 Countless studies have established the efficacy of cognitive behavioral therapy CBT for many manifestations of depression and anxiety In *Cognitive Behavioral Therapy for Perinatal Distress* Wenzel and Kleiman discuss the benefits of CBT for pregnant and postpartum women who suffer from emotional distress The myths of CBT as rigid and intrusive are shattered as the authors describe its flexible application for perinatal women This text teaches practitioners how to successfully integrate CBT structure and strategy into a supportive approach in working with this population The examples used in the book will be familiar to postpartum specialists making this an easily comprehensive and useful resource

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 *Moods in Motion* Karen Kleiman, 2016-05-31 Created by an internationally recognized expert in the treatment of postpartum depression and anxiety and author of several books on perinatal distress this book provides the perfect format to introduce a postpartum woman to evidence based recommendations for healing *Moods in Motion* is a unique coloring book which addresses the specific areas of distress facing new mothers Each illustration depicts a symptom followed by an adjoining illustration along with descriptions of recommendations for healing We are learning more about the benefits of art therapy techniques to distract an anxious mind Unfortunately negative unwanted thoughts are a common phenomenon causing much stress to postpartum women *Moods in Motion* provides a restorative tool so moms can gain control over how they are feeling and enjoy a creative outlet at the same time In this way *Moods in Motion* is more than a coloring book which will ease stress It is an illustrated guide toward recovery which enables any postpartum woman to actively participate in her healing As you color your way through the symptom and healing pages you will envision and internalize suggestions that bring you closer to feeling like yourself again *Reclaim Your Relationship* Patricia S. Potter-Efron, Ronald T. Potter-Efron, 2007-08-10 An interactive workbook to help couples reconnect The simple phrase I love you is terribly important to people so what keeps so many of us from saying it In *Reclaim Your Relationship* Ron and Pat Potter Efron marriage therapists who have been married for 37 years combine their real life and clinical experience in this practical and accessible

workbook designed to help individuals improve connections in their relationships with those they love Presenting engaging hands on exercises the authors help readers learn to say I love you to their partners with ease and genuine meaning show their partner love through consistent acts of caring and take in their partner s loving words and deeds without always demanding more Ron Potter Efron MSW PhD and Pat Potter Efron MS Eau Claire WS are psychotherapists in private practice They are the authors of Letting Go of Anger 1 572 24001 6 and Letting Go of Shame 0 894 86635 4

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