

With a foreword by
Dorothy Rowe



Postnatal Depression

facing the paradox
of loss, happiness
and motherhood



PAULA NICOLSON

 **WILEY**



Postnatal Depression Facing The Paradox Of Loss Happiness And Motherhood

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Postnatal Depression Facing The Paradox Of Loss Happiness And Motherhood:

Postnatal Depression Paula Nicolson, 2011-09-23 Why do I feel so sad when I am so happy I must be a bad mother Having a baby is usually a reason for happiness and celebration Depression after childbirth causes emotional pain and suffering that lives side by side with the joy That is the underlying paradox and it is that paradox that frequently leads to sense of bewilderment and guilt Through the stories of 24 women trying to negotiate their lives as mothers Paula Nicolson helps women understand more about the realities of motherhood Ninety percent of new mothers find themselves in tears and feeling down soon after giving birth and one in ten will become depressed during the first year Postnatal Depression Facing the paradox of loss happiness and motherhood shows how better self knowledge and a greater understanding of PND can help lift the burden and restore self esteem and harmony to mothers and their families **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 **Eyes Without Sparkle** Elaine A. Hanzak, 2005 Is a powerful medical autobiography describing the journey followed by the author into through and out of puerperal psychosis the most severe form of postnatal depression With vivid and intimate description of events and the author s feelings this is the only book offering a single first hand account of postnatal illness Cover

Mother-Texts Julie Kelso, Marie Porter, 2010-07-12 Every day human beings tell and are told stories sometimes in obvious ways sometimes not Most of our communication with each other direct or indirect involves narrative production and reception Narrative is constitutive of human being However whose narratives are heard Feminists

argue that the relations between language knowledge gender and power particularly the question as to whether man made and controlled language is a material fit to receive and convey woman s stories are critical issues because historically patriarchy has worked to silence women s dialogue Male knowledge unsurprisingly created and continues to create unrepresentative maternal narratives which lead to unreal expectations of mothers and motherwork It is therefore disconcertingly significant for mothers that neither mothers nor their motherwork have been considered worthy of historical record nor are historical records usually written from a mother s perspective Hence the narrative research in this book which gives recognition to motherhood mothers and or the work they do is valuable It adds to the rapidly accumulating maternal research research that is now available for the historical record Mothers are speaking up developing a canon of literature research narrated in maternal language and claiming maternal knowledge and power

International Handbook of Love
Claude-Hélène Mayer, Elisabeth Vanderheiden, 2021-05-04 This handbook is the winner of the William B Gudykunst Award for Outstanding Book in 2023 given by the International Academy of Intercultural Research This handbook includes state of the art research on love in classical modern and postmodern perspectives It expands on previous literature and explores topics around love from new cultural intercultural and transcultural approaches and across disciplines It provides insights into various love concepts like romantic love agape and eros in their cultural embeddedness and their changes and developments in specific cultural contexts It also includes discussions on postmodern aspects with regard to love and love relationships such as digitalisation globalisation and the fourth industrial revolution The handbook covers a vast range of topics in relation to love aging health special needs sexual preferences spiritual practice subcultures family and other relationships and so on The chapters look at love not only in terms of the universal concept and in private intimate relationships but apply a broad concept of love which can also for example be referred to in postmodern workplaces This volume is of interest to a wide readership including researchers practitioners and students of the social sciences humanities and behavioural sciences In the 1970s through the 90s I was told that globalization was homogenizing cultures into a worldwide monoculture This volume as risky and profound as the many adventures of love across our multiplying cultures proves otherwise The authors revolutionary and courageous work will challenge our sensibilities and expand the boundaries of what we understand what love is But that s what love does It communicates what it offers what can be and pleads for what must be I know you ll enjoy this wonderful book as much as I do Jeffrey Ady Associate Professor retired Public Administration Program University of Hawaii at Manoa Founding Fellow International Academy for Intercultural Research The International Handbook of Love is far more than a traditional compendium It is a breath taking attempt to synthesize our anthropological and sociological knowledge on love It illuminates topics as diverse as Chinese love one night stands teen romance or love of leaders and many more This is a definitive reference in the field of love studies Eva Illouz author of *The End of Love A sociology of Negative relationships* Oxford University Press This is not a volume to be read in a single sitting though I almost did due to a

protracted hospital stay nor is it romantic or inspirational reading though in some cases I had hoped for more narrative examples and case studies Rather it is a highly diverse scholarly effort a massive resource collection of research papers on love in a variety of contexts personal and professional settings and cultures The work is well referenced providing a large number of resources for deeper exploration We owe our thanks to the authors and editors of this handbook for work well done though that word in the title should not lead readers to suspect that enlightening as it is this book is a vade mecum or practical tour guide that provides ready solutions to the vicissitudes and challenges of our love lives Reviewed by Dr George F Simons on amazon com Please see Claude H l ne Mayer s interview related to the handbook in LeanHealth Talks published by Bernadette Bruckner <https://www.youtube.com/watch?v=VNXA9sWuWo> Please see Claude H l ne Mayer s interview related to the handbook published In Iran News Daily <https://newspaper.irandaily.ir/nid/6941/pid/6/type/0> Mindful New Mom Caroline Boyd, 2022-03-22 Feel empowered to become the mother you want to be From birth to your baby s first steps this soothing book will support you to open your heart to the highs and lows of mothering and adjust to your new role It offers everyday meditations and visualizations postnatal yoga natural remedies and nutritional advice to help you care for yourself with the same love and commitment you give your precious baby As a new mom you may secretly wonder Am I up to the job With pressure on moms to parent perfectly and bounce back effortlessly and unsupported all amid sleep deprivation and brain body and relationship changes it s no surprise women struggle You are not alone Compassionate evidence based psychological ideas from clinical psychologist and mom Dr Caroline Boyd will ground you amid the storms enhancing everyday connections to you your baby and the world around you both Compassionate and powerful tools are delivered in such an accessible way I hope this book finds its way into the hands of every new mom Anna Mathur Sunday Times bestselling author of Know Your Worth and Mind over Mother This holistic book will help you understand Significant brain body and identity shifts during this transformation known as matrescence The intense emotional rollercoaster of this first year explaining what can shape your ideas of the good mom and why experiencing feelings such as anger and anxiety doesn t make you a bad mother Why it s important to learn to self soothe with practical psychological strategies to help you nurture yourself as well as soothe your baby Why couple dynamics shift with the arrival of a baby and ways to stay connected How to use your values to guide your decision making making choices that fit for your family Caroline offers gentle realistic advice with a focus on mindful compassion supporting you to develop a kinder relationship with yourself She offers natural remedies to help manage interrupted sleep and strong emotions healthy foods to boost energy and improve low mood affirmations to soothe and support and mini meditations and longer meditative practices to calm and center you and to share with your baby Enjoy gentle targeted yoga with your baby and alone to ease the aches and pains of early motherhood and build strength and flexibility Use mindful massage to bond with your baby and nourish your body Mindful New Mom will help you find more head and heart space empowering you to become the mom you want to be **30-Something and the Clock Is Ticking**

Kasey Edwards,2011-04-07 When Kasey Edwards discovers she ll be infertile within a year she is forced to bring the baby issue to the forefront of her mind In 30 Something and the Clock Is Ticking she explores what having a child would mean to her identity her career her body her relationships and her mental health Kasey speaks to people who have children and people who don t women who claim motherhood is the best thing they ve ever done and those who say it s the worst She discovers how the desire for a baby can drive people to the brink of insanity the logistical challenges of ovulating and trying to conceive on a longhaul flight the indignity and despair of IVF and the price of buying sperm on the Internet This witty memoir will make you laugh cry and ponder the joys and regrets of motherhood It will inspire you to tackle the baby issue head on and on your own terms rather than letting time denial and social pressures make the decision for you **Cultural**

Meanings of News Daniel A. Berkowitz,2011 What is news Why does news turn out like it does What factors influence the creation production and dissemination of news Cultural Meanings of News takes on these deceptively simple questions through an essential collection of seminal and contemporary studies by leaders in the fields of mass communication and media studies Similar in format and purpose to editor Dan Berkowitz s award winning Social Meanings of News this new volume represents a conceptual update a continuation of the discourse about the nature of news and how it comes to be moving ideas ahead from the earlier tradition of sociological approaches to the more pervasive cultural perspectives that inform understandings about news Cultural Meanings of News provides a carefully selected set of readings organized into thematic areas that each probe a dimension of the literature from sociological roots to cultural perspectives news as narrative and cultural text newswork as cultural ritual news as cultural myth news and its interpretive communities news as a source and reflection of collective memory toward the future of news research This text reader provides students and scholars with first hand exposure to cultural approaches to the study of news while also providing an organizing framework for understanding the commonalties and differences between threads in the research The goals are to engage readers through guided immersion in the material **Mothers of Invention**

So Mayer,Corinn Columpar,2022-04-05 This collection belongs on the bookshelves of students and scholars of cinema and media studies feminist and queer media studies labor studies filmmaking and production and cultural studies *Situating Sadness* Janet M. Stoppard,Linda M.

McMullen,2003-05-01 It is well known that depression occurs more often in women than in men It is the most commonly encountered mental health problem among women and ranks overall as one of the most important women s health problems Researchers have studied depression a great deal yet women s depression has rarely been the primary focus The contexts of women s lives which might contribute to their depression are not often addressed by the mental health establishment which tends to focus on biological factors *Situating Sadness* sheds light on the influence of sociocultural factors such as economic distress child bearing or child care difficulties or feelings of powerlessness which may play a significant role and points to the importance of context for understanding women s depression *Situating Sadness* draws on research in the United States and

other parts of the world to look at depression through the eyes of women exploring what being depressed is like in diverse social and cultural circumstances It demonstrates that understanding depression requires close attention to the social context in which women become depressed

Becoming a Parent Jackie Ganley, 2005-01-14 An emotional survival guide to pregnancy and childbirth Like the other volumes in the Family Matters series this authoritative new book provides expert advice to ordinary people struggling with everyday challenges in this case the emotional trials of new mothers Enduring the stresses of pregnancy and giving birth are only half of what it takes to become a parent The other half involves adjusting emotionally to the reality of a newborn With tips on getting outside help and discussion points useful in self therapy *Becoming a Parent* offers real life solutions based on actual cases to every sort of difficulty new parents might expect Jackie Ganley London UK works for Britain's National Health Service

Coping with Depression in Young People Carol Fitzpatrick, John Sharpy, 2004-06-25 Depressive disorders can produce dramatic and frightening changes in young peoples behaviour but while parents may suspect something is wrong they are often at a loss to know what This book shows parents how to tell the difference between the ordinary ups and downs and true depression helping them better understand clinical warning signs and the various approaches to treatment Dealing sensitively with how depression sometimes manifests itself self harm alcohol and drug abuse and suicide attempts the book offers parents practical guidance on how they can reach out to their children and find professional assistance

Depression Dorothy Rowe, 2003 *Depression The Way Out of Your Prison* gives us a way of understanding our depression which matches our experience and which enables us to take charge of our life and change it Dorothy Rowe shows us that depression is not an illness or a mental disorder but a defence against pain and fear which we can use whenever we suffer a disaster and discover that our life is not what we thought it was *Depression* is an unwanted consequence of how we see ourselves and the world By understanding how we have interpreted events in our life we can choose to change our interpretations and thus create for ourselves a happier more fulfilling life *Depression The Way Out of Your Prison* is for depressed people their family and friends and for all professionals and non professionals who work with depressed people

Having It All? Paula Nicolson, 2003-02-14 We are so lucky we can have everything dazzling careers financial success happy and fulfilling emotional lives well adjusted children a strong and supportive intimate relationship friends a social life be feminine and look lovely too Can't we No Most women find themselves lacking somewhere and how much we struggle towards achieving all this depends on how much we've absorbed this 21st century myth Dr Paula Nicolson is an expert on gender relations and reproductive health She shows us how psychological theories explain women's desires and their experiences at home and work and offers solutions to help us when the balance feels like it's tipping one way or another Easy to read and reassuring keep it handy for when you have to make decisions about home life versus career who you are now and who you want to be in the future

Toddler Troubles Jo Douglas, 2003-02-21 As every parent knows looking after young children is profoundly rewarding but it can also be extremely exhausting and frustrating *Toddler*

Troubles covers a wide range of typical toddler behaviour and its associated dilemmas from eating sleeping potty training and discipline to more thought provoking ideas like being a positive parent Parent and Clinical Psychologist Jo Douglas has been working with families for over 25 years and understands how hard bringing up toddlers can be In this wonderful new book she provides a wealth of tools to help you through the ups and downs of bringing up under 5 s including Frequently Asked Questions charts and interviews Toddler Troubles is the ideal companion for any parent as they negotiate the pleasures and perils of raising children not simply another opinionated child care text but one that is evidence led wherever possible I heartily recommend it Professor Martin Herbert Clinical Psychologist *Parent Power* John Sharry,2003-03-28 A step by step guide to bringing up happy responsible children One of the greatest challenges any parent will face is teaching their children the difference between right and wrong and helping them to learn good social behaviour whilst maintaining a satisfying loving relationship Today more than ever before parents are concerned about their children s behaviour and its effect not only on the child but also upon society This step by step guide provides well researched information for parents who want to positively encourage their children and teenagers to behave well and to achieve their full potential A practical guide which incorporates plenty of useful advice on issues such as Providing positive attention for children Using rewards Communicating Effectively Empowering Teenagers Negotiating Rules and Boundaries *Sex and Your Teenager* John Coleman,2003-03-28 As we all know sexuality is not an easy topic for parents and carers to deal with once their children enter adolescence We are all aware of the need to discuss sex with our kids the only question is how to start the conversation This practical down to earth book offers tips on how to broach the subject and gives advice on a range of problems from the bodily changes at puberty through to coping with relationships contraception and HIV And in light of modern society s ever changing attitudes towards sexual behaviour more controversial issues are addressed such as sexual orientation and STDs Written in a very open honest style yet based on a solid bedrock of scientific information this book will help you to help your teenager to cope with their own sexuality Written by a very well respected academic Includes useful lists of organisations and further reading Will empower you to develop a deeper more satisfying relationships with your teenage kids [The Father's Book](#) David G. Cohen,2006-02-08 What does being a dad in the 21st Century really mean Men today want to play an active role in the upbringing of their children that means knowing how to cope with them play with them control them and love them Becoming a father however can be an extremely daunting prospect after all it is completely uncharted territory This wonderful book is not only for expectant and new fathers but covers the whole range of issues dads encounter from conception through to teenage traumas Situations such as step fatherhood and the changing relationship with partners are also discussed in a sensitive and informative style The stresses imposed by modern lifestyles on fathers and kids are looked at as well as the problems and benefits encountered by the fact that kids today are often very sophisticated and clued up Chapters include I m Going to be a Dad Bonding for Fathers Discipline Learning to Play Again Teenage Traumas Written in a

light hearted yet informative style and including numerous interviews with fathers themselves this book reflects the latest thinking and theories on how to be a good father **Variations in Sex Development** Lih-Mei Liao,2022-12-08 Biological variations in sex development also known as intersex are greatly misunderstood by the wider public This unique book discusses psychological practice in healthcare for people and families impacted by a range of intersex variations It highlights the dilemmas facing individuals and their loved ones in the social context and discusses the physical and psychological complexities of irrevocable medical interventions to approximate social norms for bodily appearance and function It exposes the contradictions in medical management and suggests valuable theoretical and practice tools for psychosocial care providers to navigate them Uniquely featuring theory and research informed practice vignettes the book explores interpersonal work on the most salient psychosocial themes ranging from grief work with impacted caretakers to sex therapy with impacted adults An indispensable resource for working ethically pragmatically and creatively for a variety of healthcare specialists and those affected by variations in sex development and their families and communities Stigma's Impact on People With Mental Illness: Advances in Understanding, Management, and Prevention Leandro Fernandes Malloy-Diniz,Antônio Geraldo da Silva,Alexandre Paim Diaz,Milton Wainberg,Alexandre Andrade Loch,Antonio Palha,2021-09-13

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