

# Post-Natal Depression



Psychology, Science and the  
Transition to Motherhood

Paula Nicolson

Women and Psychology



# Post Natal Depression Psychology Science And The Transition To Motherhood

**Paula Nicolson**



## **Post Natal Depression Psychology Science And The Transition To Motherhood:**

*Post-natal Depression* Paula Nicolson, 1998 Post Natal Depression challenges the expectation that it is normal to be a happy mother. It provides a radical critique of the traditional medical and social science explanations of post natal depression by supplying a systematic feminist psychological analysis of women's experiences following childbirth. Paula Nicolson argues that far from it being an abnormal undesirable pathological condition it is a normal healthy response to a series of losses. Post Natal Depression makes an important contribution to the psychology of women and feminist research and will be of interest to psychologists, social scientists, nurses and doctors.

**Post-Natal Depression** Paula Nicolson, 2006-06-19 Post Natal Depression challenges the expectation that it is normal to be a happy mother. It provides a radical critique of the traditional medical and social science explanations of post natal depression by supplying a systematic feminist psychological analysis of women's experiences following childbirth. Paula Nicolson argues that far from it being an abnormal undesirable pathological condition it is a normal healthy response to a series of losses. Post Natal Depression makes an important contribution to the psychology of women and feminist research and will be of interest to psychologists, social scientists, nurses and doctors.

**Introducing the Social Sciences for Midwifery Practice** Patricia Lindsay, Ian Peate, 2015-07-16 Introducing the Social Sciences for Midwifery Practice makes clear the links between social anthropological and psychological concepts, midwifery practice and women's experience of birth. Demonstrating how empathising with women and understanding the context in which they live can affect childbirth outcomes and experiences, this evidence-based text emphasises the importance of compassionate and humane care in midwifery practice. Exploring midwifery as an art as well as a science, the authors collected here make the case for midwives as professionals working with women rather than as birth technicians taking a purely competency-based approach to practice. The book incorporates a range of pedagogical features to enhance student learning, including overall chapter aims and learning outcomes, recommendations for practice, learning triggers to encourage the reader to delve deeper and reflect on practice, application to practice, case studies which ensure that the theory is related to contemporary practice and a glossary of terms. The chapters cover perspectives on birth from sociology, psychology, anthropology, law, social policy and politics. Other chapters address important issues such as disability, politics and sexuality. Outlining relevant theory from the social sciences and clearly applying it to practice, this text is an essential read for all student midwives, registered midwives and doulas.

*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 women'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

**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

**Reproductive Health Psychology** Olga B. A.

van den Akker,2012-03-23 This volume provides a comprehensive up to date theoretical and empirical background to the psychology of reproductive health Provides a life span perspective of the psychology of reproductive health and its disorders from menarche to menopause and reproductive health in older age Focuses on issues of the individual s reproductive health experience including reproduction pregnancy maternity and birth as well as conditions such as PMDD dysmenorrhea and events including pregnancy failure and abortion Acknowledges the wider social context with discussions of poverty inequality educational and economic status age and urban versus rural access Addresses life style related factors human rights to choice information and access fertility control and reproductive health regulation and health care services Illustrates topics with empirical data supported with tables and figures

**Mixing Methods in Psychology** Zazie Todd,Brigitte

Nerlich,Suzanne McKeown,David D. Clarke,2004-08-02 Looks in detail at the problems involved in attempting to reconcile qualitative and quantitative methods providing both theoretical and methodological guidance as well as practical examples of how methods can be fruitfully combined

**Managing the Monstrous Feminine** Jane M. Ussher,2006

Managing the Monstrous Feminine takes a unique approach to the study of the material and discursive practices associated with the construction and regulation of the female body Jane Ussher examines the ways in which medicine science the law and popular culture combine to produce fictions about femininity positioning the reproductive body as the source of women s

power danger and weakness Including sections on regulation the subjectification of women and women s negotiation and resistance this book describes the construction of the monstrous feminine in mythology art literature and film revealing its implications for the regulation and experience of the fecund female body Critical reviews are combined with case studies and extensive interview material to illuminate discussions of subjects including the regulation of women through the body regimes of knowledge associated with reproduction intersubjectivity and the body women s narratives of resistance These insights into the relation between the construction of the female body and women s subjectivity will be of interest to those studying health psychology social psychology medical sociology gender studies and cultural studies The book will also appeal to all those looking for a high level introduction to contemporary feminist thought on the female body     Silencing the Self Across Cultures Dana C. Jack,Alisha Ali,2010-04-28 Winner of the 2011 Ursula Gielen Global Psychology Book Award This award is presented by APA Division 52 to the authors or editors of a book that makes the greatest contribution to psychology as an international discipline and profession This international volume offers new perspectives on social and psychological aspects of depression The twenty one contributors hailing from thirteen countries represent contexts with very different histories political and economic structures and gender role disparities Authors rely on Silencing the Self theory which details the negative psychological effects that result when individuals silence themselves in close relationships and the importance of social context in precipitating depression Specific patterns of thought on how to achieve closeness in relationships self silencing schema are known to predict depression This book breaks new ground by demonstrating that the link between depressive symptoms and self silencing occurs across a range of cultures Silencing the Self Across Cultures explains why women s depression is more widespread than men s and why the treatment of depression lies in understanding that a person s individual psychology is inextricably related to the social world and close relationships Several chapters describe the transformative possibilities of community driven movements for disadvantaged women that support healing through a recovery of voice as well as the need to counter violations of human rights as a means of reducing women s risk of depression Bringing the work of these researchers together in one collection furthers international dialogue about critical social factors that affect the rising rates of depression around the globe     **Myles' Textbook for Midwives E-Book** Jayne E. Marshall,Maureen D. Raynor,2014-09-05 The most popular midwifery textbook in the world The sixteenth edition of this seminal textbook Myles Textbook for Midwives has been extensively revised and restructured to ensure that it reflects current midwifery practice with an increased focus on topics that are fundamental to midwifery practice today Well illustrated to assist visual learning Boxes highlighting significant information to aid study Introduction Aims of the chapter and Conclusion for each chapter References Further Reading and Useful websites to promote further learning Glossary of terms and acronyms provide simple definition of more complex terminologies Additional online resources Over 500 multiple choice questions enable students to test their knowledge Unlabelled illustrations help reinforce learning Full image bank of

illustrations to make study more visual and assist with projects Full colour illustrations now used throughout the book in response to student feedback Contains many new chapters some of which are authored by members of the multi professional team Up to date guidance on professional regulation midwifery supervision legal and ethical issues risk management and clinical governance Recognition that midwives increasingly care for women with complex health needs in a multicultural society Examination of the dilemmas involved in caring for women with a raised body mass index Chapter on optimising care of the perineum for women with perineal trauma including those who have experienced female genital mutilation Guidance to support the trend for midwives to undertake the neonatal physical examination of the healthy term infant Additional coverage of basic neonatal resuscitation

**The Female Body in Mind** Mervat Nasser, Karen Baistow, Janet Treasure, 2007-04-11 The Female Body in Mind introduces new ways of thinking about issues of women's mental health assessment and treatment Its multidisciplinary approach incorporates social psychological biological and philosophical perspectives on the female body The contributions from notable academics in the field of women's mental health examine the relationship between women's bodies society and culture demonstrating how the body has become a platform for women's expression of their distress and anguish The book is divided into six sections all centred on the theme of the body covering The body at risk The hurting body The reproductive body The interactive body Body sensitive therapies The body on my mind All professionals involved in women's mental health will welcome this exploration of the complexities involved in the relationship between women bodies and their mental health

*The Gender of Psychology* Tamara Shefer, Floretta Boonzaier, Peace Kiguwa, 2006 Psychology as a discipline has been criticised for perpetuating sexism reproducing gender inequality and neglecting marginalised perspectives

**Rethinking Mental Health and Disorder** Mary B. Ballou, Laura S. Brown, 2002-09-26 This volume presents work at the interface of feminist theory and mental health The editors a stellar array of contributors to continue the vital process of feminist theory building and critique

**Women and Mental Disorders** Paula K. Lundberg-Love, Kevin L. Nadal, Michele A. Paludi, 2011-11-08 For too long studies lumped women's mental health with that of men notwithstanding profound differences This groundbreaking work decisively addresses that oversight as a team of expert scholars and therapists spotlights common female mental disorders explores the causes and explains available therapies In the last two decades feminist therapists and scholars have called for new models of mental health that value women and femininity To that end the four volume Women and Mental Disorders brings together recent research and theory to explore its subject from a feminist perspective This exhaustive set treats every aspect of women's mental health from diagnoses to treatment Underlying the entire work is an awareness of varying cultural definitions of mental health and the importance of understanding a woman's cultural background if treatment is to be respectful and successful Special attention is also paid to women who have been victims of violence whether in intimate relationships the workplace or at school and to how these experiences impact mental and physical health self concept interpersonal relationships and career development Approaches

to treating women with eating disorders agoraphobia anxiety and depression PTSD and personality disorders are covered as well Finally the set provides resources to help readers address their own needs or those of friends and family *Attachment Processes in Couple and Family Therapy* Susan M. Johnson, Valerie E. Whiffen, 2005-12-15 This practical book presents cutting edge approaches to couple and family therapy that use attachment theory as the basis for new clinical understandings Fresh and provocative insights are provided on the nature of interactions between adult partners and among parents and children the role of attachment in distressed and satisfying relationships and the ways attachment oriented interventions can address individual problems as well as marital conflict and difficult family transitions With contributions from leading clinicians and researchers the volume offers both general strategies and specific techniques for helping clients build stronger more supportive relational bonds *Modern Management of Perinatal Psychiatric Disorder* Carol Henshaw, John Lee Cox, Joanne Barton, 2009 This book provides both trainees in perinatal psychiatry and the generalist who wishes to know more with an up to date overview of the subject In addition it is a useful resource for other professionals working in the field such as nurses psychologists obstetricians midwives and health visitors The chapters address historical and classification issues the management of both new onset and existing mental disorders including substance misuse presenting in pregnancy and the postpartum period prescribing and physical treatments during pregnancy and breast feeding Also covered are issues for children and families screening for and prevention of mental disorders in relation to childbirth service provision and transcultural issues *Understanding Depression* Janet Stoppard, 2014-01-14 Women are particularly vulnerable to depression Understanding Depression provides an in depth critical examination of mainstream approaches to understanding and treating depression from a feminist perspective Janet Stoppard argues that current approaches give only partial accounts of womens experiences of depression and concludes that a better understanding will only be achieved when womens experiences and lived realities are considered in relation to the material and social conditions in which their everyday lives are embedded The impact of this change in approach for modes of treatment are discussed and solutions are suggested Understanding Depression offers new insights into the problem and its treatment It will prove useful to those with an interest in depression and gender as well as mental health practitioners *Women and Depression* ,

**How Not to F\*\*\* Them Up** Oliver James, 2010-06-03 As a mother are you comfortable in your skin Want to know how best to be a stay at home or working mum Babies have very simple needs yet many parents are overwhelmed with elaborate advice on how to meet them In *How Not to F Them Up* leading child psychologist Oliver James argues that your under threes do not need training it s getting your head straight as a parent that s important Drawing on extensive interviews and the latest clinical research James identifies three basic types of mum the Hugger the Organiser and the Fleximum Outlining the benefits and pitfalls of each *How Not to F Them Up* shows you how to recognise which style suits you best and outlines simple strategies to reconcile personal ambitions with the needs of your family Empowering and provocative Oliver James

will help you make the best choices for bringing up a happy confident child      What Mothers Learn Naomi Stadlen, 2020-04-02 Naomi writes so gently her words are a soothing balm in these months of confusion Thank you Naomi for your wise words JUNO Essential reading for mothers Breastfeeding Today It is amazing to listen to mothers and hear how much they learn Each mother learns different things some practical some mysterious However some common patterns come through Mothers learn that Mothering is more than baby and childcare Babies can't talk but they can communicate Mothers are in conversation with their babies Through their babies mothers learn about themselves Mothers form families based on their own values The role of fathers is in the middle of a major change The reasons for maternal anger need to be understood Mothers can still be feminists Part of mothering is a spiritual experience Mothers bring usable experience back to their workplaces What Mothers Learn will show first how learning to be a mother takes time and then what a wonderful experience it can be It also makes the case that if enough of us agree that mothering is essential society must find a way to reward the women who do it

## Decoding **Post Natal Depression Psychology Science And The Transition To Motherhood**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Post Natal Depression Psychology Science And The Transition To Motherhood**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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