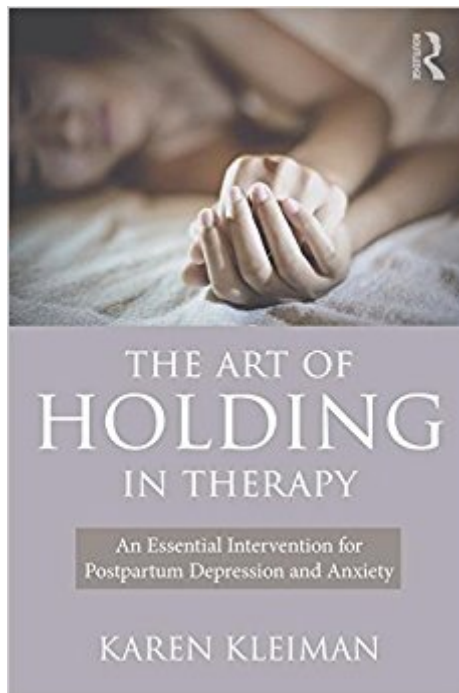




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The Art Of Holding In Therapy: An Essential Intervention For Postpartum Depression And Anxiety



Synopsis

First conceptualized by D.W. Winnicott, holding in this book refers to a therapist's capacity to respond to postpartum distress in a way that facilitates an immediate and successful therapeutic alliance. Readers will learn how to contain high levels of agitation, fear, and panic in a way that cultivates trust and the early stages of connectedness. Also addressed through vignettes are personality types that make holding difficult, styles of ineffective holding, and how to modify holding techniques to accommodate the individual woman. A must-read for postpartum professionals, the techniques learned in this book will help clients achieve meaningful and enduring recovery.

Book Information

Paperback: 288 pages

Publisher: Routledge; 1 edition (February 1, 2017)

Language: English

ISBN-10: 1138904953

ISBN-13: 978-1138904958

Product Dimensions: 5.9 x 0.7 x 8.9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #108,669 in Books (See Top 100 in Books) #5 in Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #40 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Obstetrics & Gynecology #61 in Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology

Customer Reviews

“The Art of Holding in Therapy invites aspiring and seasoned perinatal psychotherapists alike to pull up a chair, settle in, and experience Karen Kleiman’s wit, unflinching honesty, and endless wisdom as she teaches the reader both the “why” and the “how-to” of this essential cornerstone of psychotherapeutic treatment. This is guaranteed to be a book you’ll take off your shelf again and again.”
—Margaret Howard, PhD, professor of psychiatry and human behavior (clinical) and medicine (clinical), Warren Alpert Medical School of Brown University; division director, Women’s Behavioral Health, Women & Infants Hospital
“Karen Kleiman has done it again! She has written another great book to help clinicians use the technique of holding in a therapeutic relationship with postpartum women. Her previous books •Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression and Cognitive Behavioral Therapy for Perinatal

Distressâ •are extremely relevant and helpful to a therapist working with pregnant and postpartum women. Her new book, *The Art of Holding in Therapy: An Essential Intervention for Postpartum Depression and Anxiety*, is another great addition to your library and learning.â •â •Birdie Gunyon Meyer, MA, RN, past president, certification director, postpartum support international coordinator, Perinatal Mood Disorders Program, Indiana University Health

Karen Kleiman, MSW, LCSW, is the founder of The Postpartum Stress Center, a treatment facility for prenatal and postpartum depression and anxiety disorders. In addition to this, she instructs a postgraduate training course for clinicians who have an interest in treating women with postpartum depression and has authored several books on postpartum mood and anxiety disorders.

What can I say?!?! All of Karen's books are fantastic. This concept of holding for perinatal women is especially valuable in my opinion. There is so much change happening for a new mother. If the therapist (or anyone that cares about the mother) can just allow the mother to be and talk and think through all of it, then to feel heard and understood on top of that? Wow, what a way to support! Karen really gets to the heart of what is needed to hold space for women. I highly recommend this book for anyone who works with pregnant or postpartum families.

This book is one of the best resources within the field of perinatal mental health. While the target audience is therapists, I as a nurse practitioner found great value in it. It gets to the heart and essence of working with perinatal mothers. Karen's work (including her others) shows that psychiatry/mental health work is both an art and a science. I would highly recommend reading this book to anyone working with perinatal families.

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