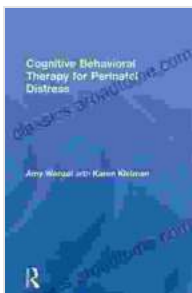


# Cognitive Behavioral Therapy for Perinatal Distress: A Guide to Overcoming Postpartum Depression, Anxiety, and Stress

Cognitive Behavioral Therapy (CBT) is a type of talk therapy that helps people change their negative thoughts and behaviors. It has been shown to be effective in treating a variety of mental health conditions, including postpartum depression, anxiety, and stress.



## Cognitive Behavioral Therapy for Perinatal Distress

by Amy Wenzel

★★★★☆ 4.8 out of 5

Language : English  
File size : 3056 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 260 pages



This book provides a comprehensive overview of CBT for perinatal distress, including its benefits, techniques, and how to find a therapist who can help you with this type of therapy.

## Benefits of CBT for Perinatal Distress

CBT has a number of benefits for people experiencing perinatal distress, including:

- Reduced symptoms of depression, anxiety, and stress
- Improved coping skills
- Increased self-esteem
- Improved relationships
- Reduced risk of relapse

## **Techniques of CBT for Perinatal Distress**

CBT uses a variety of techniques to help people change their negative thoughts and behaviors. Some of the most common techniques include:

- Cognitive restructuring: This technique helps people identify and challenge their negative thoughts.
- Behavioral activation: This technique helps people increase their engagement in positive activities.
- Exposure and response prevention: This technique helps people face their fears and learn to manage their anxiety.
- Relaxation training: This technique helps people learn to relax and reduce their stress levels.

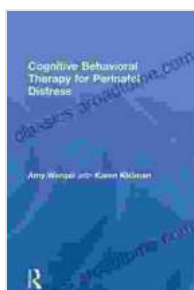
## **How to Find a Therapist Who Can Help You With CBT for Perinatal Distress**

If you are experiencing perinatal distress, it is important to seek professional help. A therapist who specializes in CBT can help you learn the skills you need to manage your symptoms and improve your mental health.

Here are some tips for finding a therapist who can help you with CBT for perinatal distress:

- Ask your doctor or midwife for a referral.
- Search online for therapists in your area who specialize in CBT for perinatal distress.
- Contact your local mental health center.
- Interview several therapists before making a decision.

CBT is a safe and effective treatment for perinatal distress. If you are struggling with postpartum depression, anxiety, or stress, talk to your doctor or midwife about whether CBT is right for you.



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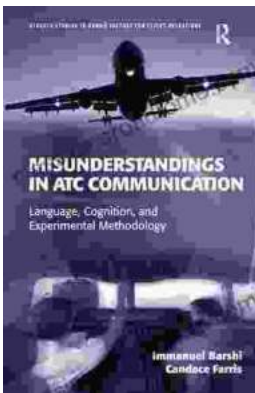
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