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The DSMC Method, Collected Works of Shen Shou Tai Chi Chuan (Paperback), An Eye for a Tooth: The teeth of animals, Art of the Wigmaker, The Battleship HMS King George V (TopDrawings), Family Fortunes: Men and Women of the English Middle Class 1780-1850, Concerto for Tuba, CIMA F2 - Financial Management: Revision Kit, Lets Go 1 Student Cards: Language Level: Beginning to High Intermediate. Interest Level: Grades K-6, Mexico (DK Eyewitness Travel Guide) (1999-09-17), The Wicked Game, The Canadian Brass Book of Favorite Quintets: Trombone,

Cognitive behavioral therapy for perinatal distress. New York, NY: Routledge. Wenzel, A. (). Beck Institute for Cognitive Behavior Therapy is a leading international source for training, therapy, and resources in CBT. Soldiers Suicide Prevention (Beck Institute).

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 movefanatic.coms: 2. Oct 01, Cognitive-behavioral therapy (CBT) refers to a class of interventions that share the basic premise that mental disorders and psychological distress are maintained by cognitive factors. Although interpersonal psychotherapy and cognitive behavioral therapy have demonstrated efficacy in the treatment of perinatal distress, supportive psychotherapy has not been as widely studied by researchers.

Oct 31, Perinatal Distress encompasses all clinically significant symptoms of anxiety or depression that occur during pregnancy or the postpartum period. While medication exists to combat this specific form of anxiety and depression, the need for the development of non-pharmacological interventions is great /5(6).

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