



For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology

By Jay Noricks

New University Press LLC, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. For Women Only, Book 1 is the first in a series of books devoted to exploring women's issues in psychotherapy and counseling. This first book describes the treatment in just six sessions of one woman's struggle with childbirth so painful it produced PTSD. Eight months of postpartum depression followed the birth before she found effective psychotherapy treatment. Other volumes will address emotionally and physically painful experiences with the menstrual/ovulation cycle, the trauma of miscarriages and stillbirths, and the effect on women of their partners' porn addictions. Book 1 describes the treatment of postpartum depression and childbirth PTSD with Parts Psychology, a therapy that emphasizes work with the hidden parts (self-states, ego states, subpersonalities) of the whole person. These are the parts we refer to when we say 'A part of me wants to leave him but another part cannot imagine life without him.' For Catherine, the 34-year-old mother who is the subject of the therapy, the two most important parts were Catherine 22, a younger part who filled the role of an...



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