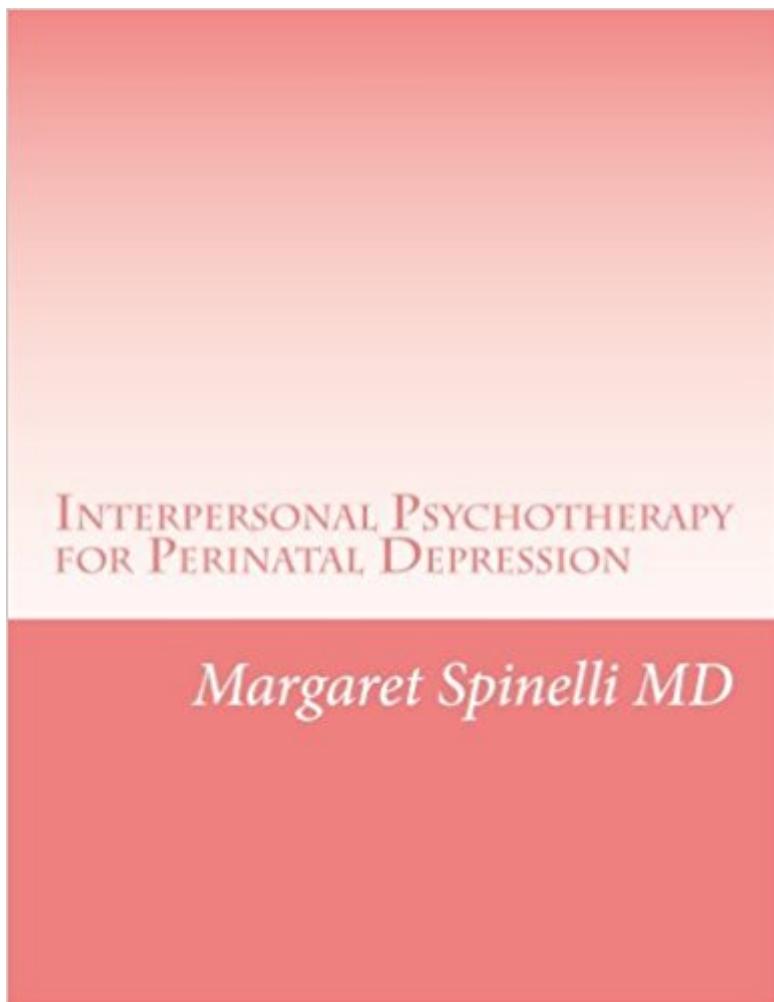


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Interpersonal Psychotherapy For Perinatal Depression: A Guide For Treating Depression During Pregnancy And The Postpartum Period





Synopsis

This is a user-friendly manual of Interpersonal Psychotherapy used to treat pregnant or postpartum women who are suffering from depression. Interpersonal Psychotherapy for Perinatal Depression (IPT-P) is a brief weekly psychotherapy treatment of 12-16 weeks that has demonstrated success in several clinical trials supported by the National Institutes of Mental Health. The purpose of this IPT-P manual is to provide mental health workers including psychiatrists, psychologists, psychiatric nurses, social workers, and mental health counselors with step-by-step instructions.

Book Information

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Customer Reviews

Dr. Spinelli is a Clinical Professor of Psychiatry at Columbia University College of Physicians and Surgeons. Her clinical, academic and research activities have concentrated on psychiatric disorders during the female life cycle, pregnancy and the postpartum period. Her research awards by the National Institutes of Mental Health have focused on Interpersonal Psychotherapy for Perinatal Depression (IPT-P). In her Manhattan clinical practice she specializes in psychiatric disorders during pregnancy and the postpartum periods, menstrual cycle and perimenopause. In addition she practices general psychiatry. She has had considerable training and developed expertise in psychopharmacology and psychotherapy through her medical training at Cornell University Medical College, residency training in psychiatry at the Payne Whitney Clinic, the New York Hospital at Cornell, a Post-doctoral Research Fellowship at Columbia and the NYS Psychiatric Institute and a clerkship in perinatal psychiatry at the Maudsley and Bethlem Mother-Infant Postpartum Unit, London, England.

Dr. Spinelli has written a concise volume describing how to fine-tune Interpersonal Psychotherapy to the needs of a pregnant or postpartum woman experiencing depression. This is written primarily for psychotherapists, but there are gems that anyone could take from it if they wanted to be of help to someone struggling.

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