



Overcoming Postnatal Depression A Five Areas Approach (Hodder Arnold Publication)

Dr. Christopher Williams, Dr. Roch Cantwell, Ms. Karen Robertson

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Overcoming Postnatal Depression uses the trusted Five Areas model of Cognitive Behaviour Therapy (CBT), helping people experiencing postnatal depression to change how they feel. The Five Areas model helps the reader make key changes using a clear, pragmatic and accessible style, by examining five important aspects of our lives:

- Life situation, relationships, resources and problems
- Altered thinking
- Altered feelings or moods
- Altered physical symptoms or sensations
- Altered behaviour or activity levels

By bringing together specialists in postnatal depression, and with the use of self-help resources, this course addresses all the common challenges faced by women during times of low mood after having a baby. It provides access to the proven CBT approach, helping the reader make positive changes in their life in a planned and achievable way. An additional workbook aimed at friends and relatives describes how they can offer support.

The workbooks also provide an invaluable resource for counsellors, general practitioners, health visitors, nursing staff, midwives, occupational therapists, psychiatrists, psychologists, social workers, self-help groups and other voluntary sector organizations.

A linked and completely free online support course is located at www.livinglifetothefull.com. Additional written, DVD and audio resources are available at www.fiveareas.com.

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Gertrude Hoskins:

Spent a free time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their friends. Usually they accomplishing activity like watching television, about to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Can be reading a book is usually option to fill your totally free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to attempt look for book, may

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