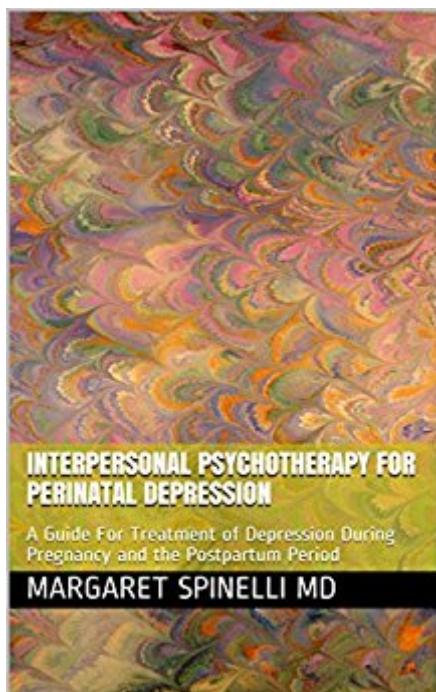


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# Interpersonal Psychotherapy For Perinatal Depression: A Guide For Treatment Of Depression During Pregnancy And The Postpartum Period



## 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 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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