



Cognitive Behavioral Therapy for Perinatal Distress

Amy Wenzel, Karen Kleiman

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Countless studies have established the efficacy of cognitive behavioral therapy (CBT) for many manifestations of depression and anxiety. 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 women. This text teaches practitioners how to successfully integrate CBT structure and strategy into a supportive approach in working with this population. The examples used in the book will be familiar to postpartum specialists, making this an easily comprehensive and useful resource.

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