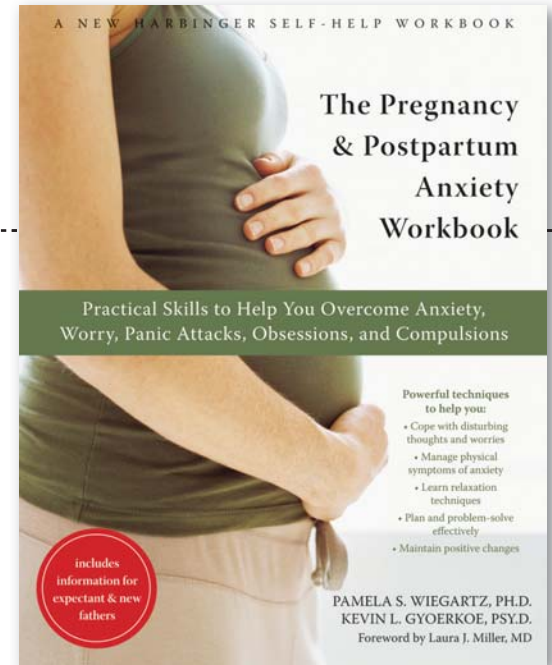


# THE PREGNANCY & POSTPARTUM ANXIETY WORKBOOK

*Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions*

PAMELA S. WIEGARTZ, PH.D. & KEVIN L. GYOERKOE, PSY.D.



## Powerful techniques to help readers:

- Cope with disturbing thoughts and worries
  - Manage physical symptoms of anxiety
  - Learn relaxation techniques
  - Plan and problem solve effectively
  - Maintain positive changes

**“This book is destined to become the new bible for any expectant or new mom suffering from serious anxiety. It brings state-of-the-art breakthroughs in anxiety treatment to women in a clear, compassionate, practical, and user-friendly self-help format.”**

—Valerie Davis Raskin, MD,  
author of *This Isn't What I Expected*

*What if my baby isn't healthy? What if I can't handle the pain of labor and delivery? What if something goes wrong? What if I'm not a good mother?*

Along with the excitement and joy of pregnancy and motherhood, most women experience mild anxiety as a natural part of the process. For many women, though, these anxious thoughts become excessive and even debilitating. Up to 20 percent of women suffer from clinical anxiety or mood disorders during pregnancy.

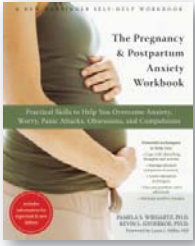
Written by two anxiety experts, ***The Pregnancy and Postpartum Anxiety Workbook*** addresses topics specific to new mothers, including hormonal changes, how the physical symptoms of pregnancy affect anxiety, and common concerns pregnant women and new mothers have. Readers develop new, empirically validated cognitive behavioral therapy (CBT) skills to help them keep anxiety, worry, and irrational thoughts from dominating their experience of pregnancy and postpartum. These skills, taught through a series of exercises and worksheets, include relaxation training, cognitive restructuring, problem-solving, and exposure and response prevention. Throughout the book, the authors guide readers, step by step, to show them how to recognize their anxiety triggers and symptoms and apply these anxiety management techniques when necessary.

***The Pregnancy and Postpartum Anxiety Workbook*** includes a chapter on postpartum depression, a disorder that often co-occurs with postpartum anxiety, and a chapter that offers fathers tips for understanding and supporting their partners.

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June 2009 / 978-1-57224-589-1 / \$21.95 / 6 x 8 / 200 pages



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### PAMELA S. WIEGARTZ, PH.D.

is an associate professor at the University of Illinois at Chicago (UIC), where she teaches courses in CBT, directs the obsessive-compulsive disorder clinic, and maintains a practice dedicated to treating individuals with anxiety disorders. She is a certified fellow of the Academy of Cognitive Therapy and serves on the scientific advisory board of OCD Chicago. Wiegartz is also actively involved in clinical research and is a cognitive behavioral consultant on grant-funded projects related to perinatal depression management and self-care.

### KEVIN L. GYOERKOE, PSY.D.

is codirector of the Anxiety and Agoraphobia Treatment Center, a clinic specializing in treating anxiety with CBT. He is an assistant professor at the Chicago School of Professional Psychology, where he teaches courses in CBT. Gyoerkoe is certified by the Academy of Cognitive Therapy and serves on the scientific advisory board of OCD Chicago.

Foreword writer **LAURA J. MILLER, MD.** is a professor of psychiatry at UIC, and associate head of the department of psychiatry. She is director of the UIC Women's Mental Health Program, winner of the American Psychiatric Association's Gold Achievement Award and the American College of Psychiatrists' Award. Miller is also director of the Illinois Peripartum Mental Health Project.

### Praise

"How I wish I'd had this book when I suffered from postpartum obsessive-compulsive disorder! Pregnant and postpartum moms need to know that perinatal anxiety disorders are common and treatable, and that there's no need to continue suffering. It is infinitely comforting to read such a calm and objective discussion of the symptoms of this illness and to be given practical self-help tools to move toward recovery."

—Katherine Stone, editor of *Postpartum Progress*, the most widely-read blog on perinatal mood and anxiety disorders, and board member of Postpartum Support International

"Finally, a workbook for anxiety during pregnancy and the postpartum period! Wiegartz and Gyoerkoe have adapted the powerful and scientifically proven techniques of cognitive behavioral therapy into tools that new moms and mothers-to-be can use to overcome the most common anxiety-related problems and reclaim this special time of life. Readers will learn about anxiety from the clear explanations and develop skills using the innovative worksheets in this book. Every expecting parent (moms and dads) can benefit from this workbook."

—Jonathan S. Abramowitz, Ph.D., ABPP, professor and director of the Anxiety and Stress Disorders Clinic at the University of North Carolina at Chapel Hill

"This superb book, written by two experienced clinical psychologists, offers practical, scientifically proven methods for helping expectant and new mothers overcome anxiety problems, such as excessive worry, obsessions, and panic attacks. I highly recommend this book to all expectant or new mothers—and fathers—who are seeking relief from anxiety."

—Steven Taylor, Ph.D., ABPP, psychiatry professor at the University of British Columbia and author of *Treating Health Anxiety* and *The Clinician's Guide to PTSD*

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