Perinatal Mood and Anxiety Disorders in the Clinical Setting

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What does Perinatal Mean?

• Anytime between conception and the first year postpartum
What does it look like?

- Depression and/or anxiety during pregnancy
- Baby Blues
- Postpartum Depression
- Postpartum Anxiety
- Postpartum Psychosis
Baby Blues as normal postpartum adjustment

- Tearfulness
- Sadness
- Anxiety
- Sleeplessness
- Mood lability

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How does Postpartum Depression look?

- With anxiety
- With panic
- With obsessive compulsive symptoms
- With PTSD
How is it treated?

- Therapy (IPT, CBT, EFT, Psychodynamic)
- Medication
- Peer Support
- Group Therapy
In the Clinical Setting

WHO REALLY IS THE GOOD MOTHER?
new mothers need to be mothered