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BREAK FREE FROM Maternal Anxiety

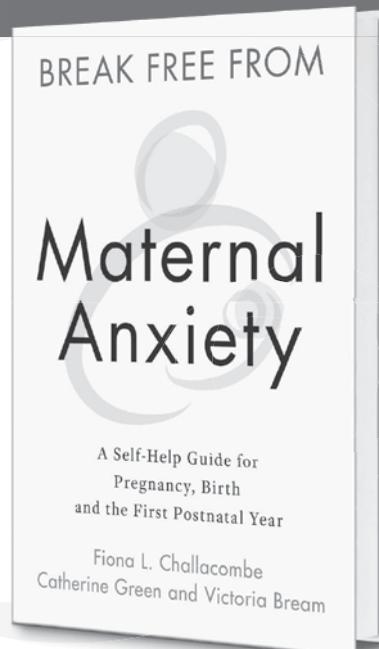
A Self-Help Guide for Pregnancy, Birth and the First Postnatal Year

Fiona L. Challacombe, Catherine Green and Victoria Bream

Provides a practical manual to help navigate mothers & family members out of perinatal anxiety.

As many as one in five mothers will develop a mental health problem during pregnancy or within the first year after birth.

Severe anxiety affects a huge number of women in pregnancy and the postnatal period, making a challenging time even more difficult. You may be suffering from uncontrollable worries about pregnancy and birth, distressing intrusive thoughts of accidental or deliberate harm to the baby, or fears connected to traumatic experiences. This practical self-help guide provides an active route out of feeling anxious. Step-by-step, the book teaches you to apply cognitive behaviour therapy (CBT) techniques in the particular context of pregnancy and becoming a new parent in order to overcome maternal anxiety in all its forms. Working through the book you will gain understanding of your anxiety and how factors from the past and present may be playing a role in how you feel. Together with practical exercises and worksheets to move through at your own pace, you will gain the tools you need to help you move forward and enjoy parenthood.

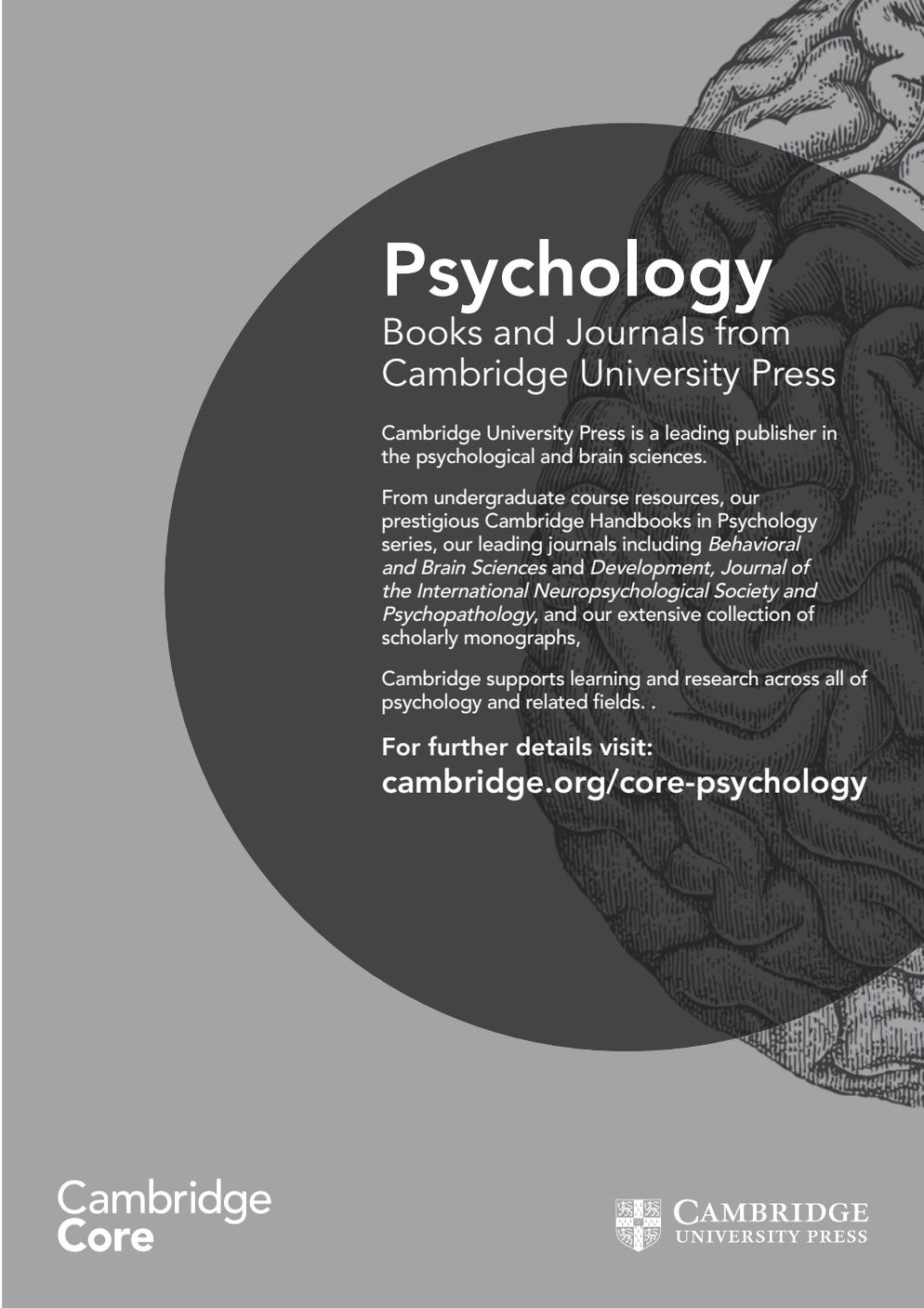


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Contents

MAIN ARTICLES

- South African youth's understanding of feelings, thoughts and behaviours: Implications for the development of CBT-based mental health interventions** 447
Suzanne Human, Hermine Gericke, Maria Loades, Paul Stallard & Bronwynè J. Coetzee
- Mindful parenting intervention for parents of children with skin conditions: a single group experimental cases series** 462
Connor Heapy, Paul Norman, Lisa-Marie Emerson, Ruth Murphy, Susan Bögels & Andrew R. Thompson
- Development of the Anger Children's Cognitive Error Scale and the Anger Children's Automatic Thought Scale** 481
Kohei Kishida, Masaya Takebe, Chisato Kuribayashi, Yuichi Tanabe & Shin-ichi Ishikawa
- The acceptability of cognitive analytic guided self-help in an Improving Access to Psychological Therapies service** 493
Annie Wray, Stephen Kellett, Charlotte Bee, Jess Smithies, Vikki Aadahl, Mel Simmonds-Buckley & Colleen McElhatton
- Wisdom enhancement and life skills to augment CBT outcomes for depression in later life: a series of N-of-1 trials** 508
Adam Kadri, Adrian Leddy, Fergus Gracey & Ken Laidlaw
- Personal Beliefs about Illness Questionnaire-Revised (PBIQ-R): Spanish adaptation in a clinical sample with psychotic disorders** 528
Antonio J. Vázquez Morejón, Chris Jackson, Raquel Vázquez-Morejón & Jose M. Leon-Perez
- What is underneath all that stuff? A Q-methodological exploration of profiles of beliefs and vulnerabilities in hoarding disorder** 538
Rowan M. Tinlin, Helen Beckwith, James D. Gregory & Claire L. Lomax
- ERRATUM**
- OCD, death anxiety, and attachment: what's love got to do with it? – ERRATUM** 556
Rachel E. Verin, Rachel E. Menzies & Ross G. Menzies
- CORRIGENDUM**
- Online Support and Intervention (OSI) for child anxiety: a case-series within routine clinical practice – CORRIGENDUM** 557
Claire Hill, Chloe Chessell, Ray Percy & Cathy Creswell

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