

Mara Acel-Green, LICSW

Articles:

Alexander, Pat. CBT- Based Support Groups for Postnatal Depression. *Nursing Times* 109 (41) 12-14.

Beck, Cheryl. Birth Trauma: In the Eye of the Beholder. *Nursing Research*, 2004 53 (1) 28-35.

Erica Chidi and Erica P. Cahill, M.D. Protecting Your Birth: A guide for black mothers. *NYTimes*. October 22, 2020.

Cho, H. et al. Antenatal Cognitive-behavioural Therapy for Prevention of Postpartum Depression: A Pilot Study. *Yonsei Med Journal* 49 (4) 553-562.

Dimidjian, S., Goodman, S. H., Felder, J. N., Gallop, R., Brown, A. P., & Beck, A. (2015, December 14). Staying Well During Pregnancy and the Postpartum: A Pilot Randomized Trial of Mindfulness-Based Cognitive Therapy for the Prevention of Depressive Relapse/Recurrence. *Journal of Consulting and Clinical Psychology*. Advance online publication. <http://dx.doi.org/10.1037/ccp0000068>

Field, Tiffany. Prenatal depression effects on early development: A review. *Infant Behavior & Development* 34 (2011) 1-14.

Keefe, Robert, et al. Having our say: African-American and Latina mothers provide recommendations to health and mental health providers working with new mothers living with postpartum depression. *SOCIAL WORK IN MENTAL HEALTH* 2016, VOL. 14, NO. 5, 497-508 <http://dx.doi.org/10.1080/15332985.2016.1140699>

Liu, Cindy H. and Tronick, Ed. Rates and Predictors of Postpartum Depression by Race and Ethnicity: Results from the 2004 to 2007 New York City PRAMS Survey (Pregnancy Risk Assessment Monitoring System) *Matern Child Health J* (2013) 17:1599-1610 DOI 10.1007/s10995-012-1171-z.

Netsi, E, et al. Infant outcomes following treatment of antenatal depression: Findings from a pilot randomized controlled trial. *Journal of Affective Disorders* 188 (2015) 252-256.

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Petersen, Emily E. MD1; Nicole L. Davis, PhD1; David Goodman, PhD1; Shanna Cox, MSPH1; Carla Syverson, MSN1,2; Kristi Seed1,2; Carrie Shapiro-Mendoza, PhD1; William M. Callaghan, MD1; Wanda Barfield, MD. Racial/Ethnic Disparities in Pregnancy-Related Deaths — United States, 2007-2016. *Weekly / September 6, 2019 / 68(35);762-765*

Pilyoung, K and Swain, J. Sad Dads: Paternal Postpartum Depression. *Psychiatry*, 2007 (February), 35-47.

Prather, C., Fuller, T. R., Marshall, K. J., & Jeffries, W. L. (2016). The impact of racism on the sexual and reproductive health of African American women. *Journal of Women's Health, 25*(7), 664–671. doi: 10.1089/jwh.2015.5637

Rannveig S. et al. Mid-pregnancy insomnia is associated with concurrent and postpartum maternal anxiety and obsessive-compulsive symptoms: A prospective cohort study. *Journal of Affective Disorders 266* (2020) 319–326.

Reed, M. et. al. Australian midwives' experience of delivering a counselling intervention for women reporting a traumatic birth. *Midwifery 30* (2014) 269–27.

Steele, Janee M. A CBT Approach to Internalized Racism among African Americans. *International Journal for the Advancement of Counselling*. (May 2020). 42, 217-233.

Timpani, K.R., Abomowitz, J.S., Mahaffey, B.L., Mitchell, M.A., & Schmidt, N.B. (2011). Efficacy of a prevention program for postpartum obsessive-compulsive symptoms. *Journal of Psychiatric Research, 45*, 1511-1517.

Wisner KL, Perel KS, Hanusa BH, Findling RL, Rappaport D. Prevention of recurrent postpartum depression: a randomized clinical trial. *J Clinical Psychiatry, 2001 February; 62* (2) 82-86.

Wisner K, et al. Onset Timing, Thoughts of Self-harm, and Diagnoses in Postpartum Women With Screen-Positive Depression Findings. *JAMA Psych. 2013 March 13; E1-E9.*

Film, Podcasts, and Apps:

Code Switch, NPR

Freeman, Marlene. (2019).

www.medge.com/psychiatry/article/195218/bipolar-disorder/masterclass-marlene-free-man-treating-bipolar-disorder (Podcast on treating bi-polar disorder in perinatal period)

Fura, M. (2015) *Dark Side of the Full Moon*. Unknown. (Film).

GirlTrek. (Focus on Black Women and Health)

Hilarious world of depression

Lipton Gurtz, Lindsay. (2017). *When the Bough Breaks*. Unknown. (Film).

Longest Shortest Time. (2017) *Accidental Gay Parent Series*.

Martin, N., & Montagne, R. (2017, December 7). Lost mothers: Nothing protects Black women from dying in pregnancy and childbirth. *NPR News and ProPublica*.

<https://www.propublica.org/article/nothing-protects-black-women-from-dying-in-pregnancy-and-childbirth>

Mom and Mind. (June 2017). <http://momandmind.libsyn.com/56-women-of-color>

Moodkit

OCD Stories. (March 18, 2018). OCD Stories Podcast, episode 114 with Catherine Benfield on Perinatal OCD.

PSI Facebook Live. (October 1, 2020). PSI Facebook Live Chat with Divya Kumar, LCSW. https://www.facebook.com/watch/live/?v=2919716184917910&ref=watch_permalink.

Spatzcek-Olsen, C and Spatzcek-Olsen, H. (2007) *More than Baby Blues*. Paraclet Press: Brewster, MA. (Film).

Seleni Institute Training Video <http://seleni.org/trainings/online-pmad-screening-training/>

OCD Stories (particularly Episodes 106, 107, 109 and 114)

Out of the Blue from UK

<https://web.bestbeginnings.org.uk/web/video/an-introduction-to-maternal-mental-health-10675>

Stop, breathe, think

Books:

Abramowitz, J. (2018). *Getting Over OCD*. New York: Guildford Press.

Barlow, D. (2011). *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*. New York, New York: Oxford Press.

Beck, C. and Driscoll, J. (2006). *Postpartum Mood and Anxiety Disorders*. Sudbury, MA: Jones and Bartlett Publishers.

Beck, J. (2011). *Cognitive Behavior Therapy*. New York, NY: Guilford Press.

Greenberger, D and Padesky, C. (2016). *Mind Over Mood*. New York, NY: Guilford Press.

Kleiman, K. (2001) *Postpartum Husband*. Bloomington,IN: Xlibris Corporation.

Kleiman, K. and Wenzel, A. (2001). *Dropping the Baby and Other Scary Thoughts*. New York, NY: Routledge.

Nonacs, R. (2006). *A Deeper Shade of Blue*. New York: Simon & Shuster.

Sichel, D. and Driscoll, J. (1999). *Women's Moods*. New York:Harper Collins.

Venis, J. and McCloskey, S. (2007). *Postpartum Depression Demystified*. New York, NY: Marlowe & Co.

Wenzel, A. (2011). *Anxiety in Childbearing Women*. Washington, DC: American Psychological

Association.

Wenzel, A. (2015). *Cognitive Behavioral Therapy for Perinatal Distress*. New York, NY: Routledge.

Wiegartz and Gyoerkoe. (2009). *The Pregnancy & Postpartum Anxiety Workbook*. Oakland, CA: New Harbinger Publications.

Wright, Basco, and Thase. (2006). *Learning Cognitive-Behavior Therapy*. Washington, DC: American Psychiatric Publishing Inc.

Web resources:

http://maragreen.com/Pregnancy_and_Postpartum.html

https://www.ted.com/talks/miriam_zoila_perez_how_racism_harms_pregnant_women_and_what_can_help?language=en

<https://www.pbs.org/newshour/science/9-ways-racism-impacts-maternal-health>

<http://www.breastfeedingrose.org/>

www.womensmentalhealth.org

[postpartumma.org](http://www.postpartumma.org)

[postpartumstresscenter.org](http://www.postpartumstresscenter.org)

<http://www.pmhawoc.org>

www.mothersandbabiesprogram.org

[mcpapformoms.org](http://www.mcpapformoms.org)

Edinburgh: <http://www.fresno.ucsf.edu/pediatrics/downloads/edinburghscale.pdf>

Edinburgh in Spanish:

<https://www.cdph.ca.gov/programs/mcah/Documents/MO-CHVP-EPDS-Spanish.pdf>

PASS: <http://www.kemh.health.wa.gov.au/services/pmcls/docs/PerinatalAnxietyScreeningScale.pdf>

<http://psychology.tools/cbt.html>

www.makeitok.org

For Serena Williams, Childbirth Was a Harrowing Ordeal. She's Not Alone. NY Times January 11, 2018. By Maya Salam

<https://www.nytimes.com/2018/01/11/sports/tennis/serena-williams-baby-vogue.html>

<https://thinkculturalhealth.hhs.gov/maternal-health-care/> (Cultural competence training)

https://www.ted.com/talks/wanda_irving_how_the_us_medical_community_fails_black_mothers?referrer=playlist-the_link_between_health_and_racism (Wanda Irving: How Medical Community Fails Black Mothers)

https://www.ted.com/talks/t_morgan_dixon_and_vanessa_garrison_the_trauma_of_systematic_racism_is_killing_black_women_a_first_step_toward_change?referrer=playlist-the_link_between_health_and_racism&language=en#t-154445 (Racism is Killing Black Women)

<https://www.pbs.org/newshour/science/9-ways-racism-impacts-maternal-health>