

Dsm5 Template

Postpartale Depression Diagnostic and Statistical Manual of Mental Disorders (DSM-5) Larissa Wolkenstein American Psychiatric Association

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eine von zehn Frauen leidet nach der Geburt ihres Kindes unter einer postpartalen Depression obwohl dies nicht nur für die Betroffenen selbst sondern auch für deren Kinder und ihr gesamtes familiäres System schwerwiegende Folgen nach sich zieht bleibt diese Störung in unserem Gesundheitssystem oftmals unerkannt Betroffene erhalten folglich nicht die dringend gebotene Behandlung Ziel des Buches ist es, Leserinnen und Leser mit dem Störungsbild der postpartalen Depression vertraut zu machen und diese zu befähigen, eine vorliegende postpartale Depression zu erkennen und sie von anderen psychischen Störungen abzugrenzen. Der Band beschreibt Instrumente mit deren Hilfe postpartale Depressionen zuverlässig diagnostiziert werden können. Zudem wird ein multifaktorielles Entstehungsmodell dargestellt, das neben psychosozialen und physiologischen Vulnerabilitätsfaktoren auch potenziell auslösende Stressoren berücksichtigt. Praxisorientiert werden evidenzbasierte psychotherapeutische Behandlungsmöglichkeiten geschildert. Besonders wird dabei die kognitiv-verhaltenstherapeutische Behandlung der postpartalen Depression in den Blick genommen. Neben der Darstellung spezifischer Interventionsmethoden und Hinweisen zu deren Indikation wird deren konkrete Umsetzung anhand von Fallbeispielen verdeutlicht. Das Buch geht auf häufig auftretende Probleme in der Behandlung der postpartalen Depression ebenso ein wie auf hilfreiche Lösungsmöglichkeiten. Weiterhin enthält der Band Materialien, die bei der Arbeit mit Patientinnen, die unter einer postpartalen Depression leiden, genutzt werden können, z.B. im Rahmen von Erstgesprächen, Paargesprächen, Therapiegesprächen oder zur Beobachtung der Mutter-Kind-Interaktion.

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