The Path to Wellness

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Treatment Options

Self-Care
Social Support
Talk Therapy
Medication
Hospitalization

Easy to Access
Inexpensive

More Involved
More Expensive

Path to Wellness

SELF-CARE
Sleep
Nutrition
Exercise
Time off

Mothers the mother

SOCIAL SUPPORT
Validate • Normalize • Offer Hope

TALK THERAPY
Learn coping skills, manage emotions

MEDICATION
Safe during pregnancy and breastfeeding
Always a risk-benefit analysis

Self Care

Women need to recover from the physical and emotional effects of pregnancy and childbirth

SLEEP
4-5 hours uninterrupted

EXERCISE
Light exercise, Outdoors, Vitamin D, Fresh air, change of scenery, endorphins

EAT
Every time baby eats
High protein
Calories for breastfeeding

TIME OFF
Mothering job is so challenging 24/7
Keeping another person alive

Mothering the mother
**How can we help new moms?**

- Hold the baby so she can shower, take a nap, go for a walk, get a massage
- Take the baby out so she can be alone
- Stock a feeding station with water and healthy snacks
- Remind her she has been through a lot physically and emotionally
- Help her figure out what she needs
- Help her find a doula or babysitter

**Social Support**

The perception and actuality that one is cared for, has assistance available from other people, and is part of a supportive social network.

<table>
<thead>
<tr>
<th>EMOTIONAL</th>
<th>COMPANIONSHIP</th>
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<tbody>
<tr>
<td>Let mom know she is valued</td>
<td>Provide a sense of social belonging</td>
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<tr>
<td>Create warmth, nurturing, caring</td>
<td>You are not alone</td>
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<tr>
<td>Show empathy, concern, acceptance</td>
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<td>Provide encouragement</td>
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<table>
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<tr>
<th>INFORMATIONAL</th>
<th>TANGIBLE</th>
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<td>Guidance and suggestions</td>
<td>Preparing meals</td>
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<tr>
<td>Information and resources</td>
<td>Watching children</td>
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<td>Speak from experience</td>
<td>Tidying the house</td>
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<td>Running errands</td>
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<td>Doing laundry</td>
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**Social Support BENEFITS**

- Validate
- Normalize
- Offer hope
- Make connections

**Talk Therapy**

**GOALS**

- Learn coping skills
- Regulate emotions
- Address underlying issues

**BENEFITS**

- Problem-based
- Time-limited
- Pragmatic

**APPROACHES**

- Cognitive Behavioral Therapy
- Interpersonal Therapy
- Mindfulness and mind-body techniques
- Trauma-based therapy
- Family / couples therapy
### Talk Therapy

**Why should I see a therapist?**
- Objective third party
- Problem-solve
- Short-term solutions

**What can a therapist do?**
- Create a safe space
- Meet moms where they are
- Model self-care
- Focus on symptom relief

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### Cognitive Behavioral Therapy (CBT)

- Largest evidence base for depression
- Typically 8-12 sessions
- Presenting problems conceptualized as
  - Depressive cognitions
  - Experiential avoidance / dysfunctions
- Treatment is organized around
  - Cognitive restructuring
  - Behavioral "experiments"

**A-B-C:**
- A: event you react to
- B: thoughts / interpretation of A
- C: feeling / reaction that follows
- Notice relationship among thoughts, feelings, behavior
- Notice automatic negative thinking patterns, step outside and test them, and replace them with neutral, balanced, or positive thoughts
- Develop constructive ways of thinking to help produce healthier behaviors and beliefs

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### Interpersonal Therapy (IPT)

- Also strong evidence base for depression
- Only model with good evidence in pregnancy and postpartum
- 12-16 sessions
- Problem-focused

**Focus on current relationships and relationship problems**
- 4 problem areas:
  - Grief and loss
  - Interpersonal distress
  - Role transitions
  - Role Disputes

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### Mindfulness Techniques

*“Mindfulness means paying attention in a particular way: on purpose, in the present moment, non-judgementally”*

- Has become buzzword
- Roots in Buddhism and path to Nirvana, enlightenment
- Modern clinical mindfulness-based therapeutic techniques and research date to 1970’s stress-reduction work of Jon Kabat-Zinn

- Developing an awareness, being present in your body
- Noticing / labeling thoughts, feelings, sensations without judging
- Suffering comes from response: resisting, struggling against, judging, fearing rejecting
- Goal: change how you relate to thoughts, feelings, sensations
- Being aware creates space to move, breathe, be curious, examine the experience
Medication

GOALS
- Minimize risk of relapse
- Limit risk of maternal illness
- Minimize fetal exposure

RISK-BENEFIT ANALYSIS

Which Medication?
- Do not experiment
- Stay on medication if it works
- Use medication that has worked in the past
- Use as few meds as possible

TAKE-HOME MESSAGES
- There are safe & effective medications that women can take during pregnancy & breastfeeding
- Treat to remission
- Women should NOT abruptly cease medications

Medication Resources

Medication Resources

Medication Resources
What’s Next?

**Workshop I**
Therapeutic Techniques
Share evidence-based and tried & true approaches for effective therapy when working with women experiencing PMADs

**Workshop II**
Social Support and Self-Care
Discuss common challenges facing women in the perinatal timeframe and how to address them through social support and self-care

**Workshop III**
Pharmacology and Screening
Educate prescribers about safely and effectively managing medications during the perinatal timeframe

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