

Why???

Factors Contributing to the Development of Perinatal Mood Challenges

Genetics/Neurochemicals

Hormonal Flux

Pregnancy, Labor, Birth Experiences

Physical Health History and Challenges

Infant's Health and Health Challenges

Infant's Temperament

Psychological Health History and Changes

Significant Losses

History of Trauma: i.e. Domestic Violence, Sexual Assault and/or Abuse, Other Traumatic Experiences

Psychosocial Stressors

Families of Origin and Personal Family Histories

Relationship History

Current Relationships/Role Transitions

Social/Cultural Messages

What begins as a crisis can become an opportunity to understand yourself, your relationships, your baby, and your life situation with greater clarity and to rework old or current relationships so that they become healthier and more gratifying.