



Book recommendations for professional

This list makes no claim to completeness and is updated on an ongoing basis. Suggestions and references to current specialist literature are welcome at [**kontakt@periparto.ch**](mailto:kontakt@periparto.ch)

Brunton, R., & Dryer, R. (Eds.). (2023). ***Perinatal care and considerations for survivors of child abuse: Challenges and opportunities***. Palgrave Macmillan.

Cox, J., Holden, J., & Henshaw, C. (Eds.). (2014). ***Perinatal mental health: The Edinburgh Postnatal Depression Scale (EPDS) manual (2nd ed.)***. RCPsych Publications.

Green, S. M., Frey, B. N., Donegan, E., & McCabe, R. E. (2020). ***Cognitive behavioral therapy for anxiety and depression during pregnancy and beyond: How to manage symptoms and maximize well-being***. Routledge.

Hight, N. J., & Expert Working Group. (2023). ***Mental health care in the perinatal period: Australian clinical practice guideline***. Centre of Perinatal Excellence (COPE).

Hutner, L. A., Catapano, L. A., Nagle-Yang, S. M., Williams, K. E., & Osborne, L. M. (Eds.). (2022). ***Textbook of women's reproductive mental health***. American Psychiatric Association Publishing.

Kleiman, K. R., & Wenzel, A. (2014). ***Tokens of affection: Reclaiming your marriage after postpartum depression.*** Routledge.

Kleiman, K. R., Wenzel, A., Waller, H., & Adler Mandel, A. (2021). ***Dropping the baby and other scary thoughts: Breaking the cycle of unwanted thoughts in parenthood (2nd ed.)***. Routledge.

Lieberman, A. F., Diaz, M. A., Castro, G., & Oliver Bucio, G. (2020). ***Make room for baby: Perinatal child–parent psychotherapy to repair trauma and promote attachment.*** Guilford Press.

Linder, R. (Ed.). (2020). ***Handbook of prenatal and perinatal psychology: Integrating research and practice.*** Springer Nature.

Milgrom, J., & Gemmill, A. W. (Eds.). (2015). ***Identifying perinatal depression and anxiety: Evidence-based practice in screening, psychosocial assessment, and management.*** Wiley-Blackwell.

Percudani, M., Bramante, A., Brenna, V., & Pariante, C. (Eds.). (2022). ***Key topics in perinatal mental health.*** Springer Nature Switzerland.

Seng, J., & Taylor, J. (Eds.). (2015). ***Trauma informed care in the perinatal period.*** Dunedin Academic Press.

Waller, H., & Kleiman, K. R. (2023). ***The perinatal patient: A compassionate approach to treating postpartum depression, anxiety, and related disorders.*** PESI Publishing.

Warren, B., & Creager Berger, B. (2022). ***The pregnancy and postpartum mood workbook: The guide to surviving your emotions when having a baby.*** Routledge.

Wenzel, A. (Ed.). (2024). ***The Routledge international handbook of perinatal mental health disorders.*** Routledge.

Wenzel, A., & Kleiman, K. R. (2014). ***Cognitive behavioral therapy for perinatal distress.*** Routledge.

