

# COUNSELING PERINATAL MOOD DISORDERS

**Laura González**



**sana sana mamá**

*¿y a mamá quién la sana?*



*“How you are is as important as  
what you do.”*

*—Infant-Parent Program, UCSF*



# Who I am professionally

- BA in psychology - ITESO, MX
- Specialized in child & adolescent CBT - UNED, Spain
- MA in CBT - IMPCC, MX
- MA in Counseling psychology with concentration in MFT - USF
- Trained at UCSF Infant-Parent Program
- LPC-A in Texas (in process)
- Founder of Sana Sana Mama LLC





# Who I am personally

- Mexican immigrant
- Mother of 3
- Dreamt of being a mother
- Experienced PPD & A
- Lacked supportive professional help
- IG: @sana\_sana\_mama
- second MA to understand what I went through and help moms like me





# I was 1 in 5

# I was also, 7 in 10

postpartumsupportinternational and 4 others

Postpartum Support International  
800-944-4773 | postpartum.net

Globally, as many as  
**1 in 5 women**  
experience some kind of perinatal  
mental health disorder.

#WeAre1in5

postpartumsupportinternational and 4 others

Postpartum Support International  
800-944-4773 | postpartum.net

Estimates are that as many as  
**7 in 10 women**  
hide their symptoms when experiencing  
a perinatal mental health disorder.

#WeAre1in5

postpartumsupportinternational and 4 others

Postpartum Support International  
800-944-4773 | postpartum.net

**Only 25%**  
of those impacted by perinatal mental  
health disorders receive treatment.

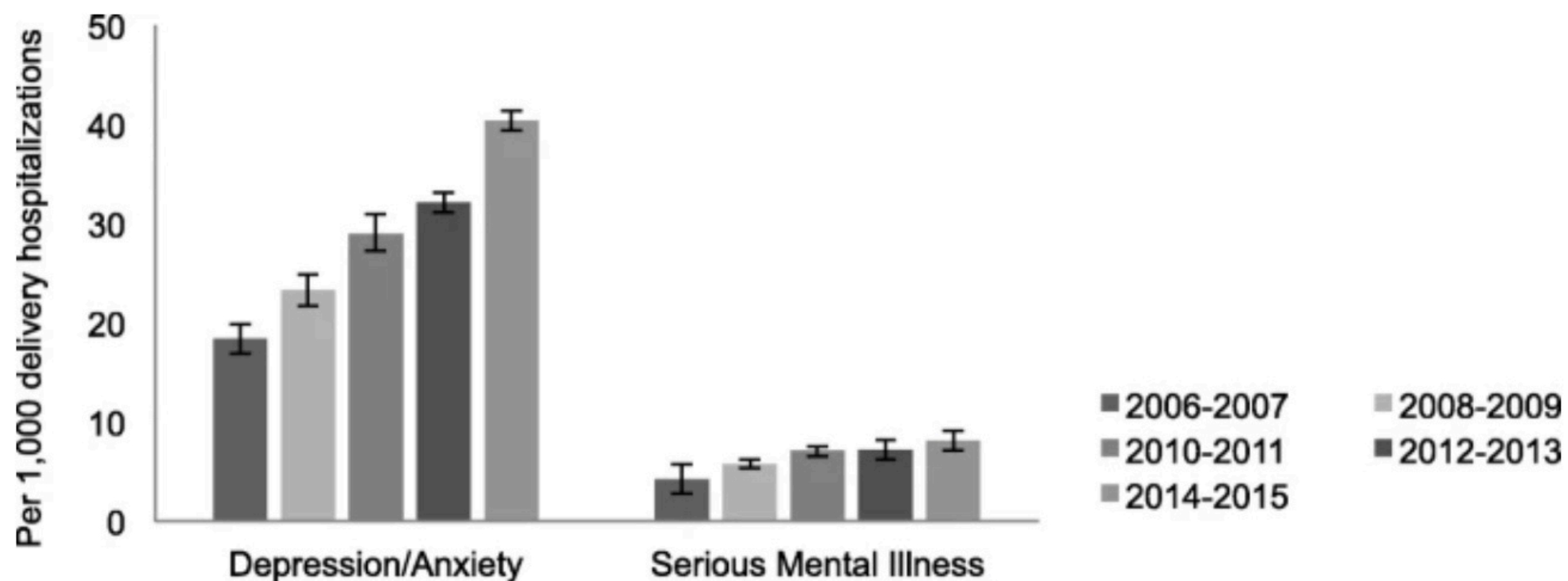
#WeAre1in5

# I was NOT that 25%

# Increasing prevalence of PMD from 2006 to 2020

- Sample size was **39,025,974** delivery hospitalizations from 2006 to 2015 in the U.S. (McKee et al., 2020)
- Rates increased 7 times 2015-2020 (CDC, 2023)

**Fig. 1**



Trends in PMAD and SMI at Delivery in the United States, 2006–2015 ( $N = 7,906,820$ )<sup>a</sup>. The prevalence of both perinatal mood and anxiety disorders and serious mental illness among delivering women increased across the United States from 2006 to 2015

# Long term effects of untreated PMD



- *Despite the significant impact, national estimates of the prevalence and their impact on healthcare utilization and costs, PMAD are understudied.*
  - *Preterm birth*
  - *Maternal morbidity and mortality (suicide)*
  - *Effects on family functioning*
  - *Effects on infant*
    - *cognitive, social emotional, behavior*

# Racial, ethnic and SES disparities

- *There are evident disparities by race as well as SES.*
- *The prevalence of PPD among immigrant individuals has been reported as ranging from 43% to 60%.*





# Risk Factors

- Family or personal history of mental health disorders
- High risk pregnancy, NICU, baby complications
- Medicaid recipients
- Adversity
- Racial disparities & marginalized mothers
- Immigrants
- Lack of sleep and support



# Timing of Postpartum Depressive Symptoms

*“Nearly 3 in 5 women with PDS at 9 to 10 months did not report PDS at 2 to 6 months.”*

Robbins et al., 2023





# Perinatal mood disorders and estimated prevalence

- Depression (20%)
  - Baby blues (50-85%)
- Anxiety (18%)
- PTSD (9%)
- OCD (3-5%)
- Bipolar mood disorder (2.6% perinatal onset; 55% re-occurrence)
- Psychosis (0.1-0.2%)

CDC, 2023; NIH, 2023



Created by Karen Kleiman & Molly McIntyre for The Postpartum Stress Center (Familius, March 1, 2019)



# Case of Perinatal depression

- Couldn't connect with baby
- Unable to attend to her self-care needs or her baby's needs
- Didn't leave the house
- Didn't ask for help because she felt alone
- Threw all of her make up away
- Missed her job, but when she got a job she missed her baby



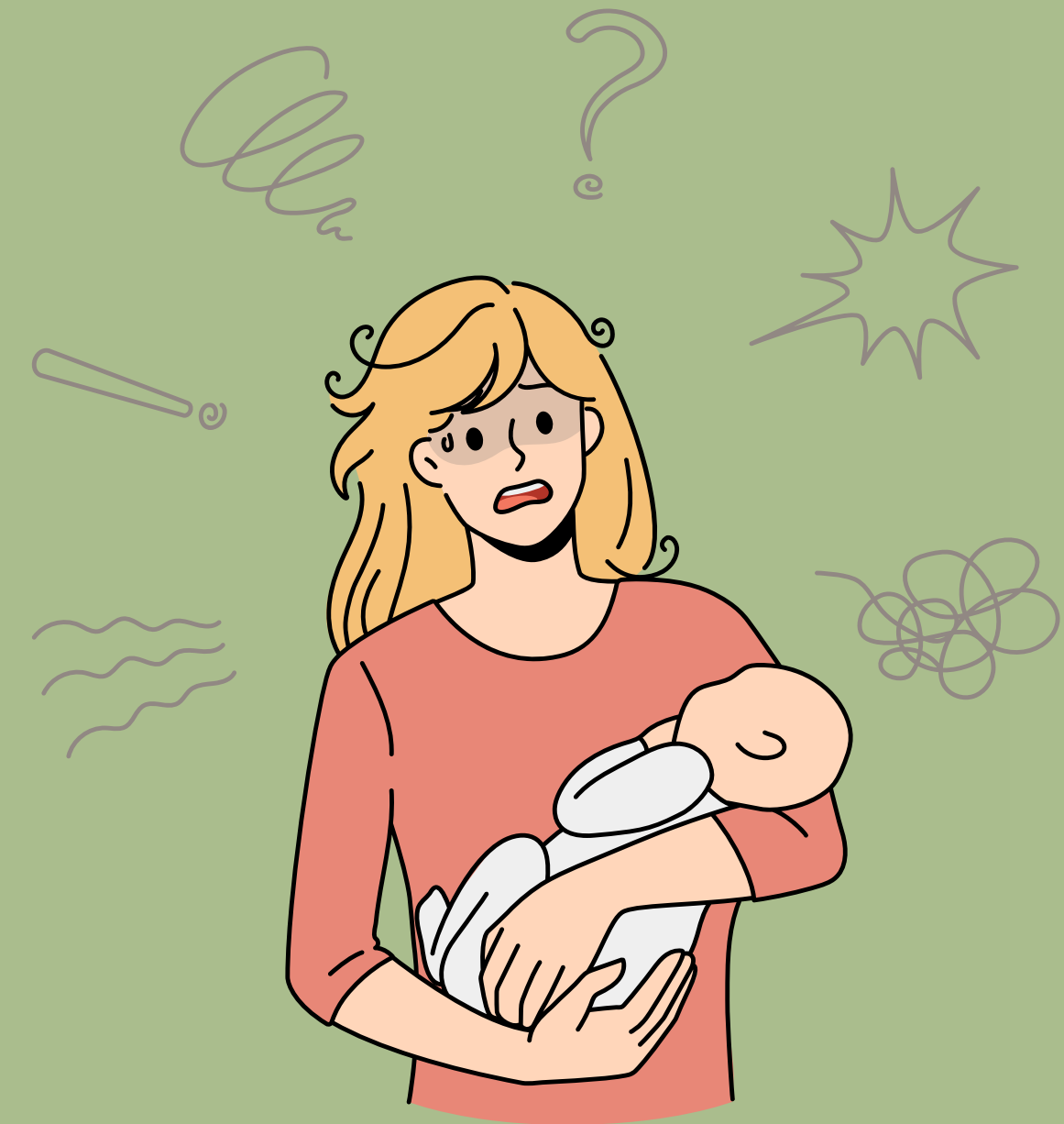
# Case of anxiety

- Persistently worrying
  - overly cautious
- Excessive fears
  - overly controlling
- Fear of not being a “good mom”
  - rigid schedule
- Unable to attend her own needs
  - difficulties in attending child’s immediate needs
- Difficulty accessing resources



# Case of PTSD

- Birth trauma
- Hospital trauma
- Unable to attend to medical needs
- Sexual abuse
- Baby with health issues





# Case of OCD

- “By the book” mom
- Rigidity/ lack of flexibility
- Attends to seemingly important tasks but unable to notice current needs



# Case of bipolar

- Personal & family history
- Openly acknowledging her “crazy”
- Prioritizing sleep
- Planning help
- Preventative meds



# Case of psychosis

- Inability or difficulty interpreting reality
- Irrational intrusive thoughts
- Difficulty sleeping
- Hopelessness and high risk of suicide (988)





# Infant Parent Relationship

- “Where is the baby”?
- Mom’s ability to be emotionally attuned to her baby
- Are both mother and baby’s needs being met (physical & emotional)
- Sleep
- Are baby’s and mother’s crying being attended to?



# Where is the baby?

## Home visits

- Where is the baby?
- Who is in the home?
- Ask about mom and family base-line “normal” and what has changed.
- Don't be afraid to ask.
- How you are is as important as what you do.
- Take in the non-verbal communication.
- Every family has their own culture.
- Full context can change a story.



# Questions





# muchas Gracias



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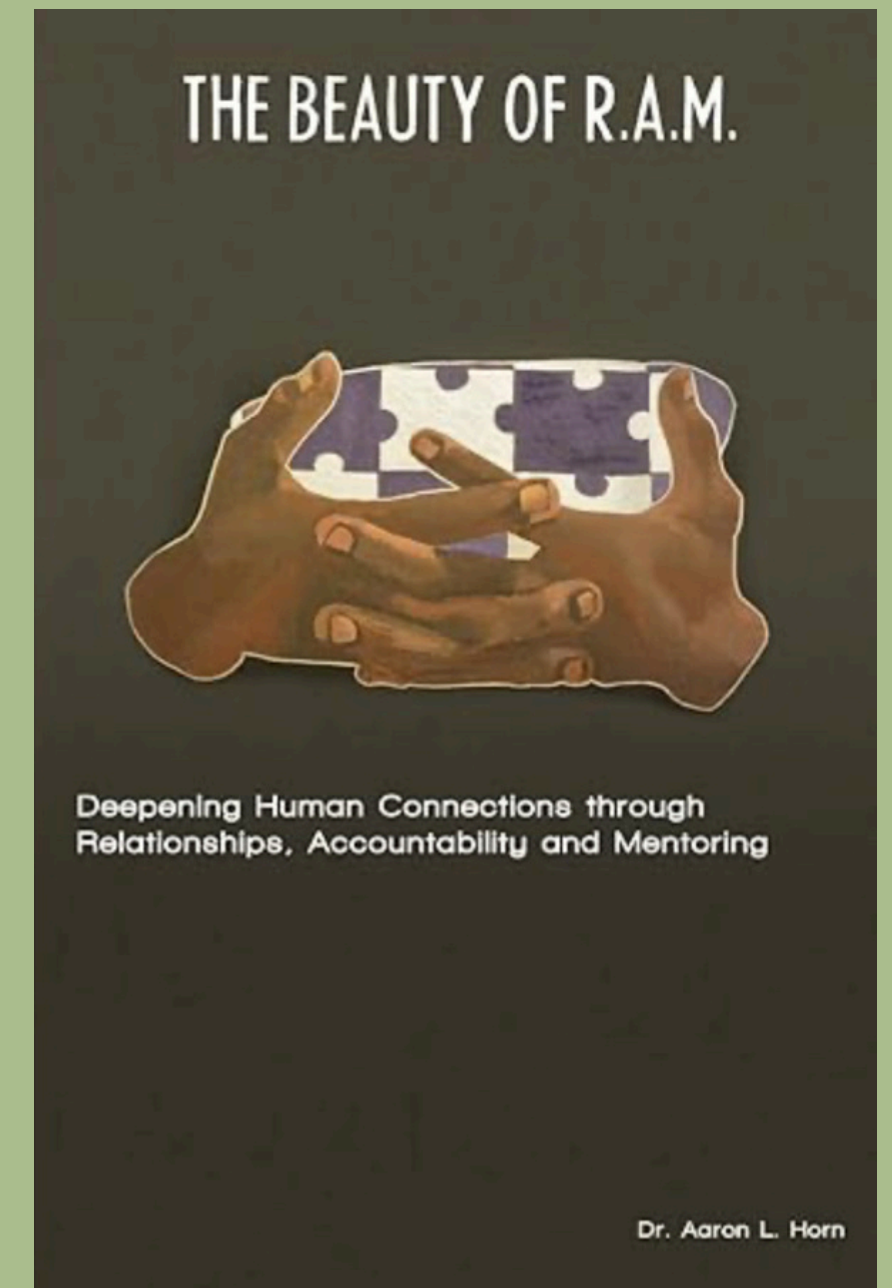
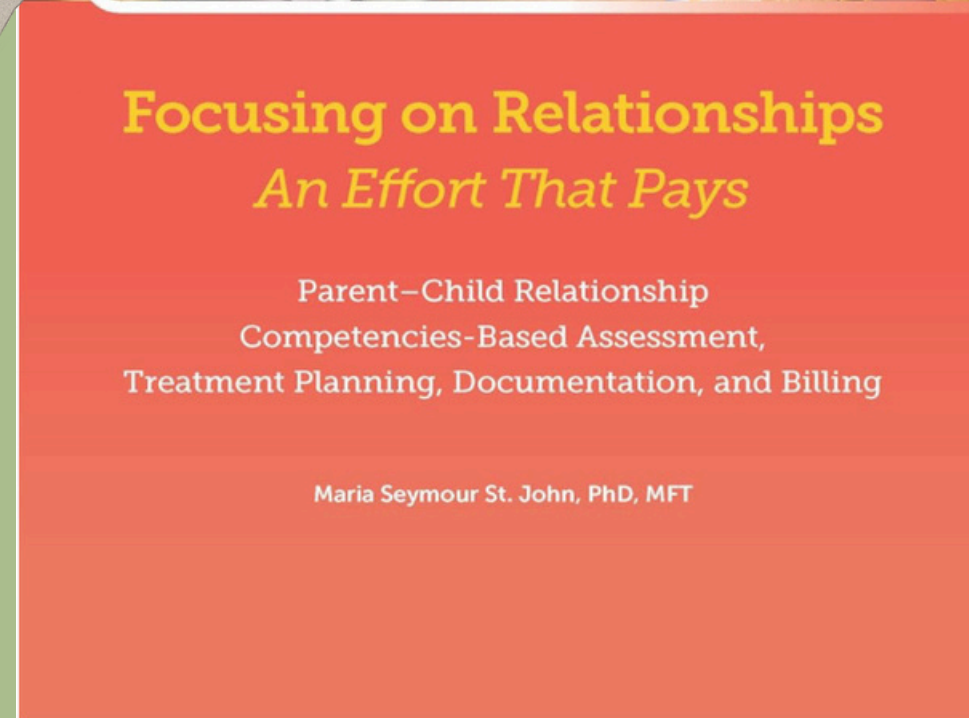
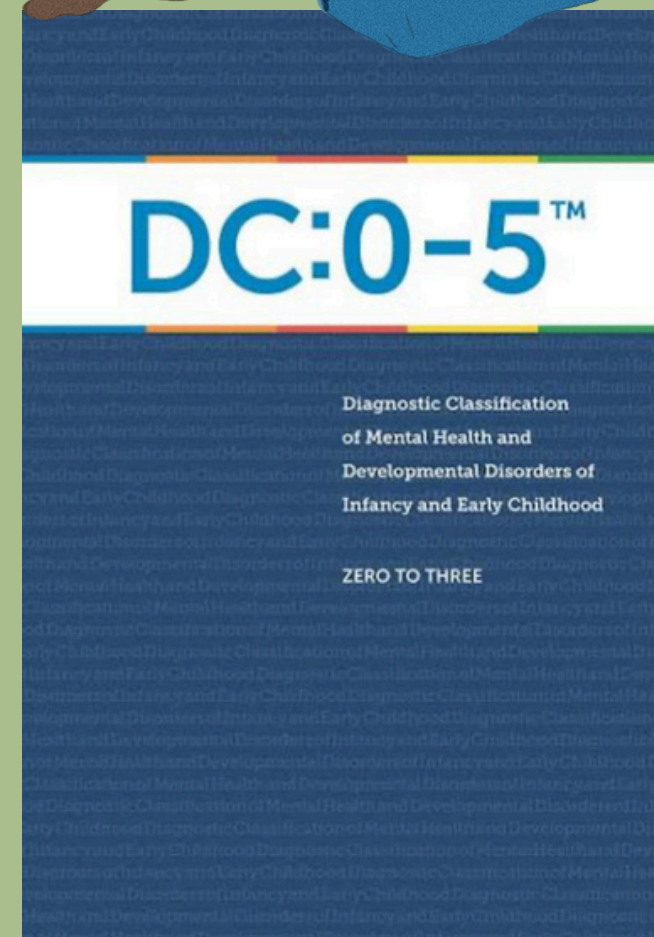
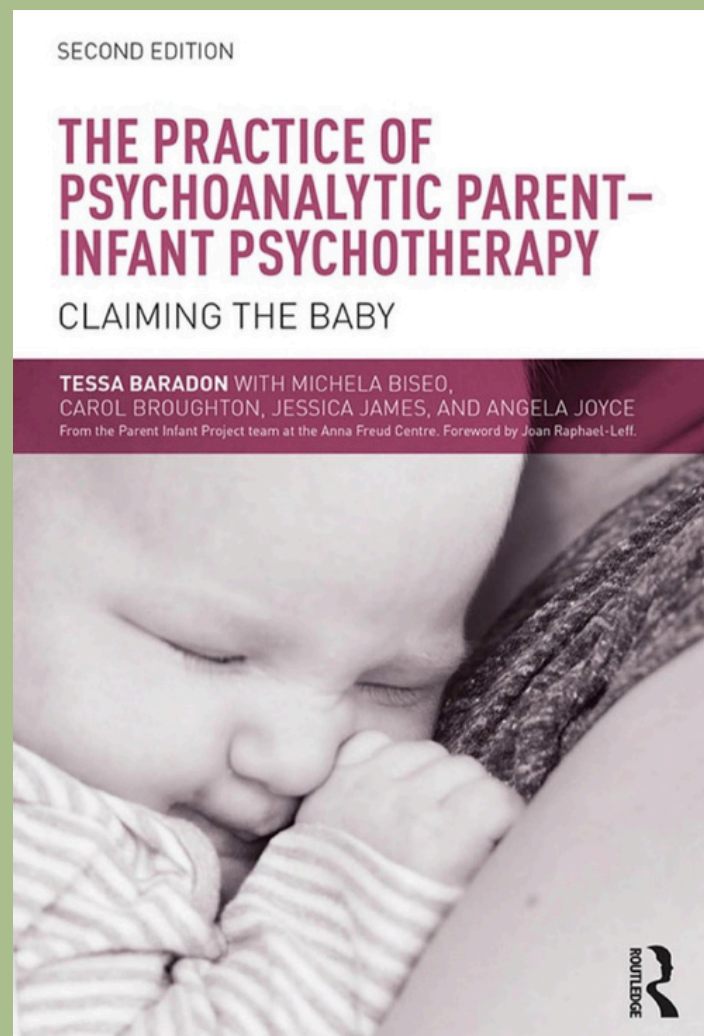
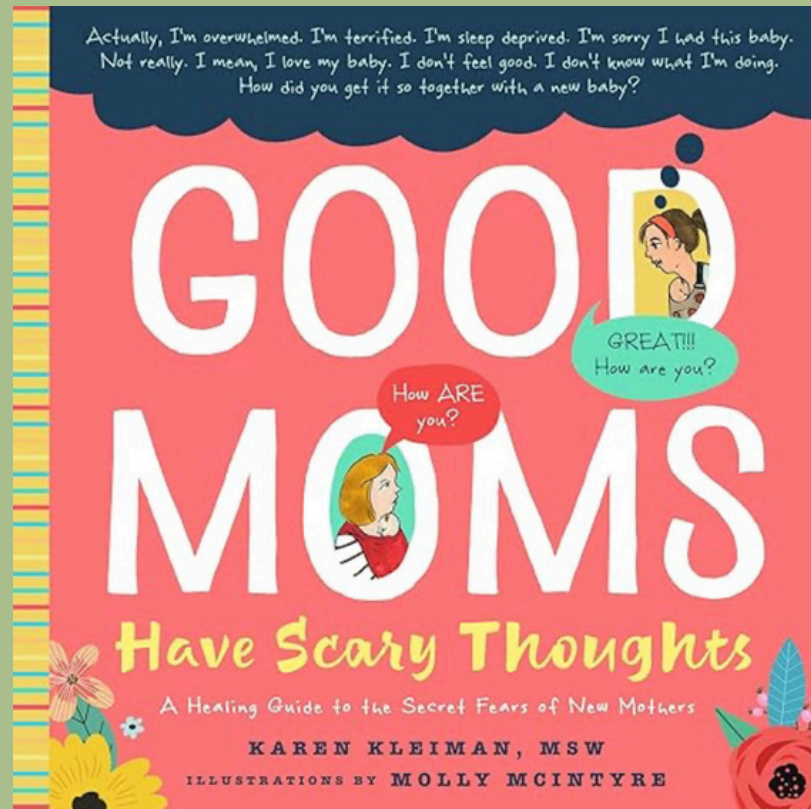


@sana\_sana\_mama



(408) 805-9121

# Book Recommendations





# Social Media Resources

postpartumstress



1,959 posts 96.9K followers 44 following

**The Postpartum Stress Center**  
Medical & health  
Premier treatment & professional training center for prenatal & postpartum depression & anxiety. Since 1988. This is a SAFE ZONE. No negative comments.  
[linktr.ee/postpartumstress](https://linktr.ee/postpartumstress)

zerotothree



1,334 posts 23.4K followers 236 following

**ZERO TO THREE**  
Nonprofit organization  
We are experts in translating the science of early childhood development into real impact. 🧠👶  
#LEARNwithZTT #ThinkBabies  
1255 23rd St NW, Ste 350, Washington D.C.  
[sprout.link/zerotothree/](https://sprout.link/zerotothree/) and 1 more

momgenesfightppd



153 posts 4,658 followers 557 following

**Mom Genes Fight PPD**  
Nonprofit organization  
A first of its kind genetic postpartum depression study by researchers at UNC. Powered by #MomGenes. Published in AJP. Read the article 📌  
[ajp.psychiatryonline.org/doi/10.1176/a...](https://ajp.psychiatryonline.org/doi/10.1176/a...)


postpartumsupportinternational



3,576 posts 88.1K followers 1,310 following

**Postpartum Support Int.**  
Nonprofit organization  
We help parents with perinatal mood & anxiety disorders. You are not alone. ❤️  
HelpLine 📞 1-800-944-4773... more  
6706 SW 54th Ave, Portland, Oregon  
[linktr.ee/PSISocialMedia](https://linktr.ee/PSISocialMedia) and 4 more  
Postpartum Support Int. · \$407.12 raised of \$500

namiconnunicate



2,367 posts 298K followers 897 following

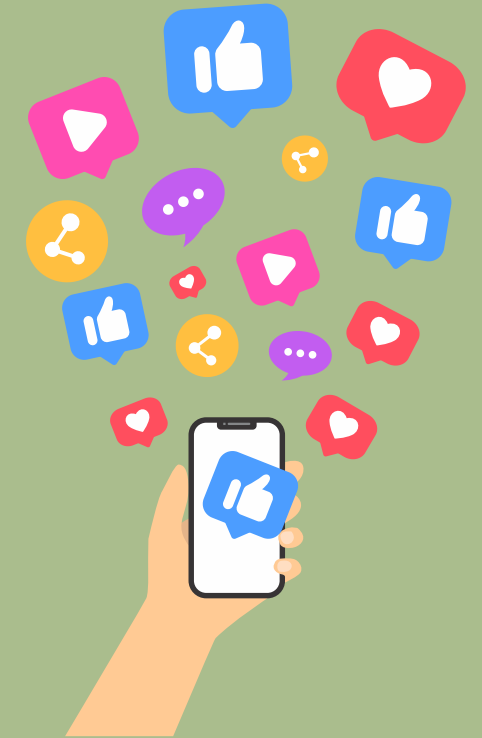
**NAMI**  
Nonprofit organization  
National Alliance on Mental Illness  
◆ HelpLine: 1-800-950-6264 or text "HelpLine" to 62640. Open Mon-Fri 10am-10pm ET  
-  
◆ Account is not managed 24/7  
[linktr.ee/namiconnunicate](https://linktr.ee/namiconnunicate)

sana\_sana\_mama



697 posts 10.4K followers 1,262 following

**Lau Gonzalez**  
Community  
👋 Soy Lau 🇲🇪 🇺🇸. Creo q la maternidad es la chinga más hermosa; te ayudo a aceptar la chinga y gozar lo hermoso sanando tu maternidad.  
See Translation  
[www.sanasanamama.com/apoy...](https://www.sanasanamama.com/apoy...) and 1 more





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