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Nota di contenuto	1. Hard to hold -- 2. Preparing to hold -- 3. Theories behind the concept -- 4. Postpartum mamas -- 5. Mother and therapist : on being good enough -- 6. The practice of holding -- 7. Hands on : how to hold better -- 8. The postpartum voice of depression : revised -- 9. Ineffective styles of holding -- 10. Holding hard-to-hold symptoms -- 11. The anatomy of holding -- 12. Your professional identity -- 13. Clinical challenges and FAQs -- 14. Therapist hold thyself -- 15. Holding and letting go.
Sommario/riassunto	This text examines how to "hold" a postpartum woman in distress. Readers will learn how to contain high levels of agitation, fear, and panic in a way that cultivates trust and the early stages of connectedness. A must-read for postpartum professionals, the techniques learned in this book will help clients achieve meaningful and enduring recovery.