

Summary

Postpartum Depression and Breastfeeding

Isbasoiu Gafu Loredana, MD, IBCLC, Psychotherapist

AGENDA

EXISTENTIAL ANALYSIS

1

DEPRESSION OVERVIEW

2

BREASTMILK JEWELLERY

3

BREASTFEEDING AND DEPRESSION

4

THE PROPHYLAXIS OF DEPRESSION

5



1. Existential Analysis

Viktor Frankl – Logotherapy

Alfried Längle – The 4 existential motivations



I exist – can I be in this world where I live?

I am alive – do I like this?

I am myself – but do I feel free to be myself?

I am here – for what purpose?



The 4 existential motivations

2. Depression overview

DEPRESSION OVERVIEW

- **Depression as the leading cause of disability worldwide**
- **The economic burden of depression**
- **Pandemic impact overview**
- **Mood – highs and lows**
- **The major depressive episode**
- **Peripartum disorders**

3. BREASTMILK JEWELLERY

The Emotional Value of Breastmilk

CASE STUDY

- Patient history
- Signs and symptoms
- The value of breastfeeding and it's role in psychopathogenesis
- Treatment options
- Psychotherapeutic intervention for anxiety

4. BREASTFEEDING AND DEPRESSION

BREASTFEEDING AND DEPRESSION

- The importance representations of breastfeeding and motherhood have on parents mental health
- The effect of maternal depression on child development
- The benefits of breastfeeding on mothers mental health

5. The prophylaxis of depression

THE PROPHYLAXIS OF DEPRESSION

THE ROLE OF THE LACTATION CONSULTANT

- How do I feel about it?
- What do I do about it?
- Is there a right or a wrong thing to say?

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