

Parent-Infant-Psychotherapy: A liberating method for postpartum depression of the mother with her baby

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Abstract Content (EN)

Up to 20-30% of all mothers suffer from postpartum depression. It plays an important role in our western society and is receiving more and more attention. We see the possible serious consequences for the child on a daily basis in our baby ambulance in the form of regulatory disorders and later in our analytic practice with children, adolescents and adults. It is not only the babies who need treatment, but also the depressed mothers. Psychoanalytic Parent-Infant-Psychotherapy (PIP) offers the best liberating treatment for the two when it focuses understanding on both patients: the suffering baby and the suffering mother, and if possible, the father as well. The specific attitudes and procedures required in this psychoanalytic psychotherapy, preferably with two therapists, is described. This shows that PIP is a key preventive tool. Different causes of postpartum depression are outlined. Their possible pathogenicity for the mother is emphasised by comparing our socio-economic conditions, in which motherhood is embedded, with those of a traditional nomadic society, in which the clinical picture of postpartum depression plays no role.

Abstract Content (GER)

Comment to the committee:

No discussant - the chair takes on a more active role to facilitate the discussion between author and audience.

This panel runs as the annual 'Parent-Infant-Workshop' of the Forum for the Psychoanalysis of Children.