



For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1)

By Jay Noricks



For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1) By Jay Noricks

“For Women Only, Book 1” is the first in a series of books devoted to exploring women’s issues in psychotherapy and counseling. This first book describes the treatment in just six sessions of one woman’s struggle with childbirth so painful it produced PTSD. Eight months of postpartum depression followed the birth before she found effective psychotherapy treatment. Other volumes will address emotionally and physically painful experiences with the menstrual/ovulation cycle, the trauma of miscarriages and stillbirths, and the effect on women of their partners’ porn addictions. Book 1 describes the treatment of postpartum depression and childbirth PTSD with Parts Psychology, a therapy that emphasizes work with the hidden parts (self-states, ego states, subpersonalities) of the whole person. These are the parts we refer to when we say “A part of me wants to leave him but another part cannot imagine life without him.” For Catherine, the 34-year-old mother who is the subject of the therapy, the two most important parts were Catherine 22, a younger part who filled the role of an angry Catherine, and Medusa, a snakes-as-hair version of Catherine’s mother. Therapy included both reducing the anger of Catherine 22 and neutralizing the effects of the Medusa “introject,” an unconscious representative of many negative traits of the patient’s mother. Catherine’s emotional issues were compounded by her mother’s rejection of her at the beginning of her pregnancy. Once her best friend, her mother became a continuing thorn in her side by refusing to speak to her throughout her pregnancy. The narrative describes how the mother’s negative influence in Catherine’s life was diminished through therapy. Positive results were confirmed through testing of Catherine’s pre- and post-treatment symptoms. The narrative of Catherine’s therapy illustrates how the Parts Psychology model provides an effective blueprint for bringing rapid relief and healing of a woman’s childbirth and postpartum issues. The second half of the book contains the excerpt of Chapter 1 of the author’s book, “Parts Psychology: A Trauma-Based, Self-State Therapy for Emotional Healing.”

[Download For Women Only, Book 1: Healing Childbirth PTSD an ...pdf](#)

 [Read Online For Women Only, Book 1: Healing Childbirth PTSD ...pdf](#)

For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1)

By Jay Noricks

For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1) By Jay Noricks

“For Women Only, Book 1” is the first in a series of books devoted to exploring women’s issues in psychotherapy and counseling. This first book describes the treatment in just six sessions of one woman’s struggle with childbirth so painful it produced PTSD. Eight months of postpartum depression followed the birth before she found effective psychotherapy treatment. Other volumes will address emotionally and physically painful experiences with the menstrual/ovulation cycle, the trauma of miscarriages and stillbirths, and the effect on women of their partners’ porn addictions. Book 1 describes the treatment of postpartum depression and childbirth PTSD with Parts Psychology, a therapy that emphasizes work with the hidden parts (self-states, ego states, subpersonalities) of the whole person. These are the parts we refer to when we say “A part of me wants to leave him but another part cannot imagine life without him.” For Catherine, the 34-year-old mother who is the subject of the therapy, the two most important parts were Catherine 22, a younger part who filled the role of an angry Catherine, and Medusa, a snakes-as-hair version of Catherine’s mother. Therapy included both reducing the anger of Catherine 22 and neutralizing the effects of the Medusa “introject,” an unconscious representative of many negative traits of the patient’s mother. Catherine’s emotional issues were compounded by her mother’s rejection of her at the beginning of her pregnancy. Once her best friend, her mother became a continuing thorn in her side by refusing to speak to her throughout her pregnancy. The narrative describes how the mother’s negative influence in Catherine’s life was diminished through therapy. Positive results were confirmed through testing of Catherine’s pre- and post-treatment symptoms. The narrative of Catherine’s therapy illustrates how the Parts Psychology model provides an effective blueprint for bringing rapid relief and healing of a woman’s childbirth and postpartum issues. The second half of the book contains the excerpt of Chapter 1 of the author’s book, “Parts Psychology: A Trauma-Based, Self-State Therapy for Emotional Healing.”

For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1) By Jay Noricks Bibliography

- Sales Rank: #2377484 in Books
- Published on: 2014-01-01
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .29" w x 5.50" l, .33 pounds
- Binding: Paperback
- 112 pages

 [Download For Women Only, Book 1: Healing Childbirth PTSD an ...pdf](#)

 [Read Online For Women Only, Book 1: Healing Childbirth PTSD ...pdf](#)



Download and Read Free Online For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1) By Jay Noricks

Editorial Review

About the Author

Jay Noricks originally trained as an anthropologist, getting his PhD in Psychological Anthropology at the University of Pennsylvania. His fieldwork on the Polynesian island of Niutao in what is now the nation of Tuvalu provided the data for his PhD dissertation. The 15 months of study in Niutao and other islands of Tuvalu also led to the publication of a Tuvalu-English, English-Tuvalu dictionary and a series of papers on cross-cultural cognition. The first of these papers, "The meaning of fakavalevale ('crazy') behavior in Niutao: A Polynesian theory of mental disorder," explored the link between perceived inappropriate behavior and the perception of mental illness. Postdoctoral training permitted Dr. Noricks to change careers from professor of anthropology to a private practice in psychotherapy in 1996. This is his second book focusing upon case studies to describe the healing effects of the Parts Psychology psychotherapy model. The first, *Parts Psychology: A trauma-based, self-state therapy for emotional healing*, describes in-depth healing work with 12 patients with a range of problems, from porn addiction, sexual aversion, and anger through binge eating, bulimia, depression and letting go of love (See www.newuniversitypress.com). The current book, *For Women Only, Book 1*, is the first in a series of books that addresses therapy issues of particular interest to women. Jay has conducted training workshops in the practice of Parts Psychology since 2007 in Morgantown, West Virginia; Denver, Colorado; and Las Vegas, Nevada. Currently, he writes, maintains a private practice in psychotherapy, and conducts workshops from a base in Las Vegas, Nevada.

Users Review

From reader reviews:

Mary Torres:

The book *For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1)* make you feel enjoy for your spare time. You may use to make your capable more increase. Book can to be your best friend when you getting strain or having big problem using your subject. If you can make looking at a book *For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1)* to be your habit, you can get a lot more advantages, like add your personal capable, increase your knowledge about many or all subjects. You could know everything if you like start and read a e-book *For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1)*. Kinds of book are a lot of. It means that, science book or encyclopedia or others. So , how do you think about this publication?

Eileen Vaughan:

What do you think of book? It is just for students because they're still students or that for all people in the world, what the best subject for that? Merely you can be answered for that problem above. Every person has different personality and hobby for every single other. Don't to be obligated someone or something that they don't desire do that. You must know how great along with important the book *For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1)*. All type of book can you see on many resources. You can look for the internet resources or other social media.

Aaron Thomsen:

Now a day those who Living in the era where everything reachable by connect to the internet and the resources in it can be true or not involve people to be aware of each info they get. How people have to be smart in having any information nowadays? Of course the correct answer is reading a book. Studying a book can help individuals out of this uncertainty Information specially this For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1) book because book offers you rich information and knowledge. Of course the info in this book hundred per cent guarantees there is no doubt in it you know.

Laurence Terry:

As we know that book is important thing to add our information for everything. By a book we can know everything we want. A book is a range of written, printed, illustrated or blank sheet. Every year seemed to be exactly added. This guide For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1) was filled in relation to science. Spend your extra time to add your knowledge about your scientific research competence. Some people has various feel when they reading any book. If you know how big advantage of a book, you can experience enjoy to read a book. In the modern era like now, many ways to get book you wanted.

Download and Read Online For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1) By Jay Noricks #P7R2IJEH1FS

Read For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1) By Jay Noricks for online ebook

For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1) By Jay Noricks Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1) By Jay Noricks books to read online.

Online For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1) By Jay Noricks ebook PDF download

For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1) By Jay Noricks Doc

For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1) By Jay Noricks Mobipocket

For Women Only, Book 1: Healing Childbirth PTSD and Postpartum Depression with Parts Psychology (Volume 1) By Jay Noricks EPub