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# Handbook of Prenatal and Perinatal Psychology

## Integrating Research and Practice

- Examines psychological and behavioral dimensions of life before, during, and immediately after birth
- Describes how experiences during the prenatal period affect basic physiological and psychological imprints across the lifespan
- Discusses epigenetics and developmental psychology
- Explores stress and brain development as well as neonatology and prenatal bonding
- Examines the effects of encouraging positive maternal attitudes

The handbook synthesizes the comprehensive interdisciplinary research on the psychological and behavioral dimensions of life before, during, and immediately after birth. It examines how experiences during the prenatal period are associated with basic physiological and psychological imprints that last a lifetime and explores the ways in which brain networks reflect these experiences. Chapters offer findings on prenatal development, fetal programming, fetal stress, and epigenetics. In addition, chapters discuss psychotherapy for infants – before, during, and after birth – as well as prevention to promote positive health and well-being outcomes. Topics featured in this handbook include: Contemporary environmental stressors and adverse pregnancy outcomes The psychology of newborn intensive care. Art therapy and its use in treating prenatal trauma. The failures and successes of Cathartic Regression Therapy. Prenatal bonding and its positive effects on postnatal health and well-being. The role of family midwives and early prevention. The cultural meaning of prenatal psychology.

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