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Transformed By Postpartum Depression: Women's Stories Of Trauma And Growth



**Transformed by
Postpartum Depression**
Women's Stories of Trauma and Growth

Walker Karraa, PhD



Synopsis

Transformed by Postpartum Depression is a poignant tale of 20 women's journeys through postpartum depression and the growth that they experienced as a result. These women described severe suffering as they had been taken completely by surprise by their depression. They also experienced failure of care providers to screen for or treat depression, and finally reached a place where they determined that they would do whatever it took to recover. These women not only survived their ordeal, but emerged stronger than they were before. Transformed by Postpartum Depression is a deeply rich, compelling journey. These women creatively engaged and transcended their "diagnosis," truly transforming themselves, their relationships, and their lives finding self-empowerment within their personal creative journeys of healing.

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Customer Reviews

As a Parent Educator and Coach, this book has been a very important tool both to further my own education/understanding of PPD and to support the parents that I work with in their unique "transformation journey." It is my go-to recommended read for moms who are/may be struggling with Postpartum Depression. The stories Dr. Karraa shares

capture the reader, while providing a deeper understanding of the struggles each woman faces in a society that is often ignorant of what women need. There is much to be learned from this book about living fully, that has application for anyone and everyone. I have also had the opportunity to see a presentation by Dr. Walker. She is an inspiring, dynamic speaker and practical in her approach. If you ever have the chance, I would highly recommend it!

A certain quote came to mind while reading this book: "...throw roses into the abyss and say: 'here is my thanks to the monster who didn't succeed in swallowing me alive.' -Friedrich Nietzsche. Indeed this monster did not swallow these women alive, but they became different people, transformed by postpartum depression. The picture of the author on the back of the book describes this book perfectly - Dr. Karraa is seen sitting in what looks like a tunnel illuminated by a bright light behind her, as if leading the reader to describe both the darkness and the transformative light at the end of the tunnel. Dr. Karraa acts as our guide on a journey to a strange and frightening land, calmly taking our hand and teaching us through her research on recollections of women Before, During, and After PPD. She leaves no stone unturned, no aspect ignored or too uncomfortable to address, and writing with the highest order of respect and admiration for her participants, whose (too often ignored) thoughts and feelings finally have a place. To understand PPD, one must not only be able to identify it, but to understand the way it changes women's lives. Most people don't overlook this, don't understand this or even think about it--I certainly didn't. This book taught me the transformative role that PPD plays in the lives of women, in ways I would not have even guessed. As a RN, I was greatly embarrassed by the documented accounts of how poorly health professionals of all kinds dealt with women who were so gravely struggling. One quote that stood out for me, in reference to a heartbreakingly healthcare worker fail, was "Why didn't she ever just look into my eyes & say 'How are you?'" That's what this book was all about. Giving people the tools to understand--REALLY understand--what women go through with PPD from firsthand accounts. Highly recommend for health professionals, women with PPD and their family members, or moms who just want to know that other people feel that way too.

This review is by my wife who chose to read this book for her doula certification requirements: "This is an excellent book that brings to light the plight and often unfortunate dismissal of postpartum depression and the women that deal with it. It also highlights the healing process and life beyond PPD. It is written very well, and I highly recommend it to all that desire to learn more."

Thank you Walker Karraa for writing this very important book. As someone that has suffered from PPD, reading others stories helps me feel less isolated, alone and feel more understood. This is so needed!

Thank you Walker for writing such a terrific book on PPD and for sharing the stories of other moms who have struggled with it. This is a great book and a must-have for anyone working with moms and families struggling through Perinatal Mood Disorders.

Great book!

This is one of the best books about perinatal mental health that I have read. The emotions, fear and desperation of the women come through the pages. As a sufferer of severe ppd I related to most of the women's stories I shed a tear or two but also smiled towards the end. Since my recovery I founded a self help group for those affected by ppd and will be adding the book to our library so women can see that 'they are not the only one' Thank you Walker Karraa.

As someone who works in this area of mental healthcare I often hear women talk about how their experiences with PPD have transformed them. Some talk about being more creative, more outspoken. Most talk about how much stronger they have become. Finally we're talking about it in the literature. This grounded research study is truly data with a soul. Practitioners, sufferers, survivors, these are stories you need to read. Thank you, Dr. Karraa!

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