



## **Coping With Infertility, Miscarriage, and Neonatal Loss: Finding Perspective and Creating Meaning (Lifetools: Books for the General Public)**

*By Amy Wenzel*

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Pregnancy loss can be devastating, regardless of whether it is early or late in pregnancy or in the short period after a baby is born. In many instances, similar emotions are experienced when a couple learns that their fertility treatments were unsuccessful. Here, well-known psychologist Amy Wenzel applies the principles of cognitive behavioral therapy a thoroughly-researched approach for treating mood disorders, anxiety disorders, and stress-related disorders to the experience of reproductive loss. She offers strategies for coping with loss and provides a step-by-step guide to reengaging in life. With warmth and compassion, she helps readers journey toward healing.

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### **Editorial Review**

#### **About the Author**

**Amy Wenzel PhD, ABPP**, is owner of Wenzel Consulting, LLC, Clinical Assistant Professor at the University of Pennsylvania School of Medicine, adjunct faculty at the Beck Institute for Cognitive Behavior Therapy, and affiliate at the Postpartum Stress Center. She is author or editor of 14 books and approximately 100 peer-reviewed journal articles and book chapters, many on the topic of cognitive behavioral therapy (CBT) and perinatal psychology. She lectures internationally on these topics and regularly provides workshops and webinars to clinicians who are acquiring skill in CBT. Her research has been funded by the National Institute of Mental Health, the American Foundation for Suicide Prevention, and the National Alliance for Research on Schizophrenia and Depression (now the Brain and Behavior Foundation). She current divides her time between scholarly writing and research, training and consultation, and clinical practice.

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