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PSYCHOTHERAPEUTIC DIRECTIONS FOR WORKING WITH PREGNANT WOMEN

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Pregnancy is a unique stage in a woman's life, combining physiological, emotional and social changes. At this time, a woman not only prepares for motherhood, but also forms her own ideas about the role of a mother, wife and family member, often based on the experience of her parents or cultural traditions. These ideas, attitudes and expectations significantly affect her psychological well-being during pregnancy and after the birth of a child.

The psychological well-being of a pregnant woman determines her ability to adapt to new life circumstances, build harmonious relationships with her partner and provide a favorable emotional climate for the child. However, there are various factors that can complicate this process: fears about the future, stressful situations, the influence of previous experiences or social expectations. Pregnancy can also "activate" hidden emotional problems or traumas that were previously not recognized.

Working with pregnant women in psychotherapy requires a delicate approach that takes into account the physical, emotional, psychological and social changes associated with pregnancy. The choice of psychotherapeutic direction depends on the needs, personality characteristics and stage of pregnancy of the woman. Here are some therapeutic approaches that are considered effective for this category of clients.

Psychodynamic therapy can be useful for understanding deep experiences associated with pregnancy, motherhood and changes in life. This approach helps a woman to become aware of hidden fears, experiences or conflicts related to her own role as a mother. Pregnancy often activates old memories of her own childhood, relationships with her parents or unresolved issues that can affect her emotional state. Working in this direction promotes emotional stability and helps to develop a healthy relationship with her future child.

Cognitive behavioral therapy (CBT) can be effective in treating anxiety disorders, depression, or negative thoughts that are common during pregnancy. This approach helps clients learn to recognize automatic thoughts that cause

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emotional distress and replace them with more adaptive ones. CBT also offers tools for stress management and improving self-regulation, which is especially important for maintaining emotional stability during pregnancy.

Humanistic therapy, such as client-centered counseling, creates a space for women to openly share their experiences without fear of being judged. The emphasis on unconditional support and acceptance helps pregnant women become more aware of their feelings and needs. This helps them develop confidence in their abilities to cope with the challenges of pregnancy.

Body-centered therapy can be especially helpful for pregnant women because it recognizes the connection between the body and emotions. This approach helps the client relax, learn to listen to her body, and reduce physical tension that may arise from stress or fear of childbirth. Breathing exercises, light movement practices, or exercises to relieve muscle tension can contribute to a more comfortable pregnancy experience.

Transactional analysis helps pregnant women better understand their behavior patterns, expectations of themselves as mothers, and role attitudes. This approach can be useful for those who experience internal conflicts about future motherhood or the role of partnership in the family. Developing awareness of one's own needs and the ability to build harmonious relationships with others during pregnancy are important components of this approach.

Mindfulness practices and awareness techniques are universal tools that are suitable for pregnant women regardless of their emotional or physical situation. Classes aimed at developing presence in the "here and now" reduce stress levels, contribute to a calmer pregnancy, and help focus on the positive aspects of this period.

Existential therapy provides an opportunity for a pregnant woman to reflect on the meaning of motherhood, her new role in her life, and how pregnancy changes her attitude towards the world. This approach allows the client to discover new sources of resource and inner harmony, accepting all changes as part of the natural life process.

Summarizing all of the above, it is important to note that each of these approaches has its own unique features and techniques, but they are all aimed at supporting the emotional well-being of a pregnant woman and creating conditions for harmonious motherhood. The choice of a specific method depends on the woman's request, her emotional state, and personal preferences.

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