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Why do young women abandon their newborns and psychotherapeutic strategies to prevent this phenomenon

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Seven mothers in the age of 17 to 26 (mean age 21) were consulted due to the abandonment of newborn infants. Six women had adjustment disorder; the motive for rejecting children of most women (6 people) was subjective experience of shame, fear of parents and society due to lack of legal relations with partners. All mothers shared a certain personality profile marked by dependency, weak self esteem, immaturity, absence of affective support, psychological isolation and poor communication with partners and parents. Lack of early pregnancy detection and poor social support contribute to this negative phenomenon. During the consultations of the psychotherapist, 2 women had changed their decision and took their newborn children. Proceeding from the above, addresses possible prevention strategies, necessity in providing competent, compassionate care to pregnant women. The psychotherapist have to help women to accept their pregnancy, to reduce the severity of anxiety-depressive reactions due to disruption of communication (with a partner), to reduce the severity of negative emotions of shame, fear, disgrace in connection with an illegitimate unwanted pregnancy. After giving birth, the mother should be allowed to see her child and give him breastfeeding while she is in the hospital. Partners and parents should be invited to conduct joint psychotherapy. The therapist should work towards establishing emotional ties and a satisfactory relationship between the pregnant woman and her partners, parents. Long-term psychotherapy can help the personal growth of women, which is necessary to take responsibility for their fate, including the fate of the future newborn.

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