

Julie Blackburn, LCPC, NCC, ATR
Founder of Chartreuse Center

Julie is a Licensed Clinical Professional Counselor, Nationally Certified Counselor & a Registered Art Therapist. She received a dual Master's Degree in Counseling Psychology & Art Therapy from Adler University. She is skilled in counseling children, teens & adults with a variety of life & loss issues. Since 2009, Julie has provided individual & couples therapy, group counseling & art therapy for

- primary & secondary infertility issues
- grief due to the loss of a loved one or loss through a long term illness, sudden death, miscarriage or still birth
- caregiver fatigue and stress
- life adjustments to changes within the family from new child(ren) to empty nest to end of life situations.

Julie completed the Perinatal Mood and Anxiety Disorder certificate training through Postpartum Support International. She is a professional member of the Illinois Counseling Association, American Art Therapy Association, Illinois Art Therapy Association, American Society for Reproductive Medicine & RESOLVE, the National Infertility Association.

Julie has presented at a number of associations regarding her experience with grief, loss & art therapy including the Illinois Hospice & Palliative Care Association & the Greater Illinois Pediatric Palliative Care Coalition (GIPPCC). Julie also participated as a local panel presenter in the Joliet & Barrington areas for the Living with Grief series by the Hospice Foundation of America.

Julie is passionate about guiding people & families with unexpected changes, losses or events that happen in life. She was a caregiver for her own mother-in-law who died in 2003 from cancer. Julie has personal experience with infertility, is an adoptive mother of two children & is a foster parent with her husband. She enjoys the outdoors & creating art in her free time.



Conveniently located near I-80 & I-355

From I-355: Take the US-6 exit toward Southwest Hwy. Travel East on US-6 to a slight right onto W. 179th St. Turn right onto Wolf Rd. Turn right onto W. 183rd St. Turn left onto Distinctive Dr.

From I-80: Take the US-45/La Grange North exit. Turn left onto Orland Pkwy Rd. (Orland Pkwy becomes W 183rd St.). Turn left onto Distinctive Dr.

Beyond the Baby Blues

Perinatal Mood & Anxiety Disorders
are the most common
maternal health complication
with over 800,000 cases reported
in the U.S. every year.

Chartreuse Center

11309 Distinctive Drive, Suite 5
Orland Park, Illinois 60467
Phone: 815-556-9471

Email: ChartreuseCenter@gmail.com
Website: www.ChartreuseCenter.com

Hours: By Appointment Only
Day, Evening & Saturday Hours Available



Chartreuse Center

Emotional Health
During & After Pregnancy



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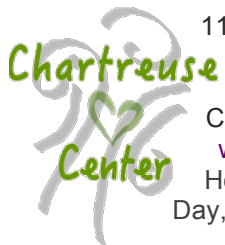
What are Perinatal Mood & Anxiety Disorders?

Perinatal Mood & Anxiety Disorders (PMAD) are a set of disorders that can occur anytime during pregnancy and the first year postpartum. PMAD include Depression, Anxiety, Obsessive-Compulsive Disorder, Post-traumatic Stress Disorder & Postpartum Psychosis.

Symptoms include:

- Frequent crying
- Sleep & appetite changes
- Feelings of loneliness, sadness, helplessness
- Frequent mood swings
- Repetitive, sometimes scary thoughts that won't go away
- Anger, frustration, irritability
- Difficulty bonding with the baby
- Anxiety, panic, excessive worry
- Feelings of being trapped
- Fear of being left alone with the baby
- Sense of doom
- Lack of interest in life, feeling sluggish, fatigued, exhausted
- Feeling overwhelmed
- Feeling wired or sped up
- Thoughts of hurting yourself or those around you

PMAD were once thought to be only a woman's concern. However, men, gay & lesbian parents, new adoptive/foster parents and even parenting grandparents are at risk for PMAD due to the significant life, social, relational & psychological adjustments that occur with a new child.



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What factors increase my chance of developing PMAD?

Personal or family history of Depression, Anxiety, Panic Disorder, Obsessive-Compulsive Disorder, BiPolar Disorder or any other emotional illness prior to, during or after pregnancy.

Other Factors Include:

- Other chronic illnesses
- Lack of support from family or friends
- History of infertility, miscarriages or other pregnancy losses
- Pregnancy complications and/or traumatic delivery
- High level of physical or emotional stress
- Chronic sleep deprivation
- History of sexual, physical, verbal or mental abuse
- Abrupt weaning from breast-feeding
- History of severe Premenstrual Syndrome
- Unplanned or unwanted pregnancy

1 in 7 Women & 1 in 10 Men
will develop a PMAD.

What can I do to decrease my risk of developing PMAD?

- Educate yourself & loved ones about PMAD. Share this brochure so others know the signs & symptoms.
- Eat a balanced diet. Take vitamins & remember to take time to eat.
- Exercise is important for mental & physical health.
- Get plenty of sleep. Listen to your body & nap when you are able.
- Ask for help. Being a parent is hard work & it is not expected for a new or expectant parent to do it all alone.
- Take time for yourself – you are worth it!

Resources

Websites

www.postpartum.net
www.postpartumstress.com
www.postpartumdads.org

Books

- [Life Will Never Be The Same: The Real Mom's Postpartum Survival Guide](#) by A. Dunnewold, PhD
- [This Isn't What I Expected](#) by K. Kleiman MSW & V. Raskin, MD
- [Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Motherhood](#) by K. Kleiman, MSW & A. Wenzel
- [The Postpartum Husband: Practical Solutions for Living with Postpartum Depression](#) by K. Kleiman, MSW
- [The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks Obsessions and Compulsions](#) by P. Wiegartz

Hotline

Postpartum Support International Helpline
(800) 944-4PDD(4773)

Chartreuse Center Services

Support for Postpartum Mood & Anxiety Disorders (PMAD):

- Individual & Couples Counseling
- New Mom Groups & Workshops
- Screening & education surrounding PMAD during & after pregnancy
- Explore changes in life and relationships
- Address anxiety, worries and fears about new parenting role
- Develop stress relief, relaxation & coping strategies
- Improve bonding with new baby
- Expand support system
- Improve self esteem & confidence
- Discuss concerns, thoughts & feelings