

Motherhood Sessions

Dr. Alexandra Sacks, a renowned reproductive psychiatrist, sits down with mothers and lets us listen in on conversations that are hard to have outside of a therapist's office.



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Camilla was a PhD student struggling with a feeling that she didn't belong in academia. Then she got pregnant. Seven years and two children later, she's never finished her dissertat...

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Margot and her wife always imagined 1 child. But Margot's first pregnancy was emotionally exhausting, and she's not s...



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MOTHERHOOD SESSIONS



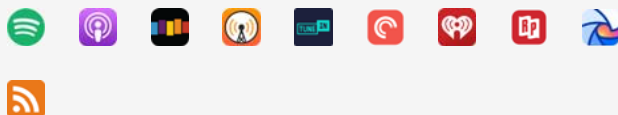
About

Being a mom is hard. Everybody knows that. But we usually hear about sleepless nights and diaper changes, not the profound identity shift that accompanies becoming a mother. Motherhood is a psychological big bang. And yet it's rare to find emotionally honest conversations about it.

On Gimlet Media's Motherhood Sessions, Dr. Alexandra Sacks, a renowned reproductive psychiatrist, sits down with mothers and lets us listen in on conversations that are hard to have outside of a therapist's office. Each episode features a woman struggling with some problem or question—from career uncertainty to sex to ambivalence about even being a mother—and she and Dr. Sacks work it through together.

If you or someone you know is experiencing depression or anxiety during pregnancy, or in the postpartum period, contact [Postpartum Support International](#) at (800) 944-4773. If you or a family member are worried about safety, get help right away by calling the National Suicide Prevention Lifeline at 1-800-273-8255, or dialing 911.

Where to Listen



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MOTHERHOOD SESSIONS

