

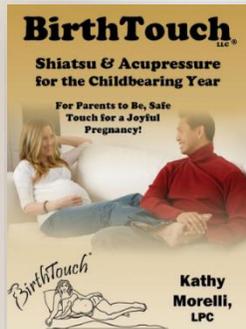
# BOOKS

BY KATHY MORELLI, LPC



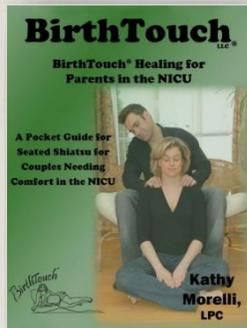
Kathy Morelli, LPC, is a Licensed Professional Counselor and the Director of BirthTouch<sup>®</sup>, LLC.

The author of multiple books on motherhood, Kathy specializes in Couples Counseling and the Emotions of Pregnancy & Birth. All of the BirthTouch<sup>®</sup> self-help products encourage emergent families to support and communicate with each other.



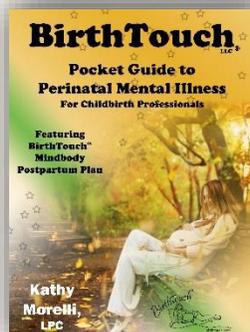
## **BirthTouch<sup>®</sup> for Parents to Be** by Kathy Morelli, LPC

This book is a powerful guide for the expectant mom to help her be joyful, to address stress, negative thoughts and emotions and fears, and to learn to be in the moment with her pregnancy and her baby. BirthTouch<sup>®</sup> helps create prenatal bonding among all family members, during pregnancy, birth and beyond. The professionally-shot photographs illustrate a shiatsu routine that is safe for pregnancy and an acupressure routine to facilitate birthing, plus a glossary and abundant evidence-based information about mindbody healing.



## **BirthTouch<sup>®</sup> Healing for Parents in the NICU** By Kathy Morelli, LPC

This book helps partners turn towards each other and connect during a difficult time. Safe touch and kind words are ways to nurture each other, as you both care for and nurture your baby. BirthTouch<sup>®</sup> Healing for Parents in the NICU is a short pocket guide to help couples antidote distance and anger during the stress of the NICU parenting. The seated shiatsu is a simple and therapeutic way to connect with love. The 16 page guide has ten professionally-shot photographs illustrating an easy seated shiatsu routine, with “Words that Heal” accompanying each photograph.



## **BirthTouch<sup>®</sup> Pocket Guide to Perinatal Mental Illness for Moms & Childbirth Professionals** by Kathy Morelli, LPC

This pocket guide is for doulas, childbirth educators & community lactation specialists written by a professional counselor who has worked for two decades in the birth world. This quick and easy guide challenges you to explore the stigma surrounding mental illness, learn what you need to know about differential diagnosis of perinatal mental illness and find easy ways to support moms and families without blurring your professional credentials or personal boundaries.

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