

# The Challenge of Infertility: Treating the Mind and Body

Fri Oct 2, 2015 8:30 AM

This workshop will present psychotherapeutic treatment approaches for women and couples experiencing infertility. Participants will learn the fundamental medical terminology and medical interventions that are core experience for individuals seeking treatment for infertility. The research on stress, depression and infertility will be used to support the types of psychological interventions that are recommended for individuals confronted with infertility. Models of intervention ranging from a single session consultation, an individual treatment model, a couples psychoeducation model and a ten session model of group therapy will be described in detail. Case presentations and ethical dilemmas will be incorporated to support and convey the complexity of working with couples and women undergoing this challenging landscape.

Presented by:

**Emily Spurrell, Ph.D.** served as the staff psychologist at the Women and Infants' Division of Reproduction and Infertility for fifteen years. She is an Assistant Clinical Professor at the Warren Alpert School of Medicine, Department of Psychiatry and Human Behavior, at Brown University. She is also on the Faculty of the Women and Infants' Women's Mental Health Fellowship Training Program. She has a private practice in Providence where she specializes in the treatment of eating disorder, infertility and reproductive issues. She works with individuals, couples and runs ongoing support groups for women with infertility.

**Alice D. Domar, Ph.D.** is a psychologist, best-selling author and speaker. She is the executive director of the Domar Center for Mind/Body Health, an associate professor at Harvard Medical School, and the author or co-author of six books, including *Self-Nurture*, *Be Happy Without Being Perfect*, and *Live a Little*.

**(6 CE Credits)**

## LEARNING OBJECTIVES:

At the conclusion of the presentation, participants will be able to understand:

1. The basic medical terminology and treatment process for infertility.
2. The emotional landscape for women, men and couples navigating infertility.
3. The intersection of stress and infertility.
4. The framework of four psychological treatment approaches for addressing emotions and infertility.
5. The complex options beyond IVF.
6. Case presentations and ethical dilemmas.