

After the successful launch of the Specialised Professional Course in INFERTILITY COUNSELLING



We -Taking Care and ISCA in association with Akansha IVF



announce the Second batch Starting

8 JULY
2023

Course Duration : 1.5 Months
Course Fee : Rs. 45,000/-
Theory Sessions : 12 (Twice a week)
Practical Sessions : 12 (Twice a week)

Online - Zoom Sessions
Offline - Akansha IVF, Janak Puri

Course Guidelines

ESHRE-EUROPEAN
SOCIETY OF HUMAN
REPRODUCTION AND
EMBRYOLOGY

ISCA
Indian Specialised
Counselling Academy
Being Mindful

Whatsapp
+919811330086



Enrol now
To be the
pioneer in the
industry

Psychological Support for Patients - a legal Mandate for all ART Clinics/Hospitals
by ICMR and Ministry of Child and Women Welfare Mandate 2022

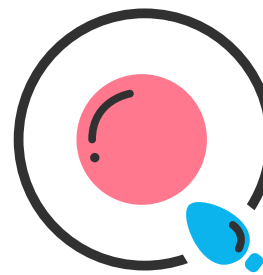
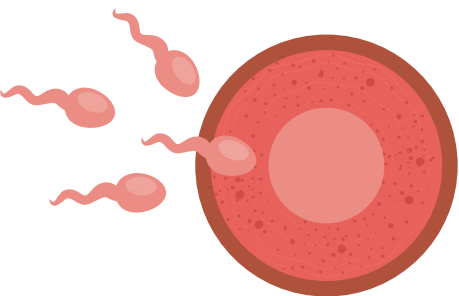
Infertility -A complex medical condition (Boivin et al. 1995)

- Significant uncertainty about causes.
- The treatment is a long-lasting process.
- Many diagnostic tests as well as attempt a variety of treatments.
- By the time couples reach the point of IVF, usually considered the final medical option by couples, they have been infertile for approximately 6 years and have been in treatment for 4 years.

OBJECTIVES OF INFERTILITY COUNSELING



- Helping couples cope with the emotional and psychological impact of infertility
- Providing information about treatment options and other resources
- Supporting couples in making decisions about their fertility journey
- Addressing relationship and communication issues related to infertility
- Facilitating the grieving and acceptance process for those who are unable to conceive
- Emphasize that infertility counseling is a holistic approach to addressing the complex emotional and psychological issues related to infertility.



Some Facts



The best assisted reproductive technology (ART) practice gives a success rate of 30–40%.

Many remain childless with persistent desire for child



The Crash and Burn of another failed Infertility Treatment

High Failure Rates

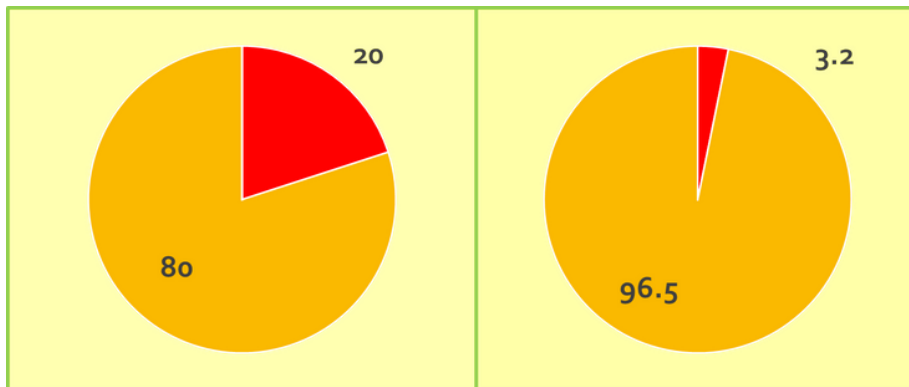
- For women who struggled to get pregnant, fertility treatment promised to be the medicine of miracles.
- The price was steep, both financially and emotionally; hence failure especially devastating.

Domar et al. 1993;Boivin et al.1995).

Incidence of common psychiatric disorders

A.R.T. Patients : 20%

General Population : 3.2%



Many individuals engaged in various coping styles :

- Emotion-focused strategies (i.e., changing one’s internal response to infertility)
- Problem-focused strategies (i.e., changing the behavior or environment in some way)

However, coping with infertility stress remains a challenge. Couples do not know, how to tell others what they need in order to achieve well-being. **(Balneaves & Long, 1999)**

Challenges of coping with infertility & its treatment

Infertility A Taboo

- The predominant cultural view is that sexual and reproductive health is a matter of privacy.
- Individuals struggle to talk about infertility in socially appropriate ways.
- Individuals report feeling frustration, awkwardness, discomfort, and tension, which often results in topic avoidance and a feeling of social isolation

(Hinton, Kurinczuk, & Ziebland, 2010).

Metaphors

- Difficult for the couple to describe the depth of pain, anxiety, and sadness associated with infertility
- Struggle to communicate abstract emotions (e.g., feeling unstable, disconnected, insecure, out of control),

Using metaphors help to communicate to a person who has never experienced infertility by choosing to compare it to a relatable experience such as **emotional roller coaster, war, empty inside, disability.....etc**



(MacGeorge & Wilkum, 2012)

DRAWING CONTAINING RIFT METAPHOR



Gameiro S, de Guevara BB, El Refaie E, Payson A (2018) Drawing

DRAWING DEPICTING SOCIAL PRESSURE



BENEFITS OF INFERTILITY COUNSELING FOR COUPLES UNDER TREATMENT

- **Improved emotional well-being and quality of life for individuals and couples**
- **Greater success rates in fertility treatments**
- **Reduced rates of depression, anxiety, and stress**
- **Improved communication and relationship satisfaction between partners**
- **Fewer Patients drop out of the treatment**
- **Chances of better outcome increase by 15%**





INFERTILITY COUNSELLING COURSE MODULES

MODULE 1

Understanding the experience of infertility

- 1. Personal /social/cultural context**
- 2. The narratives and the drawings**
- 3. Challenges -coping with infertility**
- 4. Medical aspects of infertility and its treatment- A.R.T.**

MODULE 2

How to implement distress screening at your clinic

- 1. Behavioural observations :some red flag indicators .**
 - 2. Interview schedule**
 - 3. Psychological tests**
- Initial screening for risk**
- Detailed screening using infertility specific tests**
- 4. The need for culture specific tests .**

MODULE 3

Routine Psychosocial Care

- 1. Why is it important ? The evidence.**
- 2. Who can provide?**
- 3. Role of embryologist in routine psychosocial care.**
- 4. Sharing patient feedback.**

INFERTILITY COUNSELLING COURSE MODULES- CONTD

MODULE 4

Addressing changing psychosocial needs at different stages of treatment.

- 1. Intake: preparation for infertility treatment.**
- 2. During treatment**
- 3. After treatment**

MODULE 5

Specialised Psychosocial care

- 1. Breaking bad news**
- 2. Male sexual dysfunction**
- 3. Terminating treatment**

MODULE 6

The couple

- 1. The invisible grief: marriage counseling**
- 2. Third-party reproduction**
- 3. The forgotten male**

MODULE 7

Emerging trends

- 1. Decision aids**
- 2. Use of internet-based technology: The KindMap App and MyJourney App**
- 3. Fertility preservation**

MAJOR TAKEAWAYS

- **Completion Certificate From Akansha IVF**
- **Recommendation Certificate (basis the performance)**
- **In depth knowledge of screening Instruments - their administration, Scoring and Interpretation**
- **Study Material**
- **Assessments and Worksheets**
- **Practical Exposure and Hands On Experience**
- **Case studies to correlate and understand dynamics in Infertility Counselling**
- **Opportunity to be the part of IFS**

Only Course in India with Job opportunities in all IVF centers across India

Our Core Team and faculty

Dr. Amita Puri -Ph.D. PGI, Chandigarh, Clinical Hypnotherapist (USA), Clinical Psychologist, Citizen Hospital and Deaddiction Center, Gurugram. (IFS)

Dr. Poonam Nayar- Ph.D. PGI, Chandigarh, Clinical Psychologist & Convenor, Special Interest Group IFS (Indian Infertility Society)

Ashima Khanna Singh - Relationship & Mindfulness Psychotherapist and Counselling Psychologist, Communications' Content Development and Training Specialist (IFS)

Archika Arya Lohamar- Counselling Psychologist and Psycho Therapist

Lets welcome you to the group and make a Community of Trained and Sensitized Group, all over India



Online Venue



Zoom Classes

Offline Classes Location



**Akansha IVF, Janak Puri,
New Delhi**



*Lets welcome you to the group and make a
Community of Trained and Sensitized Infertility
Counsellors, all over India*

**Limited seats
available,
Reserve your
seat today**