



Counseling

Health and Counseling Services (Individual or Couples)

Our practice understands that fertility and its treatment can be very stressful and emotionally difficult. We are proud to have fertility counselors available as resources to complement your infertility care at SRM.

Appointments can be made with one of our fertility counselors at the recommendation of a SRM physician, SRM nurse or self-referrals. Simply, call the SRM offices or make an appointment next time you are seeing your provider.

The counseling services are designed to:

- Help you cope with the stress of treatment and infertility problems
- Help you improve relationships and communication with family and friends
- Assess and strengthen your emotional health
- Facilitate and support your problem-solving and decision making
- Provide referrals to appropriate resources when needed
- Offer you safe and therapeutic small patient groups to meet others facing the challenges of trying to get pregnant.

Recommended Appointments

- All patients considering In Vitro Fertilization (IVF)
- Short-term, outcome-focused therapy for couples or individuals
- After a failed ART (assisted reproductive technologies) cycle or recurrent pregnancy loss.
- When considering 3rd Party (donor egg or donor sperm conception)
- Ending treatment without an ongoing pregnancy or delivery
- Diagnosis of multiple pregnancy
- During or after a pregnancy achieved via third party donation
- During pregnancy after suffering a previous loss

Fees

- Counseling-approximately 30 minutes: \$50
- Counseling-approximately 60 minutes: \$115
- Donor Egg Program, Recipient Consultation: \$145
- Donor Sperm Consultation: \$95

Seattle Clinic Hours

Counseling is available at Seattle Reproductive Medicine. Schedule an appointment online or call 206-598-5000. Hours of availability are Mondays



9:00am – 3:30pm and Thursdays 10:00am – 4:00pm

Insurance Coverage

Insurance billing is not available at this time. The financial counselors will issue “Superbills” to interested clients, which can be submitted to insurance carriers for reimbursement. You may elect to contact your provider prior to meeting with your counselor as policies vary.

The MindBody Infertility Program (Group)

The MindBody Program is modeled after the Behavioral Medicine Infertility Program at Harvard’s Beth Israel Medical Center and designed to reduce the physical and emotional distress and isolation associated with infertility and infertility treatment.

Research has shown that women who experience infertility have heightened levels of depression, anxiety, frustration, isolation and anger.

Although some scientists believe that these negative emotions may prevent conception, it seems more likely that these feelings are the result, not the cause of infertility. In either case, a reduction in stress and tension clearly is beneficial for couples whether treatment is successful or not. Recent research has demonstrated that participants in the Harvard Beth Israel Mind Body Infertility Program experience significant improvements in depression, anxiety, anger, confusion and fatigue following completion of the program.

The relationship between participation in the program and subsequent conception is less clear. Approximately 44% of the participants conceive within six months of completing the Harvard program. It is not known if this conception rate is due to the direct influence of the program, a coincidence, or whether there is an indirect relationship, i.e., it is possible that participants feel more able to attempt high-tech treatments once they learn relaxation and coping techniques.

Our MindBody participants have enjoyed a statistically significant increase in pregnancy rates over those who did not participate in the M/B program.

Components

The program includes:

- Elicitation of the relaxation response, a physical state of deep rest that changes the physical and emotional responses to stress (e.g., decrease in the heart rate, blood pressure, and muscle tension.)
- Cognitive-behavioral strategies to enhance coping skills
- Yoga and stretching exercises
- Nutrition management



- Social support, including effective communication and self-care with those who have been successful, failed or are actively trying infertility therapy.

Each session includes 30-minutes of sharing and support time, 20-minutes relaxation exercise, pair and group discussion of progress and use of new skills, a lecture and group exercise.

Goals

You will be able to:

- Increase your sense of control and well-being.
- Reduce/manage physical symptoms such as insomnia, fatigue, headache or abdominal pain
- Examine factors or situations-lifestyles, diet, stress, or physical tension that directly affect health
- Develop further understanding of treatment cycles
- Develop skills to ease the treatment process

Who Would Benefit

- All women having difficulty conceiving, including those currently enrolled in IVF or other Assisted Reproductive Technologies at SRM or other fertility practices in the Puget Sound region.
- Participants will be 12-16 couples who are undergoing active treatment, past failed treatment or successful treatment for infertility.
- Husbands/partners are invited to attend 3 of the 10 sessions.
- Couples do not have to be active patients of SRM. If you are not currently receiving treatment at SRM, one 30 minute session with our planned group facilitator is required. This appointment serves to introduce non-SRM patients to the program and to help determine whether or not the group setting is appropriate for you. It serves as an opportunity to discuss your physical and emotional symptoms with the facilitator and to set some health care goals.

All patients at SRM are encouraged to participate prior to or during any infertility treatment.

When and Where

10 session seminars are offered Fall, Winter and Spring. All sessions will be held at the office of SRM on Westlake Avenue.



The MindBody Program includes:

- Nine 2 ½ hour evening sessions (two to include male partner), and one full day weekend couples class, for couples for a total of ten sessions. We recommend that participants do not miss more than two sessions.
- For Registration information and times for upcoming sessions please call 206-301-5000 or go to www.seattlefertility.com

Costs

\$650 per session per couple. Includes CD, Two books, a manual and other materials.

An example session;

Fall, MindBody 10 Session, Women's Format

September 14 - November 16, 2005

Most sessions held on Wednesdays 5:30-7:30pm

Men invited to 3/10 sessions

Cost: \$650.00

* Need minimum of 10 women for offering

Registration deadline: September 9

Session 1:	Sept. 14	Partners invited to join women
Session 2:	Sept. 21	Women only
Session 3:	Sept. 28	Women only
Session 4:	Oct.5	Women only
Session 5:	Oct. 9	Women's yoga (Sunday)
Session 6:	Oct.19	Women only
Session 7:	Oct.26	Women/men meet with male group leader
Session 8:	Nov.2	Women only
Session 9:	Nov.6th	Yoga Couples' Retreat (Sunday)
Session 10:	Nov. 9	Women only/closing

SRM will provide a light snack on the first and last sessions. Couples can order box lunches for the November 6th Retreat. Buddy pairs will take turns bringing a snack for other sessions.



Counseling



**Michele Pomarico, MSW, LICSW,
BCD**

Psychological Support and Counseling Services

Ms. Pomarico is a Licensed Independent Clinical Social Worker and a Board Certified Diplomate in Clinical Social Work, who has worked in the areas of fertility and reproductive health for many years. She is particularly interested in helping families with reproductive loss issues, assisting with family building choices, and teaching mind body integrative medicine techniques to enhance coping skills. She has maintained a private psychotherapy practice since 1979, and has presented at numerous local, national, and international conferences.

Education:

- Cornell University, Bachelors of Science, 1969
- California State University, Sacramento, Master of Social Work, 1973
- Certificate in Psychoanalytic Theories, Northwest Alliance for Psychoanalytic Study, 1992

Academic Appointment:

- Clinical Instructor, University of Washington School of Social Work.

Affiliations:

- American Society for Reproductive Medicine, Mental Health Professionals Group
- National Association for Perinatal Social Work
- Washington State Society for Clinical Social Work
- National Association of Social Workers, Academy of Certified Social Workers

Counseling



Gretchen Sewall RN, L.I.C.S.W.

Psychological Support Services

Ms. Sewall is licensed as a clinical social worker, and registered nurse in the State of Washington. She is a nationally recognized speaker and writer on the psychological and social aspects of infertility and reproductive health. Her special interests are third party reproduction, mind/body integrative medicine, and adoption. While at the University of Washington Fertility and Endocrine Center, she held positions in nursing, as the Donor Egg Coordinator and the Director of Counseling Services. Ms. Sewall currently provides support services at SRM and is the founder and president of a national voluntary registry for third party assisted families.

Education:

- Bachelor of Science in Nursing, Seattle University, Seattle, Washington, 1982
- Master of Social Work, University of Washington, Seattle, Washington, 1990
- Licensed Clinical Social Work, Washington State, 1998

Affiliations:

- American Society of Reproductive Health
- Mental Health Professional Group
- National Association of Perinatal Social Workers
- National Association of Social Workers
- National RESOLVE
- RESOLVE of Washington State