

CONFRONTING GRIEF, HOPE, AND TRAUMA: EFFECTIVE PSYCHOTHERAPY FOR CLIENTS WITH INFERTILITY

Virtual training for mental health providers facilitated by Alex Butler, LCPC
and Reyna Schwartz, PsyD, Clinical Supervisors/Psychotherapists
at Wildflower Center for Emotional Health



Date and Time

Wednesday, March 3, 2021 2pm-3:30pm

Registration

Please register on Eventbrite at this link:
<https://therapyforinfertility.eventbrite.com>

You will receive the Zoom access link before the training begins.

If you have any questions, contact Eden Himidian at ehimidian@wildflowerllc.com

Cost

\$40. Wildflower will donate 50% of proceeds to New Moms (newmoms.org), a local non-profit organization that partners with young moms to help them achieve economic mobility and family well-being.

Continuing Education

1.5 continuing education credits are offered upon completion for the following license types: LPC, LCPC, LSW, LCSW, Clinical Psychology, LMFT. The CEUs are sponsored by Mindful Path Behavioral Health and Wellness Inc.

One in ten couples battle infertility. Infertility is often experienced as a profound existential crisis that can challenge every aspect of the couple's life. Women often report an altered relationship with their bodies, acute sense of loss, and turmoil in their relationships. Depression and anxiety symptoms are common, particularly in the presence of a prolonged inability to conceive. Men report feeling powerless, disconnected, and confused. Infertility and infertility treatments are stressful and invasive experiences for all involved.

Attuned and knowledgeable therapists have the ability to help clients face the crisis of infertility and alleviate some of the accompanying distress. In this virtual presentation for mental health professionals, psychotherapists Alex Butler, LCPC and Reyna Schwartz, PsyD will discuss the physical, psychological, relational, spiritual, and sexual ramifications of infertility. They will introduce effective therapeutic interventions for this population, placing a particular emphasis on the experience of women. They will also briefly discuss the potential aftershocks of infertility during pregnancy and beyond.

Learning objectives

Participants will be able to:

- Identify physical, psychological, relational, spiritual, and sexual ramifications of infertility
- Understand the role of the psychotherapist in supporting clients with infertility
- Describe how to intervene using evidence-informed treatments
- Identify specific interventions to effectively alleviate distress