

PROGRAM FOR

Infertility

Helping You Cope

“Before the program I felt completely out of control and isolated...I didn't know how to help myself...People here truly understand the rollercoaster of infertility...The program has turned me back into the person I am.”

*Judy Lopes,
former patient and expectant mother*

“Your program was a safe place to discuss raw emotions with other women facing the same thing...It has overhauled my thinking...I feel more in control of my life and my happiness. It was amazing...everyone facing infertility could benefit.”

*Sara C.,
former patient and expectant mother*



MASSACHUSETTS
GENERAL HOSPITAL

BENSON-HENRY INSTITUTE
FOR MIND BODY MEDICINE

Benson-Henry Institute for Mind Body Medicine
at Massachusetts General Hospital
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Chestnut Hill, MA 02467

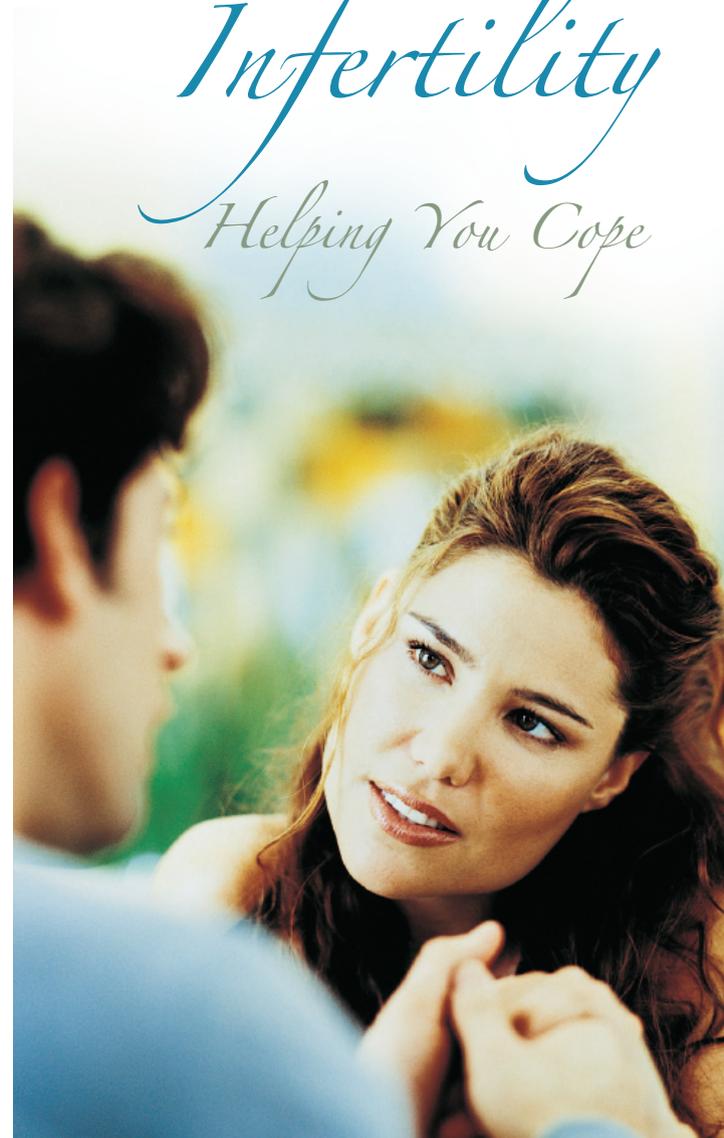
617-732-9130
www.mbmi.org

treating the total you

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Experiencing infertility can affect every aspect of a woman's life: her relationships, her career, even her core beliefs. The Benson-Henry Institute for Mind Body Medicine's groundbreaking Infertility Program has helped many hundreds of women and couples through this difficult time.

Since its inception in the late 1980's, our program for coping with the emotional aspects of infertility has become an integral part of comprehensive treatment.

Reproductive endocrinologists find that adding the mind/body program to medical interventions helps women to handle the treatment better and maximizes their chances for conception.

Stress plays a key role in infertility, often resulting in physical ailments and emotional distress. Research shows that infertile women are twice as likely to experience depression as fertile women. Our multi-week Infertility Program teaches mind/body skills to help you:

- Decrease physical symptoms related to infertility such as insomnia, fatigue, headache or abdominal pain
- Reduce feelings of depression, anxiety, isolation, and anger
- Enhance your chance of conception
- Restore a sense of control and well-being to your life

WHAT WE DO

Over the course of the program, you will learn techniques to elicit the Relaxation Response including deep breathing, imagery and yoga to reduce stress and reverse negative thinking. You'll get the latest information on how lifestyle behaviors can impact fertility. And, you'll be part of a supportive group sharing similar experiences and emotions. After completing our program, our typical patient finds herself calmer, more in control, and better able to cope with the future.

The program meets in the evening and is covered by most insurances.

To learn more about the Benson-Henry Institute for Mind Body Medicine Program for Infertility and upcoming groups, contact us at 617-732-9754 or mbowie@partners.org or visit our website at www.mbmi.org.

OTHER OPTIONS

The Infertility Program can be customized to meet your needs.

Individual therapy is also available for individuals seeking personalized attention with infertility and marriage issues

PROGRAM LEADERSHIP

The Benson-Henry Institute for Mind Body Medicine's Program for Infertility is conducted by a multidisciplinary team under the leadership of Herbert Benson, M.D.

Leslee Kagan, MS, NP, director of the the Benson-Henry Institute for Mind Body Medicine Infertility Program, is an Associate in Medicine, Harvard Medical School. With the Institute since 1998, she has more than 20 years experience in providing health care for women in the Greater Boston area.

Janet Fronk, RN, CS, MEd, is licensed and certified to provide mental health services to individuals and couples in addition to conducting the program's group. She has expertise in treating mood and anxiety disorders using mind/body techniques and cognitive/behavioral therapy. Her specialty areas include infertility and sexuality.



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