

# Supportive Counselling



MelbourneIVF

Leading minds dedicated to your success

# Supportive counselling

Embarking on assisted reproductive treatment often means coping with a mixture of emotions, from joy and excitement to grief and disappointment, and for many people this can be a very stressful time.

The counsellors at Melbourne IVF are social workers and psychologists who bring a diverse range of skills, expertise and experience to the work we undertake with individuals and couples in managing the emotional impact of dealing with fertility issues.

We provide a comprehensive and confidential counselling service to current patients, to help cope with the challenges that may arise throughout their treatment journey. Individuals and couples considering treatment, and those who have ceased treatment but would like further support, are also welcome to access the service.

## What can counselling offer?

Counselling is an opportunity to:

- Prepare for fertility treatments and be supported in making decisions about commencing, changing or stopping treatment
- Be supported in dealing with the emotional impact of treatment, pregnancy and preparation for parenthood
- Cope with particular challenges associated with treatment including unsuccessful treatment cycles or pregnancy losses
- Explore strategies to help feel more in control during treatment, including relaxation techniques
- Deal with specific challenges associated with donor treatments
- Consider what to tell offspring, family and friends

## Reaction to infertility

Normal reactions may include shock, anger, frustration, sadness, confusion, anxiety, grief, recurrent negative thoughts and feelings, and withdrawal from social contact.

These are normal reactions people experience when dealing with a stressful situation. It can be helpful to talk to someone about your reactions and seek assistance in developing strategies for managing the symptoms, and reducing the impact they have on your life.

## Stresses of infertility

Particular stresses you may face include:

- Coping with other people's pregnancies
- Differences in the way you and your partner (if you have one) are dealing with the situation
- Fear of medical procedures or being unsure of what to expect
- Reproductive loss, including cancelled cycles, negative pregnancy tests
- Miscarriage and menopause
- Unsuccessful cycles (some months are harder to bear than others)
- Taking longer than expected to fall pregnant
- Reactions of family, friends and work colleagues

## When to seek help

Counsellors are available at any stage, including:

- First realisation of infertility
- Exploring treatment options
- During treatment cycles, especially when waiting for results
- Dealing with a pregnancy after waiting for a long time
- If pregnancy fails
- Completing treatment and the transition to life beyond

If you are interested in talking to others in similar situations, there are a variety of support groups and programs available. Visit [www.mivf.com.au](http://www.mivf.com.au) for a list of current groups and dates.

Counsellors can be seen at all Melbourne IVF network of clinics. Call your Patient Liaison Administrator to organise an appointment.

Discuss decisions about changing or stopping treatment & explore other options that may be available to you.

## More information

Melbourne IVF has one of the most comprehensive specialised fertility counselling services in Australia. Counselling is available at any stage before, during and after treatment and is available at all Melbourne IVF clinics in and around Melbourne. Contact the Patient Liaison Administration team about organising your counselling appointments.

### Melbourne IVF

#### Phone

New General Enquiries 1800 111 IVF (483)  
Melbourne IVF Reception (03) 9473 4444

[www.mivf.com.au](http://www.mivf.com.au)