Coping with Infertility, Miscarriage, and Neonatal Loss - Amy Wenzel
2014

Pregnancy loss can be devastating, regardless of whether it is early or late in pregnancy or in the short period after a baby is born. In many instances, similar emotions are experienced when a couple learns that their fertility treatments were unsuccessful. This wise, compassionate book teaches proven cognitive-behavioral strategies for coping with infertility and pregnancy loss. You will learn about common grief experiences that occur with such losses, as well as ways to find perspective and meaning, identify and change unhelpful thoughts, gain acceptance, reconnect with others, and reengage in life. By applying these strategies, you can break out of the cycle of sadness and rumination and heal with grace and dignity. As a clinical psychologist, Dr. Amy Wenzel has helped countless women who have experienced infertility, pregnancy loss, and other reproductive traumas. Her extensive knowledge and compassion - augmented by her personal experience coping with neonatal loss and infertility - will help you effectively manage the grief associated with reproductive loss.

Miscarriage After Infertility - Margaret Comerford Freda 2003-07
Provides comfort and hope for women who fear that their lost pregnancy may be their last.

Unsung Lullabies - Martha Diamond 2005-06-01
For people experiencing infertility, wanting a baby is a craving unlike any other. The intensity of their longing is matched only by the complexity of the emotional maze they must navigate. With insight and compassion, Drs. Janet Jaffe, Martha Diamond, and David Diamond-specialists in the field of Reproductive Psychology who have each experienced their own struggle with infertility-give couples the tools to: *Reduce their sense of helplessness and isolation *Identify their mates’ coping styles to erase unfair expectations *Listen to
their "unsung lullabies"—their conscious and unconscious dreams about having a family—to mourn the losses of infertility and move on. Groundbreaking, wise, and compassionate, Unsung Lullabies is a necessary companion for anyone coping with infertility.

Reproductive Trauma—Janet Jaffe (Ph. D.) 2011 A comprehensive guide for the clinical practitioner. The authors draw from a wealth of empirical research as well as numerous case studies to provide a deep understanding of the experience of infertility and how to help guide patients through the process.

Hannah’s Hope—Jennifer Saake 2014-02-27 Hannah’s Hope is intended as a guide to assist you in making wise decisions as you struggle through your grief of not yet conceiving, losing a child, or struggling through the adoption process.

Infertility Counseling—Sharon N. Covington 2006-10-16 Infertility Counseling: A Comprehensive Handbook for Clinicians, 2nd edition, is a comprehensive, multidisciplinary textbook for all health professionals providing care for individuals facing reproductive health issues. It is the most thorough and extensive book currently available for clinicians in the field of infertility counseling, providing an exhaustive and comprehensive review of topics. It addresses both the medical and psychological aspects of infertility, reviewing assessment approaches, treatment strategies, counseling for medical conditions impacting fertility, third-party reproduction, alternative family building and post infertility counseling issues. Each chapter follows the same format: introduction, historical overview, literature review, theoretical framework, identification of clinical issues, suggestions for therapeutic interventions, and future implication. This edition also includes extensive appendixes of clinical tools useful to the clinician, including an Internet database of resources and an extensive glossary of terminology.

Infertile Memoir—Leann McCranie 2021-05-20 Waiting to become parents can be a long, heartbreaking journey—especially when it’s due to struggles with infertility. If you’re experiencing this in your life, know that you’re not alone. This is the heart wrenching, exhilarating, devastatingly funny story of the author’s battle with infertility. She wanted a baby so badly she went through nine IVFs. In her worst nightmare she could never have imagined that making a baby would take her four years, each treatment bringing her and her husband Marko closer and closer to creating their family. During the author’s journey everything that can go wrong goes wrong. Until, finally, everything goes just right. She is as hilarious as she is irrepressible, as approachable as she is knowledgeable. If you are struggling with infertility, have triumphed over infertility or have felt empathy with someone who is going through this experience, you will find a friend in the author.

Small Miracles—Rachel Stanfield-Porter 2010-07-01 SMALL MIRACLES is a landmark Australian self-help book offering practical advice, inspiration and comfort for anyone coping with the loss of a baby through miscarriage, stillbirth or prematurity and related issues such as infertility.

Conquering Infertility—Alice D. Domar 2004-02-01 A comprehensive guide to overcoming infertility shows women how to work their way through the medical options and deal with the psychological implications of this common condition. Reprint. 35,000 first printing.

When the Dream is Shattered—Judith Murray 1988-01-01

Experiencing Infertility—Debby Peoples 2000 A practical guide advises couples on how to cope with the emotions surrounding infertility, how to manage the stress of medical treatment, and how to select a doctor.
**If at First You Don't Conceive**-William Schoolcraft 2010-03-16 More than 7.3 million women in the United States are unable to have children because of infertility challenges, according to the American Society for Reproductive Medicine. Women and men diagnosed with infertility often feel overwhelmed and panicked; they are eager for accessible information and medically sound guidance. In this breakthrough book, Dr. Schoolcraft, one of the most renowned fertility specialists, offers hope to prospective parents by explaining what they need to know, including: • choosing the right physician and clinic • finding proven treatments for each condition • dealing with the emotional challenges of infertility • understanding the financial aspects of treatment If at First You Don't Conceive offers the latest information in the key areas of fertility drugs, insemination, in vitro fertilization, male infertility treatments, fertility options for cancer patients, and much more. It saves millions of hopeful parents from suffering and confusion by allowing them to become their own best advocates in the fight for fertility.

**The Infertility Workbook**-Barbara Blitzer 2011-10-01 If you and your partner have struggled with fertility issues, you're well aware of the emotional roller coaster of confusion, frustration, and disappointment that infertility can set in motion. This book offers a comprehensive set of mind-body techniques you can use to help improve fertility from the comfort of your home and make the most of in vitro fertilization (IVF) or other fertility treatments. The stress reduction exercises, coping strategies, and simple lifestyle changes in The Infertility Workbook have been shown in research studies to improve fertility and increase pregnancy rates for couples. As you work through the book, you’ll develop the skills you need to make peace with your body, let go of your fears, and help increase your chance of pregnancy. The book includes exercises and worksheets for: • Understanding how worry and stress affect fertility • Finding and working with a fertility specialist • Coping with envy, disappointment, and blame • Making the lifestyle choices that can help you conceive

**Fertility Counseling**-Sharon N. Covington 2015-04-02 This book presents the latest in-depth, case-based counseling approaches to new, increasingly complex psychosocial issues of patients requiring assisted reproduction.

**Coping with Miscarriage**-Mimi Luebbermann 1995 Discusses the feelings and physical symptoms that often accompany miscarriage, tells how to adjust to the physical changes that occur after a miscarriage, and explains when to consider another pregnancy

**In Search Of Parenthood**-Judith Lasker 2010-06-01 "Anyone considering a new method of conception or struggling to resolve infertility should read this book. The authors point to the need for more public discussion of infertility and more social support groups for the infertile. Reading and discussing this book is a first step. It is also an excellent supplementary text for courses in human sexuality, sex and gender roles, women and society, or medical ethics, and is guaranteed to provoke lively class discussion." -- Contemporary Sociology This revised and updated edition provides an accessible discussion of how new reproductive technologies work and how well they work. Includes gripping personal and professional accounts from infertility specialists and would-be parents who have used in vitro fertilization, donor insemination, surrogacy, and other technologies. Would-be parents speak candidly about the difficult process—repeated office visits, frequent tests, and anxious waiting for results—and the staggering costs—in dollars, stress, and physical consequences. "This book will be useful for several audiences. Infertile women and men considering the new reproductive technologies will find this book an invaluable resource. Health professionals working with infertility patients will find that the book offers helpful insights into the experiences and concerns of their clients. Finally, researchers studying infertility will find this book to be a rich source of interesting hypotheses." --Contemporary Psychology "Lasker and Borg present a thoughtful and sensitive examination of the world of the new reproductive technologies. Most importantly, they offer us the voices of the women and men who have been there: in infertility clinics, in in vitro programs, in so-called 'surrogacy' contracts. They share with us the success and failure, joy and grief of our brave new world of reproduction." --Barbara Katz Rothman, author of The Tentative Pregnancy: Prenatal Diagnosis and the Future of Motherhood
How to Cope with IVF—Silvia Dunn 2015-04-12 'How to Cope with IVF' guides you through a series of lifestyle, nutrition and wellbeing tips in order to maximise your chances of conceiving, and offers clear, practical guidance and information on what's involved in each stage of the IVF process. "How to Cope with IVF" feels like a virtual hand-hold: one I would have wanted to hold very tightly if I'd been able to read it when I went through my IVF treatment" - Infertility Network UK Watch the book trailer here: https://youtu.be/UWZQpa4TIPkIf you've just discovered that you need to undergo IVF treatment, or you're in the middle of an IVF cycle, you may find yourself in unfamiliar territory and it can be easy to feel bogged down by the science, the statistics, the success stories and, most worryingly, stories of unsuccessful IVF treatment. Written by Silvia Dunn, a writer with personal experience of both successful and unsuccessful IVF treatment, 'How to Cope with IVF' gives a jargon-free breakdown of the IVF process and recommends coping strategies for each stage, from preparing emotionally and physically for your IVF cycle through to coping with the results. This book also explains how to enhance your nutrition by eating a variety of superfoods known for boosting fertility, strengthening and repairing immune systems and keeping bodies strong, happy and healthy. It also recommends simple fertility-boosting juices you can add to your daily routine before, during and after IVF. It also arms you with ways in which you can cope with IVF in a healthy and positive way, from relaxation and meditation exercises through to pampering yourself using natural products to manage any physical side effects of fertility drugs. Whatever your fears, concerns, doubts, misconceptions or worries may be, this book will give you hope: hope that you can and will emotionally and physically survive IVF and hope for the future, no matter what happens.

Not Broken—Lora Shahine 2017-03-24 Not Broken is a comprehensive, evidence-based but easy-to-read guide for anyone who wants to understand all aspects of miscarriage and recurrent pregnancy loss. Whether you are a patient struggling with miscarriages or a medical provider caring for patients with recurrent pregnancy loss, you will learn something from this resource. Dr. Shahine explains not only a typical Western medicine approach to evaluation and treatment for miscarriage but also includes Eastern approaches to care, lifestyle factors that will decrease your risk of miscarriage, and the emotional impact of recurrent pregnancy loss. You will finish this book feeling more empowered to be an advocate for your care and more hopeful than ever to continue towards your family goals. "I have one word to describe this fabulous book: FINALLY. Women with recurrent pregnancy loss have been needing this book for years." - Dr. Alice Domar, associate professor of obstetrics, gynecology, and reproductive biology at Harvard Medical School and author of Conquering Infertility and Finding Calm for the Expectant Mom

Unsung Lullabies—Martha Diamond 2005-06-01 A practical handbook for couples confronting the painful challenges of infertility explains how to reduce one's feelings of helplessness, isolation, unfair expectations, and loss in order to move on with one's life. Original. 20,000 first printing.

Miscarriage Mom—Kristy Parisi 2015-12-30 Miscarriage Mom is a must read for anyone who has lost a child through miscarriage. Having experienced six miscarriages, author Kristy Parisi understands the pain and grief of losing an unborn child. Packed with compelling personal stories and actionable advice, Miscarriage Mom offers heartfelt insight into the unforeseen realities surrounding miscarriage and suggests ways to cope. Miscarriage Mom openly addresses the emotions, reactions, and experiences to be expected after a miscarriage. Honoring your unborn baby, returning to work, and dealing with others' reactions are just a few of the many topics addressed. With a genuine desire to help, Kristy wrote Miscarriage Mom for any woman who has suffered the pain and devastation of miscarriage. Including a special man-to-man talk written by Kristy’s husband, Vincent, Miscarriage Mom gives readers a clear look into what to expect now that you’re not expecting.

Lost Children: Coping with Miscarriage for Latter-Day Saints—Rachelle J. Christensen 2010 Whether it Happens to you or someone you love, there's no way to prepare for the overwhelming sense of loss that accompanies a miscarriage. But as Latter-day Saints, we know that Heavenly Father's plan offers solace, even in the face of adversity. Lost Children provides specific
information about miscarriage and how it affects a person physically, emotionally, and spiritually. Rachelle offers insight and reassurance for those who have suffered miscarriage and guidance for those desiring to comfort their loved ones. She emphasizes that we are all children of a loving Heavenly Father, despite the trials we face.---Richard Paul Evans

Any woman that has lost a child and felt that she too has been lost along the way will find comfort, security, and hope within the pages of this book.---Josi S. Kilpack, author of Unsung Lullaby

Lost Children is one of those high-quality reference books that belongs on every therapist's bookshelf. I intend to utilize this book in my practice and highly recommend it as a source of help and comfort.---Russell Beck, LPC and Licensed Designated Examiner for the state of Utah

With facts, gospel insight, experience, and compassion, Lost Children provides understanding and help to those coping with the very real emotions that accompany miscarriage.---Jamie Theler, author of Enjoying the Journey and coauthor of Parenting the Ephraim's Child

It Starts with the Egg-Rebecca Fett 2019-02-28 A practical and evidence-backed approach for improving egg quality and fertility— fully revised and updated in 2019. The latest scientific research reveals that egg quality has a powerful impact on how long it takes to get pregnant and the risk of miscarriage. Poor egg quality is in fact the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF cycles. Based on a vast array of scientific research, It Starts with the Egg provides a comprehensive program for improving egg quality in three months, with specific advice tailored to a variety of fertility challenges— including endometriosis, unexplained infertility, diminished ovarian reserve, PCOS, and recurrent miscarriage. With concrete strategies such as minimizing exposure to common toxins, choosing the right vitamins and supplements to safeguard developing eggs, and harnessing nutritional advice shown to boost IVF success rates, this book offers practical solutions that will help you get pregnant faster and deliver a healthy baby.

Fighting Infertility-Samantha Busch 2021-03-30 Samantha Busch uses her voice to break the silence that surrounds the infertility community in this raw and relatable account of her journey with IVF, loss, and faith. Samantha Busch, wife of NASCAR champion Kyle Busch, knows the thrill of the racing circuit, but she also knows the heartache and despair of infertility. She shares both in this honest and relatable account where faith, family, love, and loss intersect. As Samantha’s and Kyle’s public lives grew more pronounced, their private life was being torn apart. The frustrations and uncertainty of their fertility problems took a toll on them as individuals and as a couple, creating a cyclone of emotions that threatened everything they had worked so hard for. Through these trials, they learned how to build a stronger relationship, foster a deeper faith, and find humor through the tears. They also discovered a passion for helping other couples gain access to fertility treatments. In this memoir, Samantha uses her voice to break the silence and stigma that surround the infertility community. She details her battle with infertility, including her IVF experience, her miscarriage, a failed cycle, and the overwhelming grief and depression that surrounded these obstacles. By sharing practical advice as well as candid and inspiring stories of her journey, she provides support, validation, community, and education for others experiencing similar tribulations. Fighting Infertility is an opportunity to feel understood, to gain strength through the struggle, and to ignite your inner warrior.

I Had a Miscarriage-Jessica Zucker 2021-03-09 "I HAD A MISCARRIAGE is Dr. Jessica Zucker's account of her miscarriage that occurred sixteen weeks into her pregnancy, and her journey of recovery following it. Drawing from her psychological expertise and her work as the creator of the viral #IHadaMiscarriage campaign, this book uses Zucker's and other women's experiences to explore grief, healing, and the power of speaking one's truth"--

Managing the Stress of Infertility-Carol Fulwiler Jones 2012-02-01 Are You In Treatment For Infertility? Do you get upset when you attend baby showers or go to malls full of baby strollers and pregnant women? Do you feel like crying when friends or family ask a question like, “Are you still trying to get pregnant?” Do you wish your husband would be more supportive and take a more active role in your fertility and conception treatments? Are you spending too much time worrying about becoming pregnant? Do you feel like your body has betrayed you every time you start your period? Do you feel helpless, powerless, and out of control? This Book
Will Help You: • Manage Your Emotions • Get Your Husband To Be More Supportive And Involved • Deal With Painful Social Situations • Ease Your Frustrations • Regain A Sense Of Control.

The Fertility Doctor's Guide to Overcoming Infertility—Mark P. Trolice 2020-01-07 Give yourself the best-possible odds for getting pregnant and having a baby with this concise, expert, and encouraging companion as your guide! In the only general guide to infertility written by a medical doctor who specializes in the subject, Mark Trolice, MD—who is board-certified in both OB/GYN and REI (Reproductive Endocrinology and Infertility)—shares the practical knowledge he has gained from working in infertility medicine for years, with many hundreds of patients, along with the warmth and wisdom he has acquired from getting to know prospective parents from all kinds of backgrounds. The journey from infertility to fertility, from childlessness to a brand-new baby, can be long and arduous. It involves complicated medical diagnoses, a wide range of treatment options, a host of potential lifestyle changes, lots of emotional ups and downs, and—even with the best medical insurance—challenging financial decisions. Your doctors cannot decide everything for you, and that is why an authoritative and comprehensive book, written in clear and understandable language for the layperson, is essential. This is that book. The book opens with an exploration of all the possible causes of infertility, covering both couples who have never been pregnant and ones who have had recurrent losses of pregnancies. Unique among infertility guides, this volume gives roughly equal weight to male and female causes, which is important because about 40% of infertility cases are due to men's issues—and some couples need to address issues in both the prospective mother and prospective father. It covers endometriosis, fibroids, POS (Polycystic Ovarian Syndrome), tubal factor, male factor, and other possible causes. Next it looks at your treatment options. Importantly, these are not just medical interventions, but they also include lifestyle changes you alone can make, involving sleep, diet, exercise, and other forms of self-care. Among medical options, IUI (Intrauterine Insemination), IVF (In Vitro Fertilization), and various surgical procedures are covered in detail. Some couples are lucky to have a short journey to fertility. For others, the process takes years. With a gentle and sure hand, and non-judgmentally, Dr. Trolice guides you through the many decisions you need to make along the way, such as whether or not to continue treatments, whether to change practitioners or treatments, and whether it is a good idea to continue to spend money on procedures not covered by your insurance. He understands that these are emotionally weighty decisions that involve the future of your family, and he provides ample grounds for optimism and hope, empowering you as you take this journey.

Trying Again—Ann Douglas 2000-10-25 Written especially for parents who have lost a child, Trying Again provides facts to help determine whether you, or your partner, are emotionally ready for another pregnancy.

Hilariously Infertile—Karen Jeffries 2018-08-26 This book, titled Hilariously Infertile, is on a mission to make others who have struggled with infertility, laugh (perhaps while their feet are still in the stirrups and their vaginas are enjoying the fresh air of the fertility clinic). It is a comedic, self-deprecating, look into the harsh, scary, and often sad world of infertility. Hilariously Infertile will make you laugh out loud while wishing you could have a glass of wine with the author and discuss how you relate to her story is. The author pokes fun at the infertility world, with jokes, such as, equating the constant gynecological exams to her sluttiest days in college, and wondering if her husband will be home in time to stick it (the IVF ass shot) into her butt. We follow the author's journey from trying to conceive on her own, discovering she is infertile, getting pregnant, and then doing it all again for her second child. The entire journey is marked with uproarious scenes that any woman who has ever been to the gynecologist can identify with. At times, the author's candor will surely lead the reader to conclude that the outlandish stories cannot be true. But they are, all of them. Included in the journey is a chapter on being a new mom. This chapter is funny and real. It does not boast about being a parent, to those who still may be on that path; rather, it speaks candidly about the adjustment to a new life that the author worked hard to achieve, via fertility treatments, and yet still was not ready for. There is no filter for the author of Hilariously Infertile. This book tells it like it is, from sex, to infertility, to being a mother and a wife. If you have thought it somewhere deep down inside, this book says it aloud.
**The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility**
- Lisa Hendrickson-Jack 2019-01-21

**MENSTRUATION ISN'T JUST ABOUT HAVING BABIES**

Your menstrual cycle is a vital sign, just like your pulse, temperature, respiration rate, and blood pressure. And it provides you with essential information about your health. The Fifth Vital Sign: Master Your Cycles and Optimize Your Fertility brings together over 1,000 meticulously researched scientific references in a textbook-quality guide to understanding your menstrual cycle.

In this book you’ll learn:
- What a normal cycle looks like;
- The best way to chart your cycle and increase your fertility awareness;
- How to manage critical aspects of your health, including better sleep, exercise, and a healthier diet;
- Natural methods for managing period pain and PMS;
- How to successfully avoid pregnancy without the pill; and
- How to plan ahead if you do want to get pregnant.

The Fifth Vital Sign aims to better connect women with their menstrual cycles, to break the myth that ovulation is only important when you’re ready to have a baby. READ THE FIFTH VITAL SIGN TO BETTER UNDERSTAND YOUR HEALTH AND FERTILITY

Whether children are a part of your future plans or not, your health matters. Start learning more now, and take control of your health. ABOUT THE AUTHOR Lisa Hendrickson-Jack is a certified Fertility Awareness Educator and Holistic Reproductive Health Practitioner. She teaches women to chart their menstrual cycles for natural birth control, conception, and overall health monitoring. In her work, Lisa draws heavily from the current scientific literature and presents an evidence-based approach to fertility awareness and menstrual cycle optimization.

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**When You’re Not Expecting**
- Constance Hoenk Shapiro 2010-06-29

**Surviving the challenges of infertility**

Often enduring years of heartache, couples with infertility number over 7.3 million. Enduring the daunting difficulties of treatment is something few women are prepared for. Based on the personal stories of 200 women determined to overcome infertility, this surprisingly upbeat survivors’ guide gives the kind of hard-won wisdom essential to making it through the process. Not only does the book detail coping strategies, it also presents tips for strengthening stressed relationships and addresses the unique needs of single women and lesbians. An essential guide for women and couples, friends and family, and health care providers and therapists, this book offers the solace and strength needed to prevail even after years of struggle. Written by a therapist, consultant, and public speaker dedicated to the study of infertility and its emotional impact, Other titles by Shapiro: When Part of the Self Is Lost and Infertility and Pregnancy Loss.

For any woman or couple who feel as if they’re facing infertility alone, When You’re Not Expecting is a must-have book. [http://connieshapiro13.blogspot.com/](http://connieshapiro13.blogspot.com/)

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**The Impatient Woman’s Guide to Getting Pregnant**
- Jean M. Twenge 2012-04-17

**Comforting and intimate, this “girlfriend” guide to getting pregnant gets to the heart of all the emotional issues around having children—biological pressure, in-law pressures, greater social pressures—to support women who are considering getting pregnant.**

Trying to get pregnant is enough to make any woman impatient. The Impatient Woman’s Guide to Getting Pregnant is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend who’s been through it all. And in fact, Dr. Jean Twenge has been through it all—the mother of three young children, she started researching fertility when trying to conceive for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information—sometimes contradictory, frequently alarmist, and often discouraging—that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you’ve been led to believe.

Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is how to know when you’re ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet.

Trying to conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, The Impatient Woman’s Guide to Getting Pregnant is the bedside companion to help you through it.
Coping With Infertility - Arnette Thansamai 2021-05-09

For people experiencing infertility, wanting a baby is a craving unlike any other. The intensity of their longing is matched only by the complexity of the emotional maze they must navigate. So this book will be a healing treatment for those struggling with infertility or miscarriages. It is also a good one to read for those who want to understand what others may be going through. In this infertility stories of hope book, you will discover:

Section One: Struggles of the Heart
Section Two: Struggles of the Mind
Section Three: Struggles of the Body
Section Four: Struggles of the Spirit
Section Five: A word of Hope

Every story is true about men and women suffering from infertility. And they all will touch your heart. Let's not waste any more time! Dive in and start reading!

Infertility - Sandra R. Leiblum 1997

Infertility: Psychological Issues and Counseling Strategies is a valuable reference for mental health professionals who treat individuals and couples grappling with the psychological and emotional strains of infertility and its treatment. Drawing upon their professional experiences as well as the current literature in the field, leading practitioners consider the differences in how women and men react to a diagnosis of infertility and describe strategies for helping individuals deal with the anxieties, feelings of inadequacy, and low self-esteem that can follow such a diagnosis. These experts examine the effects of infertility on love, sex, and other facets of a relationship and detail methods for helping couples resolve conflicts about infertility. They explore the latest findings on pregnancy-related stress and its possible somatic effects, and they describe effective stress management techniques. They offer practical guidelines for helping patients to cope with failed fertility treatments and manage the grief of a miscarriage. And they examine a wide range of clinical issues surrounding alternative routes to parenting, including adoption.

Women's Mental Health - Susan G. Kornstein 2004-12-15

This comprehensive reference and text synthesizes a vast body of clinically useful knowledge about women's mental health and health care. Coverage includes women's psychobiology across the life span--sex differences in neurobiology and psychopharmacology and psychiatric aspects of the reproductive cycle--as well as gender-related issues in assessment and treatment of frequently encountered psychiatric disorders. Current findings are presented on sex differences in epidemiology, risk factors, presenting symptoms, treatment options and outcomes, and more. Also addressed are mental health consultation to other medical specialties, developmental and sociocultural considerations in service delivery, and research methodology and health policy concerns.

Through, Not Around - Allison McDonald Ace 2019-01-26

Everything doesn’t (always) happen for a reason. Infertility and pregnancy loss can be devastating, yet both are often private sorrows for the one in six people who cope with the experience. This collection offers personal stories about what it’s like to go through the emotional and physical facets of infertility, miscarriage, and pregnancy loss: the pain, sadness, and desperation, the hope, humour, and frustration. Through, Not Around offers reassurance to those in the midst of their own struggles that they are not alone and that it is possible to find acceptance and strength on the other side of grief. The way forward is by going through the grief, not around it. Allison McDonald Ace, Ariel Ng Bourbonnais, and Caroline Starr are co-founders of The 16 Percent, a website dedicated to sharing stories of pregnancy loss and infertility. To read or share your story, visit the16percent.ca.

Stick It to Me, Baby! - Danica Thornberry L.Ac. 2016-03-08

For women who struggle with infertility, the process of conceiving and carrying a baby is fraught with physical, emotional and spiritual anguish. Renowned acupuncturist and fertility expert Danica Thornberry has guided thousands of women along a journey back to themselves to reclaim their fertility - and their lives. In Stick It to Me, Baby! Danica weaves together the wisdom of Chinese medicine and the insights from her own pilgrimage to baby into a tapestry of inspirational stories collected within the walls of her practice. She reveals how changing our attitude about infertility can lead to profound healing - turning the quest for baby into a powerful and transformative journey toward wholeness and love.
**Infertility and PTSD** - Joanna Flemons 2018-04-27

Infertility affects one in eight couples, causing widespread grief, anxiety, and stress affecting both men and women. One-third of infertility is attributed to male factor; another one-third to female factor; and the remainder from both and unexplained factors. Increasingly, research indicates that certain experiences during infertility can trigger or exacerbate posttraumatic stress disorder. PTSD alters how people view themselves, the world, and their future. Insomnia, flashbacks, acute anxiety, avoidance, triggers, and other symptoms of PTSD create significant physical and psychological challenges to manage, in addition to the everyday complexities of infertility. No book can replace the help of a qualified trauma counselor, but *Infertility and PTSD* offers validation, explanation, and a roadmap for those suffering. Trauma-informed therapist Joanna Flemons explains the complex relationship between PTSD and infertility, and offers proven techniques and strategies for reducing trauma symptoms and loosening the powerful grip of PTSD. An insightful examination of a complex issue only just being recognized, *Infertility and PTSD* is an invaluable aid for men and women experiencing infertility-triggered PTSD and for family and friends who want to help them navigate what seems like an uncharted storm.

**Taking Charge of Your Fertility** - Toni Weschler 2015-07-14

This new edition for the twentieth anniversary of the groundbreaking national bestseller provides all the information you need to monitor your menstrual cycle—along with updated information on the latest reproductive technologies. Are you unhappy with your current method of birth control? Or demoralized by your quest to have a baby? Do you experience confusing signs and symptoms at various times in your cycle? This invaluable resource provides the answers to your questions while giving you amazing insights into your body. *Taking Charge of Your Fertility* has helped literally hundreds of thousands of women avoid pregnancy naturally, maximize their chances of getting pregnant, or simply gain better control of their gynecological and sexual health. Toni Weschler thoroughly explains the empowering Fertility Awareness Method (FAM), which in only a couple of minutes a day allows you to: Enjoy highly effective and scientifically proven birth control without chemicals or devices Maximize your chances of conception before you see a doctor or resort to invasive high-tech options Expedite your fertility treatment by quickly identifying impediments to pregnancy achievement Gain control and a true understanding of your gynecological and sexual health This new edition includes: A fully revised and intuitive charting system A selection of personalized master charts for birth control, pregnancy achievement, breastfeeding, and menopause An expanded sixteen-page color insert that reflects the book’s most important concepts Six brand-new chapters on topics including balancing hormones naturally, preserving your future fertility, and three medical conditions all women should be aware of.

**Fully Fertile** - Tami Quinn 2010-10-01

The healing powers of traditional yoga, Oriental medicine, nutrition, and other mind/body techniques are accessible with this do-it-yourself manual for women who are struggling with infertility or just looking to improve their odds of conception. Natural methods based on Integrative Care for Fertility™ use a holistic approach to demonstrate how a home-based holistic fertility program can improve mind, body, and spirit, and in turn, maximize chances for conceiving. Photographs are provided to illustrate the proper yoga postures, and interspersed stories from yoga practitioners and experts present real-life struggles of infertility patients and victories that will inspire all women who are trying for a healthy pregnancy and birth. With more than 30 pages of new information, this updated edition also includes a study guide.