

# Mind/Body Course Content

## Emotional Health Education for Fertility Patients

Location - 900 Welch Rd, Suite 200 6:00 pm-8:00 pm

Research studies have suggested that the effects of stress can compromise one's fertility. This course introduces participants to a number of healing therapies and stress reduction techniques. The program is two-fold: includes skills building and emotional support

### Mind/Body Course includes: Six Group Sessions

- 05/31/10      Session 1 *(Please bring your partner to this session)*
- Explanation of how stress relates to infertility
  - The 3 legged stool-analogy for optimal health
  - How to elicit the relaxation response
  - Belly Breathing
- 06/07/10      Session 2
- Circle of Liberation
  - Type A and B personalities and how to modify your style
  - Learn the 7 steps to becoming more mindful
  - Mindfulness in relationships
- 06/14/10      Session 3
- Journal writing
  - Explanation of cognitive distortions and how they impact thinking
  - Cognitive restructuring as a way to increase flexible thinking
  - Improve thinking patterns as it relates to infertility and feel better
- 06/28/10      Session 4 *(Please bring your partner to this session)*
- Improving communication skills
  - Learn the different coping styles of men and women as they deal with infertility
  - Tips for supporting your partner as you navigate the ups and downs of treatment
  - Principles of a strong partnership – a strong and enduring relationship
- 07/07/10      Session 5
- Self care and nurturing
  - Exercise and nutrition
  - Life Balance Assessment and Planning
  - Focus on activities that bring your joy
  - Recreate your “time pie” to improve wellbeing
- 07/12/10      Session 6
- Resilience–what it is and how to develop the qualities of resilient people
  - Affect of spirituality on mindfulness – something greater than ourselves
  - Healing Circle
  - Group Continuation

**Course Fee: \$300**

**Questions:** For additional information call Penny Donnelly RN MFT at 650- 723-6408 or e-mail [pdonnelly@stanfordmed.org](mailto:pdonnelly@stanfordmed.org).

**Registration:** Call 650-498-7911 option 1, or email Penny Donnelly RN MFT (see above)