

Commonly Asked Questions About Mind/Body Skill Training For Infertility

What are MindBody Skills?

MindBody Skills are all of the techniques that help you connect your thoughts with your feelings as well as all of the skills you can learn to help you feel calm and in control. They include relaxation techniques, imagery, meditation, movement, breath work, hypnosis, energy work, drawing, storytelling, movement, biofeedback, and ritual.

I am already doing yoga and exercise. Can this training also be useful to me?

Yoga, exercise, and other relaxing or pleasurable activities are all helpful in maintaining emotional and physical balance. MindBody Skill Training can add another dimension by giving you specific skills you can use throughout the day to feel more relaxed and optimistic. The training also helps you address your specific issues and needs as you move through the emotional and physical challenges of infertility.

I am already seeing a therapist. Will this conflict? Aren't I already getting enough support?

MindBody Skill Training can enhance your therapy by helping you find additional ways to connect with and calm yourself. It is no more in conflict than going to a yoga class or getting a massage. It is important, however, that your therapist be comfortable with what you are doing. With your permission I am available to speak with your therapist to discuss the best way to coordinate treatment.

How long would I have to come?

This depends on the individual's needs and preferences. Most people who have other sources of support come for 5 to 12 sessions. Some people choose to stay longer in order to deepen the work or to have ongoing support. Others come for a few sessions and find it helpful. Each session involves learning a new skill or approach.

Will this help me get pregnant?

The relationship between stress, depression, and infertility is currently being studied. In studies by Alice Domar patients receiving mindbody skill training and emotional support conceived at higher rates than those receiving standard medical treatment alone. Mindbody skill training participants reported feeling happier and more optimistic over the long term than those in general support groups.

What will we do in a mindbody session?

We will talk to assess your needs and goals. We will work with one of the skills. You will be asked to practice at home. The goal is to empower you to regulate your own state.

What is the cost? Will my insurance cover this?

The cost is the same as a general psychotherapy session. You will be given a bill which you can submit to your insurance company. In most instances, sessions are reimbursable as psychotherapy.

Where are your offices?

One of my offices is near the Bethesda Metro. There is parking under the building and on the street. I also have an office in Silver Spring which has free parking.