HAPPY MINDS

IVF Mind & Body Progamme

Philippa Youngs

Helping Families During IVF

The IVF Mind and Body Programme

The IVF Mind and Body Programme was designed by fertility experts to help you to alleviate stress and anxiety and encourage implantation.

This programme combines acupuncture treatment with specialist fertility coaching to support your cycle of IVF through to its conclusion.

Benefits and expected outcomes

•Provides practical relaxation techniques to manage stress
•Relieves stress on the central nervous system and therefore promote fertility
•Acupuncture for stress reduction
•Acupuncture to encourage implantation
•Coaching with fertility specialist psychologist
•Plan for outcomes with good coping mechanisms
•Psychological support for outcome of pregnancy tests
•Increasing psychological resiliency for future cycles/pregnancy
•Set up parenting in a positive way
•Increase general sense of well being
•Space to discuss with your partner your thoughts and feelings about fertility on neutral ground

Support and understanding from experts

The programme

2 Weeks prior to embryo transfer

You will meet both practitioners for separate sessions in the couple of weeks prior to your embryo transfer. This will give you the opportunity to talk about what you need from the programme and to get comfortable with both practitioners prior to the day of transfer. Your first session of acupuncture will include an assessment of your fertility from a Chinese medicine prospective and you will have your first acupuncture treatment based on these findings. Your first session of Fertility Coaching will include information on practical relaxation techniques for you to practice prior to transfer.

Day of embryo transfer

On the day of embryo transfer you will have two acupuncture treatments. The first aims to calm and prepare you for the transfer, so you arrive at the clinic in a relaxed and receptive state ready for your transfer.

The second session of acupuncture directly after the transfer has the implantation of your embryo at its heart. The focus of this session is to encourage the body to accept the embryo and support the implantation process. It is also a time to set your body up for the process of early pregnancy.

The two week wait

During the following two weeks, the focus of both sessions will be on sleep, managing anxiety and calming the mind.

Your sessions of fertility coaching with the Psychologist will be focussing on managing thoughts, feelings and behaviours surrounding the IVF process, and making a clear, effective plan for coping, whatever the outcome. You are invited to bring your partner for this session.

If you are finding that you can't think of anything but the outcome of the blood test, your session of acupuncture during this time can help you loosen your grip on those thoughts and relax. Your needs will be discussed at each appointment and a prescription of acupuncture points will be made that will best suit you on the day.

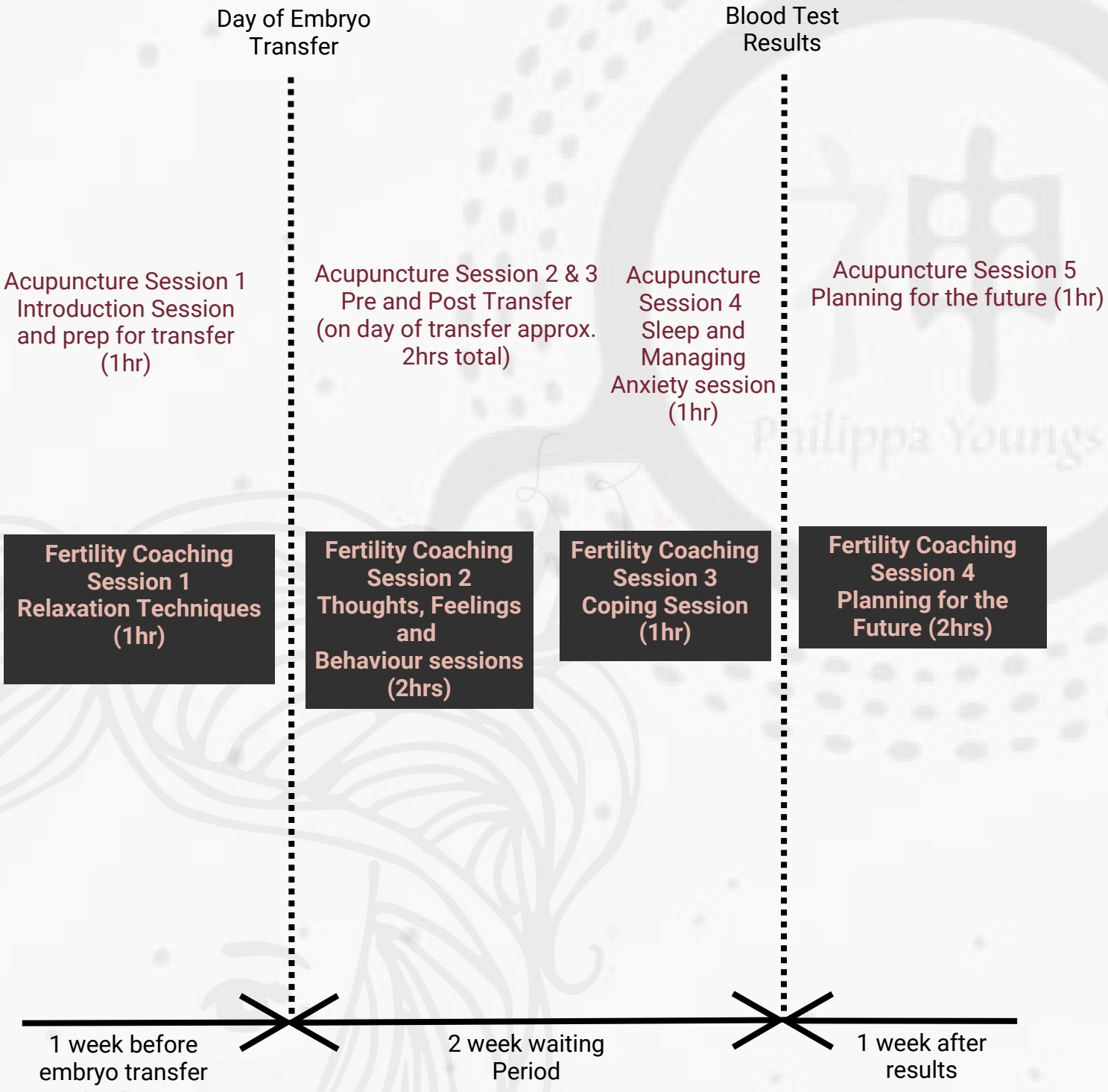
Blood test results

The final appointments will be following the results of your blood test. Whatever the outcome of your test, you will be supported so that you leave feeling calm and grounded.

Your session of fertility coaching during this time will be focussed on bringing this particular cycle to an end and discussing the results of the test. An important part of this final session is planning for the future, whatever that may bring, in a positive way.
Your final session of acupuncture will discuss what you need in the following weeks, creating a plan that will carry you forward.

Support and understanding from experts

IVF Mind and Body Programme



Support you need when you need it

Your Experts

I have practised Chinese medicine for over 15 years, and have a degree in Chinese herbal medicine and another in acupuncture, both from Victoria University in Melbourne. The focus of my practice has always been pregnancy and fertility. I use acupuncture with women to help them create the healthy families they so dearly desire. This is my calling.

My passion for acupuncture and Chinese medicine has planted the seeds to enable the Good Egg Natural Fertility Clinic to open its doors, providing a secure, calm and capable practice to support women in all areas of fertility and pregnancy.

Philippa Youngs, Founder & Principal Practitioner, Good Egg Natural Fertility

Happy Minds Psychology helps women and their families to flourish by creating meaningful and sustainable positive change. The focus of my practice is to provide specialist support to women during the fertility journey, as well as during the postnatal period. I have more than 15 years industry experience as a Psychologist, and am proud to say that at Happy Minds we do things rather differently!

As a Positive Psychologist, my job is to help women focus on what's right with them, rather than what's wrong, and use that as leverage to create big change using the latest, evidence based psychology. Happy Minds Psychology is built on the foundations of positivity, dignity and family, within a nurturing and compassionate environment.

Sarah-Jayne Duryea, Founder & Principal Psychologist, Happy Minds Psychology

Investment

Total package $1995

Includes:

5 hours acupuncture, including pre and post transfer sessions
6 hours fertility coaching with specialist Psychologist

Payment Options:

Option 1: $550 deposit due before first session then final payment of $1445 due before day of transfer
Option 2: Up front one off payment of $1895, saving $100.

Medicare and private health fund rebates available - contact us for further details.

Term and Conditions.
** This program is valid for one cycle of IVF only. This program does not guarantee viable pregnancy or successful birth. Treatment from the Psychologist in this program is restricted to coaching only and not to be considered therapy. You will be required to recognise this via a consent form. All information gathered during coaching will be considered as confidential unless previously advised by your practitioner. Either practitioner reserves the right to cancel a session if 24 hours notice of postponement is not provided. **

Contact either expert to secure your programme

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