

Coping Skills and Support Group *for Infertility Patients*

Learn research-based tools to
reduce stress and promote
emotional well-being

“It was a great
experience that allowed
many of us to become
centered as women
going through the
infertility process...

The Group also
provided a huge
emotional support
system for us all...”

Carla

Stress reduction techniques
Challenging self-defeating beliefs
Maintaining support, intimacy
& connection
Enhancing emotional wellness
Cultivating balance
Practical tools for coping
Educating friend and family



Britta Dinsmore, Ph.D.,
Licensed Psychologist

“I found the group helpful on a number of levels. I developed lasting friendships with folks who understand what it is like to struggle with infertility...”

Serena

SUPPORT/THERAPY GROUPS

Facing fertility challenges can be an isolating experience and, for a variety of reasons, emotional distress is common among infertility patients. Social support, as well as the acquisition of coping tools, has been shown to reduce emotional distress and potentially to optimize the body's receptiveness to infertility treatment.

The three-week coping/support group series is designed to teach you research-based tools to reduce stress and promote emotional well-being and to help you develop supportive relationships with others facing similar challenges and decisions.

Upon completion of the three weeks, participants will be guided in the direction of forming an ongoing peer support format that fits the needs of the group.

Groups held at:

**Oregon Reproductive Medicine's
Administration Building
2311 NW Northrup, #104,
Portland, Oregon 97210**

Each three week group series meets on a weeknight and runs for three consecutive weeks.

6:30 p.m. to 7:30 p.m.

Pre-registration is required.

Cost: \$150 (\$50 for each group)

Oregon Reproductive Medicine's coupons for one complimentary counseling session may be utilized to cover this cost.

INDIVIDUAL/COUPLES CONSULTATION

Consultation with a psychologist can help you navigate the emotional and psychological aspects of your infertility experience. An initial psychoeducational consultation will address topics typically relevant to individuals and couples experiencing infertility. These include: decision-making about treatment options and complex ART-related issues, strategies for managing stress and enhancing overall emotional well-being, couples communication, social support needs and relationship dynamics with friends and family, and issues related to pregnancy/parenting after infertility. There will also be time for you to discuss any specific needs or concerns that may be on your mind. Many patients find either ongoing or intermittent counseling sessions at different points during their infertility journey to be helpful in decision-making as well as in supporting their efforts to put forward their best emotional and psychological resources during this time.

Britta Dinsmore, Ph.D.,
Licensed Psychologist

For more information or
to register call 503.913.4791

Dr. Dinsmore is located in the
Multnomah Village area of
Southwest Portland, approximately
10 minutes from downtown
Portland.

BIOGRAPHICAL INFORMATION

Britta Dinsmore, Ph.D. is a psychologist who specializes in the emotional and psychological aspects of infertility. She has been licensed as a psychologist in the State of Oregon since 1999.

Dr. Dinsmore joined the Oregon Reproductive Medicine (formerly Portland Center for Reproductive Medicine) as a psychological consultant in 2005. She addresses the psychosocial aspects of reproductive medicine through individual and couples counseling and supportive group therapy.

Dr. Dinsmore earned her doctorate in Counseling Psychology at the University of Oregon in 1998. She completed a two-year graduate fellowship at the University of Oregon Health and Counseling Center and a residency at Pacific University's Health and Counseling Center. Dr. Dinsmore has also worked in the behavioral health programs at Providence Medical Center and Hazelden Springbrook.

Dr. Dinsmore is a member of the American Society for Reproductive Medicine and the ASRM's Mental Health Professionals Group. Other professional memberships include the American Psychological Association and the Oregon Psychological Association. Additionally, Britta is a professional member of Resolve: The National Infertility Organization and is on the Board of Directors of the Parents via Egg Donation organization.