



## Why have counselling during fertility treatment?

Our staff at CRGH are available to offer you and/or your partner support and advice. However, you might decide that you would like more time and privacy to think and talk about your experiences and feelings with an independent professional not involved in your care who has the skills and objectivity to listen more attentively.

We want you and/or your partner to feel fully supported and we hope that counselling may help you to find more effective ways of navigating this challenging process.

Our independent counsellors are available to offer you support prior to, during and after treatment.

## Different types of counselling are offered based on your needs

### 1 **Implications counselling for treatment with donated eggs, sperm or embryos and for those involved in surrogacy.**

The aim of implications counselling is to explore the social, ethical and legal implications of donation or surrogacy, as well as to provide patients with the opportunity to discuss their concerns and anxieties. An implications session is an HFEA recommendation and the HFEA state the following on their website:

*"Implications of treatment is especially important if you are considering using donated sperm, eggs or embryos or surrogacy arrangements - all of which involve complicated issues. You may need time to explore how you feel, to consider the needs and legal rights of donor-conceived children and to talk about whether this is going to be the right decision for you."*

At CRGH, one implications counselling session is mandatory before any intended treatment using donor eggs, sperm or embryos and for those involved in surrogacy.

If you are deciding to become a donor, we also ask that you explore the implications of this process.

### 2 **Supportive counselling to provide emotional support before, during or after fertility treatment.**

Counselling gives you the opportunity to work through your feelings at specific stages in your treatment. Many people find that infertility and assisted conception treatments are stressful. Counselling can be especially useful in helping you to work through the emotions you may experience before, during and after treatment. This may be when you first find out you have fertility problems, when you are waiting for results or if your treatment is not successful.

## What does CRGH offer?

We offer all our patients free of charge one counselling session for every treatment cycle undertaken at the centre. Two implications sessions are offered free of charge in any treatment involving donated sperm or eggs, surrogacy or gamete donation. The sessions last 50 minutes.

## Confidentiality

When you have undertaken a counselling or implications session the counsellor will write to your CRGH doctor letting us know that you were seen. Counselling is confidential unless there are concerns about your welfare or the welfare of your child. Any concerns would be discussed first with you and if felt necessary, then be shared with your doctor.

## Service evaluation

You will be invited to give anonymous feedback about the service. This helps us to ensure that a quality service is provided. We understand that you have a lot of paperwork to deal with in relation to your treatment, so we do appreciate the time that you take in responding to this.