



Counselling

Subfertility, and especially IVF treatment, is stressful for all couples. The desire to have a child is natural and, when month after month conception does not occur feelings of anger, shame, guilt, powerlessness and despair may develop. Relationships with the partner, family members and friends may become strained leading to a breakdown in communication and feelings of isolation. There are many difficult decisions that must be made and the success rates of treatment may be disappointing.

For these and other reasons we strongly recommend that all couples consider at least one visit to our counsellor. Many couples feel that they do not require counselling before they commence their first cycle of IVF. However, quite often couples are not prepared for the intensity of the whole process and many request counselling before starting a second cycle. Often, being able to talk to someone, such as a counsellor, makes the process easier.

Merrion Fertility Clinic has several independent counsellors attached to the clinic who have considerable expertise in relationship and fertility counselling. They can be contacted confidentially through the clinic.

Chinese medicine

Complementary medicine is a term used to describe a range of treatments outside of conventional western medical treatments. Many of these therapies are based on what is called holistic philosophy i.e. that body, mind and spirit are indivisible. The strength of the complementary medical approach is that it concentrates on increasing those resources, physical and emotional, which are needed for dealing with any issue in a person's life and on restoring well being.

We have two practitioners of Chinese medicine (acupuncture and Chinese herbal medicine) attached to our clinic. As collaboration between western medical specialists and Chinese trained medical specialists increases there is more and more evidence of the effectiveness of Chinese medicine in the treatment of fertility. All treatment is based on the idea that the basic issue in fertility treatment is that of the body's reserves of energy. If conserved, treated appropriately and nourished with the help of both acupuncture and herbal medicine, fertility will increase.

Anyone consulting a complementary therapist needs to be sure of that practitioner's professional credentials. Make sure at least that they belong to a professional organization.