



## How will this help me?

This one day workshop offers practical solutions for coping with the well-recognised emotional and physical pressures of fertility treatment.

### Topics to be covered:

- Fertility enhancing lifestyle behaviours
- Lifestyle review
- Stress management skills (changing thinking patterns and learning relaxation techniques)
- Learn effective coping skills for mood changes
- Staying in the moment with mindfulness
- Self-nurturing and self-esteem building
- Effective communication
- Enhancing your relationship
- Creating a personal plan for changes that you want to see in the short, medium and long term

## Make Connections & Influence Your Outcome

Faced with unexpected fertility issues and embarking on treatment can be overwhelming and may leave you feeling emotionally and physically exhausted. Couples and individuals often share that they feel anxious or isolated.

The Mind Body workshop offers those who are attempting to conceive the opportunity to explore and enhance mind body health to establish a sense of wellbeing and empowerment.

This workshop benefits those who wish to reduce stress on their journey to conception through relaxation tools and techniques. By making connections between head, heart and body you can begin to influence how you manage your thoughts and feelings throughout treatment.

Based on international research and the knowledge and experience of the facilitators, this workshop has been designed to benefit those who wish to improve wellbeing and enable you to feel more in control.



## What will I achieve?

### By the end of the workshop you will have:

- Deepened your knowledge and understanding of the impact of problems with fertility and have had a chance to reflect on your own experience in a supportive context
- Become more aware of your existing skills
- Been introduced to some new skills that you feel will help you cope effectively
- Recognised that the isolation and loneliness can be lessened through support
- Identified ways to affirm and nurture yourself
- Learned techniques to reduce negative thoughts
- Reclaim your self-confidence and feel empowered



## The Facilitators

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Angela O'Mahony has been working at Cork Fertility Centre as a Fertility Counsellor for the past ten years. She is an accredited Integrative Psychotherapist and a Psycho-Sexual Therapist having begun her career as a Social Worker with the HSE, Voluntary and Hospital Services. She has extensive experience in many settings including reproductive health and sexuality. Angela has a special interest in the integration of mind body health and has undertaken training for Mental Health Professionals in the U.S with Dr Alice Domar PhD, a renowned international expert, who has carried out extensive research in mind body medicine.

Mary Sheehan is a Clinical Psychologist, Psychotherapist and Fertility Counsellor. She has over twenty years experience as a Fertility Counsellor, Clinical Psychologist and Psychotherapist. Mary works with the Assisted Conception Unit in Clane, Co Kildare and also provides a fertility counselling service to clients from other Fertility Clinics and services. She has a private practice at Clane Hospital and Vista Clinic in Naas, Co Kildare.

Therapeutic approaches used by the Facilitators include Integrative, Psychodynamic and Cognitive Behavioural Therapy (CBT). Both Mary and Angela are founding members of Irish Fertility Counsellors Association (IFCA).

## Details

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**Venue:** Hayfield Manor Hotel, Perrott Ave, College Road, Cork [www.hayfieldmanor.ie](http://www.hayfieldmanor.ie)

**Date:** Saturday, February 8<sup>th</sup> 2014

**Time:** 9.30am – 4.30pm

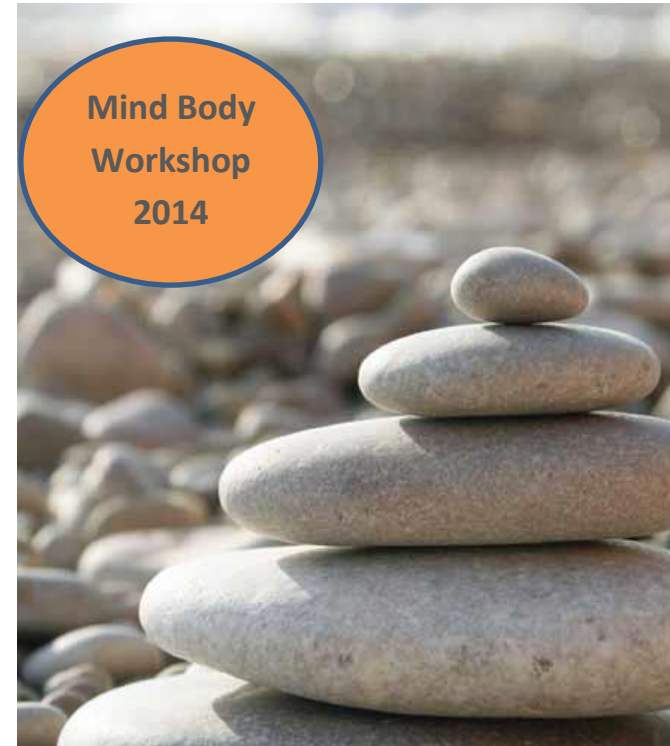
**Fee:** €95 per person including lunch and refreshments

**Registration:** To reserve your place or receive further information, please email Angela at [advice@corkfertilitycentre.com](mailto:advice@corkfertilitycentre.com)

*Please note this is a small group for women, only 15 spaces available. Please book early to reserve your place. There is no requirement to share personal information or experience with the group.*

For more information visit:

[www.corkfertilitycentre.com](http://www.corkfertilitycentre.com)



***LISTEN TO YOUR BODY  
EMPOWER YOUR MIND***

***Saturday, February 8<sup>th</sup> 2014***

***Hayfield Manor Hotel***