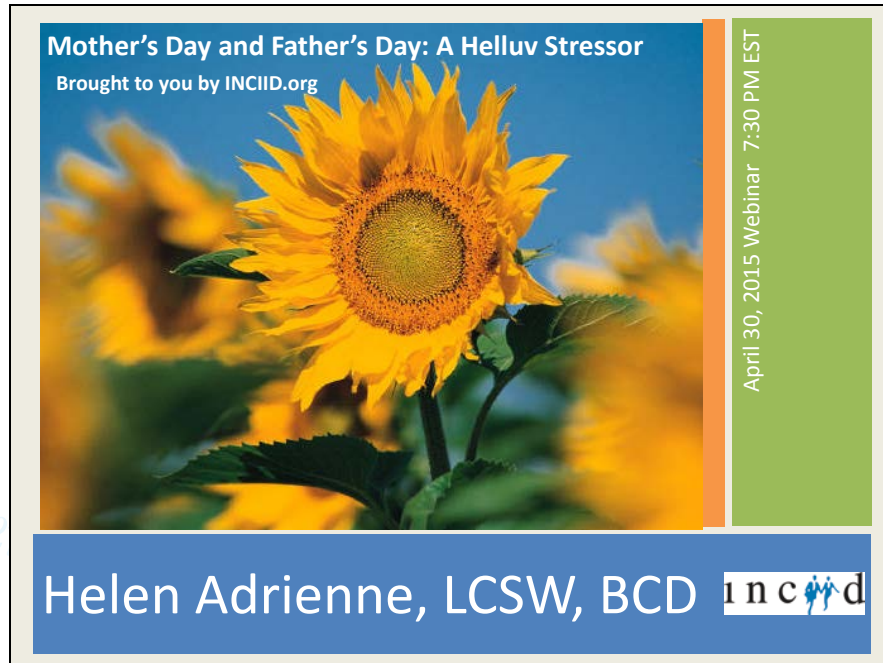


April 30, 2015 7:30 PM Helen Adrienne, LCSW Presents



Introduction

Helen Adrienne, Licensed Certified Social Worker and certified hypnotherapist, is a general therapist who specializes in infertility counseling, couples counseling for infertility, mind/body stress reduction for infertility and gynecological and reproductive issues.

Helen's approach is based on the mind-body unity involving mental, physical and spiritual well-being. She believes that the mind influences the body and the body influences the mind. Her counseling approach and thought processes combine psychological techniques with a deep clinical and spiritual understanding of the mind, heart and body. This understanding empowers her to help her clients in a targeted way to reduce mind/body stress.

Her treatment model aims to enter the mind-body unity so you can respond rather than react to challenges, whether for infertility or anything else. This will enhance self-

esteem, build confidence, create new behaviors, coping mechanisms and thought processes leading to major breakthroughs.

Helen has helped hundreds of people reach their goals and navigate the emotional component of complex medical issues, particularly infertility counseling, throughout her psychotherapy and counseling career that began in 1979. She practices in New York City, and draws patients from the entire NY metropolitan area. Helen understands how you feel and reduces mind/body stress related to mental, physical and situational factors.

Infertility Information & Support

Slide 2



The range of emotion evoked when dealing with infertility and pregnancy loss runs wide and deep.

These emotions are particularly hurtful on “Parenting Holidays” that are really manufactured by Hallmark!

Society conspires that these 2 days (May and June) are days for families and requires a gathering of sorts

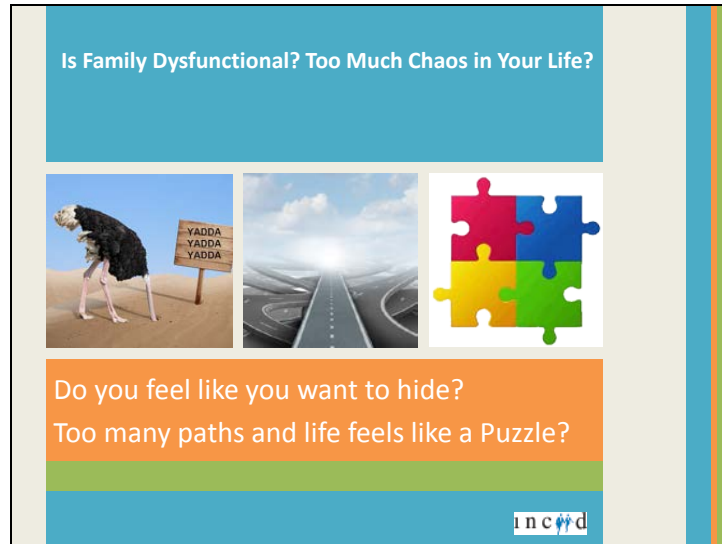
There are many reasons why these holidays are torturous

inc d

The range of feelings that get evoked on the Parenting Holidays is wide and deep, indeed. Whether you're a woman or a man, Mother's Day, Father's Day or both can be fraught with emotion.

Aside from the fact that this is a holiday manufactured by Hallmark, in a perfect world, parents deserved to be honored. But when society conspires that a day in May and June are when families are required to gather—lovely as it may be—there are a whole swirl of reasons why this gathering can be torturous for you.

Slide 3



Infertility Information & Support

Is your family dysfunctional? You have enough chaos in your life with treatment alone. When you add your job, running your home and endeavoring to find ways to be distracted from feeling overwhelmed, then contending with dissention in the ranks, expectations, or indelicate questions can be a really unpleasant way to spend a beautiful spring day.

Slide 4



Even if your family is functional – that can be problematic too. AMBIVALENCE is the word that comes to mind.

Mom and Dad deserve to be celebrated but how do you face the antics of nieces, nephews that grate on nerves --- no matter how much you love them?

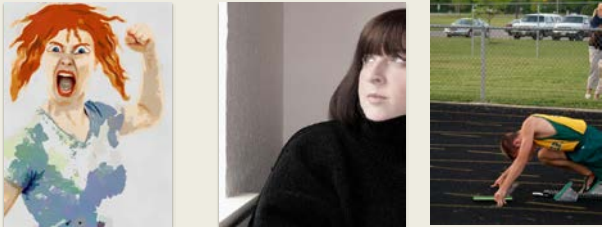
incd

Infertility Information & Support

Is your family functional? This can be problematic as well. Here comes the ambivalence of "my mom/dad deserve to be celebrated *but* I'm not in the mood to have pregnant bellies in my face or the antics of nieces and nephews grating on my nerves, no matter how much I love them."

There are deeper, more personal and poignant reasons for the day to be fraught with emotion than the confusion of wanting to/not wanting to participate in a family get together.

Slide 5



Feelings of Anger: Everyone I know is pregnant and it was easy!
 Dread: What if I never have a baby? Exhaustion: I feel like I am running a never-ending marathon. This is a relentless challenge.
 Insecurity – I don't know how to navigate the decisions
 Negativity – Nothing goes my way.
 Anxiety – I feel like I am about to jump out of my skin.
 Low Self Esteem – This is bigger than I am; I'm starting to forget who I used to be
 Despair – Maybe we should just give up

incd

Infertility Information & Support

Among the feelings that might arise are:

- Dread - (What if we never have a baby?)
- Exhaustion - (I'm tired of this relentless challenge and not in the mood to smile.)
- Anger - (Everyone I know has it so easy.)
- Insecurity - (I don't know how to navigate the many decisions.)
- Impatience - (When will this end?)
- Negativity - (Nothing goes my way.)
- Anxiety - (I feel as if I'm about to jump out of my skin.)
- Low Self-Esteem - (This is bigger than I am; I'm starting to forget who I used to be.)
- Despair - (Maybe we should give up.)

And it's not like these feelings wouldn't plague you on any random day. It's just that these feelings do not mix well with the expectation of a jovial family Bar B Q.


Slide 6

Many issues can wreak havoc with your emotions.

Did you like the way you were parented?

What is your relationship with your Mom?
Dad? In-laws? Siblings?

Are your parents or in-laws divorced? Deceased?
Is your infertility issue out in the open?



Knowledge is Power

incid

Are you out-of-sync with your partner at the moment?
Are you in the "two-week wait"?
Are you worried about money?
Job?
Personal psychodynamics flow from both nature and how you were and are being nurtured.

Infertility Information Support

Knowledge is power. Might any of these issues be wreaking havoc with your emotions?
Did you like the way you were parented?

What is your relationship with your Mom?

With your Dad? In-laws? Siblings?
Are your parents or in-laws divorced? Deceased?
Is your fertility quest out in the open?

Are you out-of-sync with your partner at this moment?

Are you swinging from trees because of the hormones?

Are you in a two-week wait?

Are you worried about money? Your Job?

Slide 7

Emotional Brain Vs. Neocortex

3. Thinking
2. Feeling
1. Basic Functioning (Eating, Sleeping, Breathing)

3. Cerebral Cortex
2. Limbic System
1. Brain Stem

Event → Response

Brain regions shown: Prefrontal Cortex, Hypothalamus, Amygdala, Hippocampus, Spinal Cord, Thalamus, Amygdala, Cerebral Cortex.

An Event or trigger
 Autonomic response takes over (Fight/Flight/Freeze)
 Neocortex, executive functions, reasoning goes offline
 Emotions take over
 Tricking the brain and body with mind-body exercises like deep breathing
 Allows the neocortex to come back on line along with executive functioning

Infertility Information & Support

Slide 8



Personal Psychodynamics from Nature and Nurture

- Early imprints
- Give voice to the issues (lurking beneath conscious awareness)
- Take your power back – See this as an endurance test
- You have stamina and resilience
- Identify the coping skills you need
- Find ways to reclaim your self-esteem
- Get new perspective – Get help

incd

Infertility Information & Support

Personal psychodynamics flow both from our nature and how we are nurtured. As a rule, early imprints come through life with us and may be contributing to what can disrupt Mother’s Day and Father’s Day. You may be pleasantly surprised to realize that by giving voice to the above issues (which might be lurking underneath your conscious awareness), you rob the inner demon of its power.

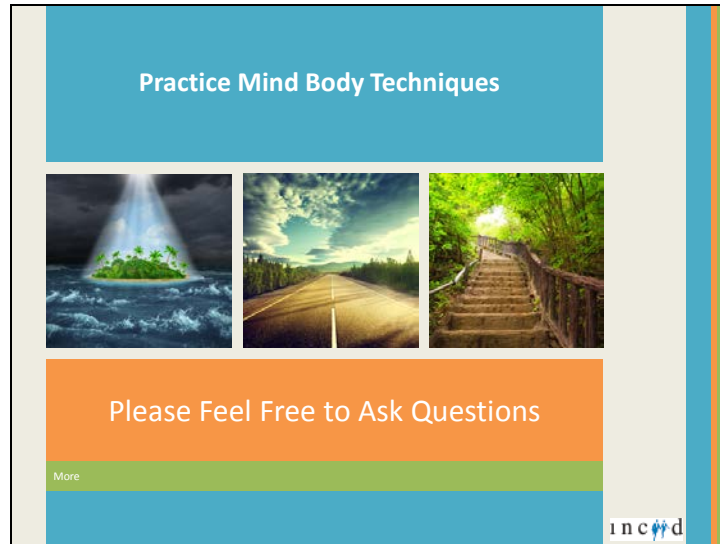
Besides talking these issues through, how to get relief on a day when this pot pourri of emotions intensifies?

Recognize that this is an endurance test. You need stamina and resilience. These will prevent you from giving up before the miracle.

Identify what other coping skill you need to develop.
Find ways to reclaim your self-esteem.

If you lack perspective, get help!

Slide 9



Infertility Information & Support

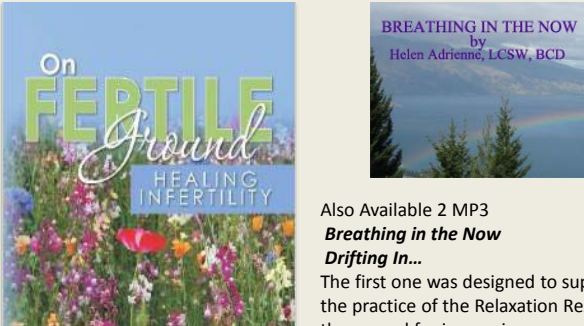
Learn and practice mind/body stress-reduction techniques. This can make a huge difference and is the key to resiliency.

If push comes to shove, you can exercise your entitlement to protect yourself from pain by not going.

Within every crisis an opportunity waits. These parenting days are a chance to find ways to become a new, improved version of yourself. In the final analysis, you can be among those who come out of the experience with both a family and a clearer sense of your strength and capacities.

Keep hope alive!

Slide 10



On Fertile Ground
HEALING INFERTILITY

BREATHING IN THE NOW
by
Helen Adrienne, LCSW, BCD

Also Available 2 MP3
Breathing in the Now
Drifting In...
The first one was designed to support the practice of the Relaxation Response, the second for insomnia.

A comprehensive guide for people struggling with infertility, those who love them and those who treat them.
People say they feel better just by reading this book!

People report that these audio programs have a much broader application.
<http://www.mind-body-unity.com/store-2/>

incd

Infertility Information & Support

Author of ***On Fertile Ground: Healing Infertility***

A comprehensive guide for people struggling with infertility, those who love them and those who treat them.

People say they feel better just by reading this book!

Creator of 2 mp3s:

Breathing in the Now

Drifting In...

The first one was designed to support the practice of the Relaxation Response, the second for insomnia.

People report that these audio programs have a much broader application.

Slide 11

HELEN'S CALENDAR:

A series of *four different* mind/body stress reduction classes **for women in the quest for a baby**. We meet at 420 East 64th Street (E1C). Classes rotate on Monday evenings from 6:30 to 8:30. Here's a link for more information:

<http://www.mind-body-unity.com/solutions/stress-reduction/>

A two-day mind/body training **for Professionals** seeking expertise in working with infertility. May 14 & 15, 2015 (one opening) and November 19 & 20, 2015. 13 CEUs. Click here for more information:

<http://www.mind-body-unity.com/for-professionals-2/>


A four day experience in Ericksonian Hypnotherapy and Psychotherapy together with Dr. Jeff Zeig **for Professionals**.

Three opportunities a year. Click here for the dates and more information:

<http://www.mind-body-unity.com/for-professionals-2/>




Slide 12



QUESTIONS ARE ALWAYS WELCOMED

[Helen Adrienne, LCSW, BCD](#)
Psychotherapist, Clinical Hypnotherapist,
Practitioner of Mind/Body Therapy
Author: *On Fertile Ground: Healing Infertility*
www.mind-body-unity.com
helen@mind-body-unity.com
Phone: 212-758-0125
Contact INCIID Inc. <https://www.inciid.org>



Contact Helen. She can coach you even if you are not in the New York/New Jersey area.

If you enjoyed this presentation, please let us know. INCIIDinfo@inciid.org