

Department of Reproductive Medicine
The James Cook University Hospital

COUNSELLING

A professional and confidential counselling service is available free of charge to all those attending the department of reproductive medicine for fertility investigations, treatment, donation or storage procedures.

Why have counselling ?

Having a child is a major life event for any individual and couple. When this is proving difficult to achieve, and requires medical intervention, it can feel like a major life crisis. The emotional “ups and downs”, and other pressures and uncertainties that come with needing help to have a baby, are well recognised within the field of reproductive medicine.

We therefore regard professional counselling as an essential and integral part of the care we offer you.

How can it help ?

Whatever the nature of infertility and eventual outcome of any treatment, there are times when it may be helpful to have someone to talk to who will help you –

- Make sense of how you are feeling
- Understand your own and others' reactions
- Find ways of coping more satisfactorily
- Clarify your thoughts and decide your way forward with or without treatment
- Adjust to changes in how you hoped to have a child
- Come to terms with not having a child
- Make different plans for your life

Counselling provides the opportunity to talk with a specially training person who is –

- Separate from other relationships and areas of life
- Willing to listen with care and respect
- Non-judgmental
- Supportive without being directive or an “expert” with advice
- Informed about the processes involved in reproductive medicine and the legal, social and psychological aspects of infertility and treatment

Having time and space to talk through whatever challenges you face can help “lighten the load” and lessen the sense of isolation. However, counselling can also be an upsetting process as the issues and emotions involved are unsettling and often deeply felt. There are times when it is important just to have some quiet space “away from it all”, and there are occasions when there is good news that needs to be shared and supported.

Counselling respects confidentiality, individuality, and people’s responsibility to make their own decisions. It provides the opportunity, before making any final decisions, to talk through all the implications for you, your family, and for any child that may be born as a result of undertaking any treatment options.

The Human Fertilisation and Embryology Authority (HFEA) has stated that people seeking IVF/ICSI, or treatment involving donated gametes, must be given “a suitable opportunity to receive appropriate counselling about the implications of taking the proposed steps”. It is mandatory for clinics to offer counselling. However, the clients’ acceptance of counselling is entirely voluntary.

The HFEA considers infertility counselling to be a key element in the provision of infertility services for all patients. We are sensitive to the emotions experienced by the infertile couple and the stress of the treatment itself. Infertility counselling is available to patients at any time during their treatment, with our independent counsellor Janet Owen.

Implications counselling

Implications counselling provides an emotionally safe place in which to explore what treatment will involve and the lasting implications for you and those close to you. If you are using donated gametes (e.g. donor sperm, eggs or embryos) implications counselling is routine before you start treatment.

Support counselling

Support counselling provides an opportunity for you to explore your feelings, coping strategies and relationship issues (with partners, family, friends and colleagues). You might find that you need support at different stages of treatment, therefore support counselling can be undertaken before, during and after treatment.

Therapeutic counselling

Therapeutic counselling is provided to assist you in acceptance of your situation as well as providing, where required, longer-term support if you find fertility treatment distressing and in helping accept the consequences of ending treatment and to move on to other options

You can contact Janet on 07951579785 directly to make an appointment. Please call or text between 9.00 and 5.00 Monday to Friday. If she is unable to answer please leave a short message and she will get back to you. Please be aware that there could be a wait for your first appointment, but she will do her best to fit you in as soon as she can.

Support resources

Counselling service:

Mobile: 07951579785

Janet Owen (BICA accreditation) provides this service for the Department of Reproductive Medicine in accordance with the Human Fertilisation and Embryology Authority recommendations.

Janet can be contacted Monday – Friday, 9.00 am – 5.00 pm, and her telephone number is 07951579785.

Consultants

Mr Fayeza Mustafa

Consultant Gynaecologist/Unit Director

Private appointments with Mr Mustafa are available in the evenings at Stokesley, or at The James Cook University Hospital, and may be booked by telephoning:

01642 272833

01642 714445

Mr Hossam Mohamed

Consultant Gynaecologist

Private appointments with Mr Mohamed are available most weekdays in the early evening (5.00 pm) at The James Cook University Hospital and may be booked by telephoning:

01642 282733

Dr Mohar Goswami

Consultant Gynaecologist

We are very happy to have welcomed Dr Goswami to our expert team of clinicians at the beginning of July 2016.

01642 282733

Admin Team

Angela Brookmyre	Secretary to Mr Mustafa and Mr Mohamed	01642 584891
Lisa Williams	Fertility Co-ordinator	01642 282733
Christine Atkinson	Secretarial Support	01642 850850 ext 56706

Nursing Team

Lynn Jennings Viv Burgess Nicky Clay Katherine Craven Allison McSorley Jo Turnbull Catherine Dorsi	Nursing Team	01642 854836
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Our nursing team can provide support, encouragement, and advice regarding your treatment. They can help if you do not understand what you have been told in the clinic.

Embryology Team

Paul Booth Sarah Harrison Charlotte Larson Kathy Pike Judith Webster Nikki Wills	Embryology team	01642 854915
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Contact our embryologists for an appointment for semen analysis here at The James Cook University Hospital. However, results are not given by telephone and will only be available for discussion with you at your next clinic appointment.

Quality Manager

Suzanne Brazier	Quality & Admin Manager	01642 854856
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ACEBABES

Tel: 01332 832558
<http://www.acebabes.co.uk>

BRITISH INFERTILITY COUNSELLING ASSOCIATION (BICA)

Information Line: 0114 263 1448
<http://www.bica.net>

CHILDLESSNESS OVERCOME THROUGH SURROGACY (COTS)

<http://www.cots.org.uk>

DAISY NETWORK

Premature Menopause Support Group, P O Box 392 High Wycombe Bucks HP15 7SH
<http://www.daisynetwork.org.uk>

DONOR CONCEPTION NETWORK

PO Box 7471, Nottingham NG3 6ZR
<http://www.dcnetwork.org>

HUMAN FERTILISATION & EMBRYOLOGY AUTHORITY

21 Bloomsbury Street, London WC1B 3HF
Tel: 020 7291 8200
Fax: 020 7291 8201
<http://www.hfea.gov.uk>

FERTILITY FRIENDS

<http://www.fertilityfriends.co.uk>

INFERTILITY NETWORK UK (I N UK)

Tel: 01424 732361
<http://www.child.org.uk> (new website under construction)

MISCARRIAGE ASSOCIATION

c/o Clayton Hospital Northgate Wakefield W Yorks WF1 3JS
<http://www.miscarriageassociation.org.uk>

MORE TO LIFE

Tel: 01424 732361

MULTIPLE BIRTHS FOUNDATION

Queen Charlotte's & Chelsea Hospital Goldhawk Road London W6 0XG
<http://www.multiplebirths.org.uk>

NATIONAL CHILDBIRTH TRUST (NCT)

Alexandra House, Oldham Terrace London W3 6NH
<http://www.nctpregnancyandbabycare.com>

NATIONAL ENDOMETRIOSIS SOCIETY

50 Westminster Palace Gardens Artillery Row London SW1P 1RL
Tel: 0808 808 2227
<http://www.endo.org.uk>

NATIONAL GAMETE DONATION TRUST (NGDT)

<http://www.ngdt.co.uk>

STILLBIRTH AND NEONATAL DEATH SOCIETY (SANDS)

<http://www.uk-sands.org>

VERITY

<http://www.verity.cpos.org.uk>

TWINS AND MUTLIPL E BIRTHS ASSOCIATION (TAMBA)

PO Box 30, Little Sutton South Wirral L66 1TH

Confidential Helpline: 0870 770 3305

<http://www.tamba.org.uk>