

Mind-Body 10-Week Fertility Program™ — Program Overview

Program Start Date: November 29, 2007

✕ **Session 1: Thursday NOV 29 – 7:00 – 9:30 pm – San Jose**

- Introduction of group members
- Explanation of mechanics of program
- Relationship between stress and infertility
- Side effects and consequences of stress
- Introduction to relaxation techniques
- Buddy Assignment

Session 2: Thursday DEC 6 – 7:00 – 9:30 pm – Palo Alto

- Diaphragmatic breathing
- Mini relaxation exercises
- Learning effective communication

Session 3: Thursday DEC 13 – 7:00 – 9:30 pm – Palo Alto

- The art of self-nurturance
- Learning to care for yourself

Session 4: Thursday DEC 20 – 7:00 – 9:30 pm – Palo Alto

- Impact of lifestyle behavior on infertility

Session 5: Thursday JAN 10 – 7:00 – 9:30 pm – San Jose

- The pros and cons of exercise
- Introduction to hatha yoga

Session 6: Thursday JAN 17 – 7:00 – 9:30 pm – Palo Alto

- Introduction to stress management
- Session I of cognitive restructuring

✕ **Session 7: Sunday JAN 20 – 10:00 am – 4:00 pm – San Jose**

- Day spent with partners
- Hatha yoga
- Reducing stress with humor
- Life road map
- Paired listening exercise

Session 8: Thursday JAN 24 – 7:00 – 9:30 pm – Palo Alto

- Emotional expression
- Coping with and effectively expressing anger

✕ **Session 9: Thursday JAN 31 – 7:00 – 9:30 pm – San Jose**

- Male partners attend mini support group for men
- Session II of cognitive restructuring
- Presentation by fertility patients who have chosen adoption or egg donation

Session 10: Thursday FEB 7 – 7:00 – 9:30 pm – Palo Alto

- Assertiveness training
- Goal setting
- Summary and review of program

✕ *Partners are welcome and encouraged to participate in these sessions.*

Please save one time slot the week after the program ends in case a session is cancelled.