

Ann Bracken

Masters CBT, Grad. Dip. Counselling & Psychotherapy, Cert. Supervision, TCM 2 Mindfulness Trainer, Accred. MBICA, MBACP

Ann is a Fertility Counsellor and Cognitive Behavioural Psychotherapist (couples & individuals).

Ann is accredited by the British Association for Counselling & Psychotherapy (BACP) and the British Infertility Counselling Association (BICA)

Elise Atkinson

BSc, Post Grad. Dip Couple & Individual Counselling & Psychotherapy, Accred. MBICA, MBACP

Elise is a Fertility Counsellor and Relationship Therapist. She is also an experienced nurse and has a complementary therapy background.

Elise is accredited by the British Association for Counselling and Psychotherapy (BACP) and the British Infertility Counselling Association (BICA).

Gosia Heeley

Diploma Psychodynamic Counselling Couples & Individual, Diploma Abuse Recovery, Accred. MBICA, MBACP

Gosia is a Fertility Counsellor and Psychodynamic Therapist. She also works with adult survivors of childhood sexual abuse.

Gosia is accredited by the British Association for Counselling and Psychotherapy (BACP) and the British Infertility Counselling Association (BICA).

Please phone 020 7881 4087 to book a counselling appointment.

Counselling is provided free of charge for all Lister Fertility Clinic patients.



Booking an appointment

The Lister Hospital

Chelsea Bridge Road
London SW1W 8RH

t: 020 7881 4087

e: info@lfcclinic.com

w: www.ivf.org.uk



The Lister Fertility Clinic

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The Lister Fertility Clinic



The counselling service

The counselling service is a free, independent and confidential service for all patients attending The Lister Fertility Clinic for treatment.

Patients are invited to make an appointment to see a counsellor before, during and after treatment. Those who choose to see a counsellor will be offered the opportunity to explore difficult or stressful issues within a secure and confidential environment. The counselling suite is situated within the clinic.

What is counselling?

Counselling is an opportunity for individuals or couples to discuss their difficulties from their personal point of view, often enabling them to see things more clearly - or from a different perspective.

Why have counselling during fertility treatment?

Infertility and its treatment can sometimes cause levels of stress and anxiety that are uncomfortable and distressing. Although friends and family can be supportive, counselling offers a safe environment in which to explore feelings and consider options that may be difficult to talk about with others.

Here at The Lister Fertility Clinic we believe that having counselling benefits patients' health and wellbeing both during treatment and beyond.

Some patients may feel they do not need counselling - but other patients, like those donating or receiving treatment with donated eggs, sperm or embryos, may be invited to attend a counselling session before proceeding with their treatment.

Implications counselling for treatment with donated eggs, sperm or embryos

The Human Fertilisation and Embryology Authority (HFEA) recommends that all couples undergoing egg, sperm and embryo donation receive counselling prior to treatment. At The Lister Fertility Clinic we arrange an implications counselling session to coincide with your initial consultation.

Many patients have concerns about donor-assisted conception and recognise that there is a need to have time to discuss these concerns with someone objectively. In this case, counselling will cover the implications of receiving egg, sperm or embryo donation, as well as any concerns about this form of fertility treatment.

As patients often feel unable to discuss their infertility or donor-assisted conception with friends and family, counselling provides an opportunity to discuss issues around "telling the child" in addition to other aspects of bringing up children born as a result of using donated eggs, sperm or embryos.

Implications counselling for donors of eggs, sperm or embryos

If you are a donor, you will see a counsellor as a matter of course. Counselling will enable you to discuss any concerns you may have and ensure that as an egg donor or egg sharer you acquire a good understanding of the medical process involved in donating. Time is also provided to explore legal, ethical, social and psychological implications of donating eggs, sperm or embryos.

Miscarriage support

For many women, the loss of pregnancy, even in the early weeks, raises feelings of numbness, loss and emptiness. Sharing the experience can be helpful. Time and space is provided to talk to a counsellor about the loss of pregnancy and an opportunity provided to explore "what next?" A resource list of useful groups, agencies and organisations is available from the counselling service.

