

FERTILITY COUNSELING CE SERIES

Laura Covington, PhD, LICSW & Kristy Koser, PhD, LPCC

The ins-and-outs of donor recipient consultations

Fertility counseling has become a fast-growing field and has proven to be crucial as family building options continue to advance, which includes the use of donor conception. Couples and individuals are asked to make decisions quickly, sometimes with little support and are often encouraged to attend a donor recipient consultation. In these cases, a trained mental health professional with knowledge of the psychological impact of infertility becomes key in helping couples and individuals slow down, while understanding these decisions are robust and complicated. In this introductory workshop you can begin to understand a couple or individual's experience of donor conception and how to best support them in their family building during a donor recipient consultation.

April 6 will cover donor recipient consultations for de-identified donors

April 20 will cover donor recipient consultations for known donors

Learning objectives:

1. Identify the psychological impact of infertility or the fertility journey on individuals and couples heading into donor conception
2. Assess the ethical challenges occurring when counseling clients using donor conception
3. Explain a framework for understanding key components to helping intended parents select gamete donors
4. Create a set of tools to help fertility counselors understand the purpose of donor recipient consultations and effectively use the group consultation session
5. Apply the understanding crucial long-range implications for families created through donor conception

Cost: \$200 including CEs for each April workshop

Date/time: April 6 and April 20 from 9-12 EST via Zoom

Each workshop will offer 3 hours of continuing education

(please see below for further information regarding CE hours)

FERTILITY COUNSELING CE SERIES

Laura Covington, PhD, LICSW & Kristy Koser, PhD, LPCC

Considerations for disclosure in donor-assisted reproduction: Helping recipients understand its purpose

Donor conception has proven to be a successful option for many couples and individuals to build their family. However, understanding the intricacies of donor conception and the importance of disclosure to the parties involved becomes a crucial aspect when helping patients make the transition into parenthood. In this introductory workshop, we will discuss the concept of disclosure more in-depth including access to resources, critical language to use, sharing the power of story-telling and providing concrete examples to help patients feel confident in their disclosure process with their child.

Learning objectives:

1. Apply the understanding of crucial long-range implications for families created through donor conception
2. Utilize literature regarding the pros/cons for early disclosure
3. Compare resources such as appropriate language, story-telling, and group support to help parents feel supported during their consultation
4. Identify issues surrounding bias and countertransference when discussing disclosure
5. Assess parents openness to disclosure based on upon aspects of race, culture, and religion

Cost: \$200 including CEs.

Date/time: July 13 from 9-12 EST via Zoom

This workshop will offer 3 hours of continuing education

(please see below for further information regarding CE hours)

FERTILITY COUNSELING CE SERIES

Laura Covington, PhD, LICSW & Kristy Koser, PhD, LPCC

Intended parents and surrogacy: Making the most of IP consultations and group meetings

The journey to gestational surrogacy can often be complicated and at times confusing for intended parents. Even fertility counselors can feel intimidated by the many facets of the process. In this introductory workshop, we will discuss important and unique aspects to cover in the required consultation meetings for intended parents utilizing surrogacy. We will discuss how to make sure intended parents are fully informed, well educated, and properly resourced for the process ahead. In addition, we will look at characteristics of a surrogacy group meeting that have shown to help solidify relational aspects between the intended parents and the gestational carrier to optimize relational success.

Learning objectives:

1. Compare fertility treatment options and better understand when surrogacy might be pursued
2. Identify the psychological impact of infertility or the fertility journey on individuals and couples heading into surrogacy
3. Identify issues surrounding bias and countertransference when discussing surrogacy
4. Describe the legal process and its importance in third party reproduction
5. Assess the intended parent's grief surrounding the use of a gestational carrier

Cost: \$200 including CEs

Date/time: July 20 from 9-12 EST via Zoom

This workshop will offer 3 hours of continuing education

(please see below for further information regarding CE hours)

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Details that apply to all workshops

CE information:

Kristy Koser, PhD is a clinician at Aporia Counseling and Psychotherapy, PLLC. Aporia Counseling & Psychotherapy, PLLC is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Aporia Counseling & Psychotherapy, PLLC maintains responsibility for this program and its content.

Aporia Counseling & Psychotherapy, PLLC has been approved by the **National Board of Certified Counselors (NBCC)** as an Approved Continuing Education Provider, ACEP No. 6985. Programs that do not qualify for NBCC credit are clearly identified. Aporia Counseling & Psychotherapy, PLLC is solely responsible for all aspects of the programs.



Cancellation policy:

Participants will be granted a full refund if registration is canceled at least 7 days in advance of the meeting; after this time, your registration fee may be only partially refunded. If the program is canceled by the instructors for any reason, a full refund will be granted. No commercial support has been or will be provided to CE instructors.

Registration information: To register for any of these workshops, please visit <https://forms.gle/kiaSSu2q9hNBzDwR6>

After registration you will receive a Zoom link and any additional information one week before your scheduled workshop.

Additional questions: contact us at fertilitycounselingcourse@gmail.com

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Presenter Information



Kristy Koser, PhD, LPCC is in private practice in Ohio, Pennsylvania and Virginia and is an author, speaker, and educator on the topic of reproductive mental health. She has been invited to speak, collaborate and contribute to the growing field of reproductive psychology many times over the last decade. Dr. Koser has written extensively in peer reviewed journal articles and other outlets about infertility and the impact on the couple relationship. She has created several self-help courses for fertility patients and along with her colleagues created a successful educational course with PESI that is available to professionals world-wide. In addition, Dr. Koser has contributed countless blog posts, guest lectures, and more recently several book chapters in foundational fertility counseling texts. She is a member of ASRM and her speciality areas include the working with couples during and after fertility treatment and the transition to parenthood.



Laura Covington, PhD, MSW, owns the private practice, The Center for Reproductive Mental Health, in the Washington, DC metro area. Dr. Covington's written several publications, include topics related to trauma and the impact related to reproduction, being a pregnant practitioner, known donation, and postpartum care after infertility. She has also been invited to speak and provided education and training around assisted reproductive technology (ART) care and third-party reproduction, including through American Society for Reproductive Medicine (ASRM) and an educational course with PESI which is available worldwide. Her special interest include providing counseling to individuals, couples and groups around reproductive health issues, including primary ovarian insufficiency (POI), and reproductive traumas, with a focus on the military and combat-related injuries that impair fertility. Dr. Covington provides counseling for the use of donor conception and/or gestational carriers and the transition to pregnancy and parenting after fertility challenges. She also volunteers on Support Group Oversight Committee with RESOLVE and is a member of the ASRM Mental Health Professional Group and ESHRE.