



RESOLVE

National Office

Infertility: Education Advocacy Support

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QUESTIONS TO ASK
a Mental Health Professional (#14)

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Sometimes individuals or couples experiencing infertility need to seek professional assistance to help cope with infertility. Infertility may be the first life crisis that you have experienced or it may be one of many difficult times in your life. A mental health professional can help with coping, decision-making, and communication skills. Depending on the individual=s or couple=s unique situation or problems, infertility counseling may be limited in duration or may be more long term therapy. It is always important to be an educated consumer about infertility and counseling. It is no different than medical treatment: become an educated consumer. It is important to choose a mental health professional who is experienced and knowledgeable about infertility and to check credentials. Ask for a recommendation or referral to an infertility counselor from your infertility physician or clinic, local RESOLVE chapter, or from the American Society of Reproductive Medicine Mental Health Professional. Even with such a recommendation, it is important to interview (by telephone or in person) at least two professionals before deciding on who is right for you. The following questions are provided to assist consumers in their evaluation and selection of a mental health professional.

- X Does the professional have experience in infertility counseling including assisted reproductive technologies, pregnancy loss, adoption, donor gametes, gestational carrier, child free issues?
- X What is the professional=s degree, training, and licensure status?
- X Did the professional earn a graduate degree from an accredited graduate school?
- X What is the professional=s clinical speciality and training?
- X What professional organizations does the professional belong to, such as the American Society of Reproductive Medicine, Mental Health Professional, American Psychological Association?
- X Has the professional ever been censured by the state licensing organization or been expelled from a professional organization?
- X What is the professional=s fee scale? What insurance is accepted? Does the professional belong to any HMOs? Does the professional have a sliding fee scale or a payment plan? Are hourly rates different for individual therapy versus couple counseling?
- § How long are sessions?
- X Does the professional have any special training or credentials such as sex therapy, hypnotherapy, pastoral counseling, genetic counseling?

Further information on this topic is available through RESOLVE fact sheets. For a publications order form, please contact the local chapter or National RESOLVE Office at 1310 Broadway, Somerville, MA 02144-1731 or 617/623-0744.

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