

Counselling Service

Information for Patients
and Partners



Leicester Fertility Centre

Caring at its best



University Hospitals of Leicester **NHS**

NHS Trust

What is counselling?

Counselling offers a skilled way of listening and responding to enable you to have a clearer understanding of how infertility has affected you individually, and then helps you find ways to cope while you go through treatment.

Counselling is clearly distinguished from and very different to the giving of information, the process of assessment, or the normal relationship between you and clinical staff involved in treatment.

Common reactions to infertility include:

- Depression
- Feelings of isolation, loneliness
- Feelings of failure
- Guilt, anger, shame, despair
- Relationship difficulties
- Fears of partner leaving

Counselling can help by

- Giving the opportunity to explore thoughts and feelings
- Naming the fears, anxieties, and emotions
- Exploring different coping strategies
- Helping to recover your own resourcefulness
- Increasing your capacity to communicate

Infertility is usually a painful and complicated emotional experience and can affect individuals in many different ways. It is a medical and social condition which threatens peoples' expectations, identity, challenges your continuity in the generations, and your place and role in society now.

The staff of the Leicester Fertility Centre are aware that infertility is an ongoing form of grief and bereavement for many and try to understand that when you are here at the Clinic having treatment.

Who can have Counselling?

Anyone who has been seen in the Assisted Conception Unit, who is either considering having treatment, is in the process of ongoing treatment, or has had treatment can see the counsellor.

Anyone who is thinking of being a donor of eggs, sperm, or embryos, must have at least two counselling sessions. This is to make sure that all the implications of doing this are fully understood.

Implications Counselling

The purpose of implications counselling is to enable the individual to reflect upon and understand the proposed course of action for that individual, their family and children born as a result and anyone else affected by the donation or treatment. It is distinguished from implications *advice* or *guidance* provided by other members of the multidisciplinary team. Legal parenthood is also explained and fully discussed so that informed choices about parenthood are made prior to commencing treatment.

Support Counselling

The purpose of support counselling is to give emotional support at times of particular stress. This may occur at any stage before, during or after treatment or donation e.g., when there is a failure to achieve a pregnancy.

Therapeutic Counselling

The purpose of therapeutic counselling is to assist people in developing successful coping strategies for dealing with both the short and the long-term consequences of infertility and treatment. It includes helping people to try to adjust their expectations and to come to terms with their particular situation. Therapeutic counselling may be an ongoing process and can be continued, or take place for the first time, after the course of treatment has been completed. The duration of therapeutic counselling will be determined by the individual's needs. Therapeutic counselling may include discussing the advantages and disadvantages of continued treatment after failed attempts.

How to contact the Counsellors

To make an appointment with the Counsellor, you can either telephone 0116 2585922 or leave a message with any member of the team when attending a clinic appointment.

We offer face-to-face and remote counselling appointments. The most appropriate choice for you can be discussed when making the appointment. You can see the Counsellor together as a couple, or either or both partners can attend alone.

Alternative counselling services, if required, can be accessed through the Counselling Directory, a comprehensive database of UK counsellors and psychotherapists, with information on their training and experience, fees, and contact details. You can also search for an accredited counsellor through the British Infertility Counselling Association (BICA) website. Please refer to the useful addresses provided below.

Confidentiality

Anything that is discussed during counselling is confidential, unless the safety of yourself or another person is at risk. Nothing will be discussed with other members of the team.

The following are organisations which offer many services for patients, including information, support and contact with others in a similar situation.

Leicester Fertility Centre Contact Details

Tel: 0116 2585922
E-mail: LFCinfo@uhl-tr.nhs.uk
Website: www.leicesterfertilitycentre.org.uk

Useful addresses:

Human Fertilisation and Embryology Authority www.hfea.gov.uk
NICE guidelines: www.nice.org.uk
NHS - Response line: 111.nhs.uk / 111
NHS - Smoking Helpline: 0300 123 1044
Fertility Network UK www.fertilitynetworkuk.org / 0121 323 5025

You can use these links to access support from former fertility nurses via Fertility Network UK (5 days per week):

- <https://fertilitynetworkuk.org/access-support/support-line/>
- <https://fertilitynetworkuk.org/about-us/contact/>

SEED (Sperm, Egg & Embryo Donation) Trust: www.seedtrust.org.uk

Mensfe, the mens fertility forum mensfe.net/forum

DONOR Conception Network www.dcnetwork.org

Counselling Directory <https://www.counselling-directory.org.uk/>

British Infertility Counselling Association <https://www.bica.net/>

Do you feel that you are at risk of verbal or physical abuse? If so, you may find the following numbers useful:

Domestic Violence Helpline:

United against violence & abuse (UAVA)

0808 802 0028

Our commitment to patients

We are constantly striving to improve our services to patients, and we will welcome your comments or suggestions for improvement



This information was correct at the time of printing. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not be reflected in the guidance, and you should discuss this with the clinical staff at the time of your appointment.



Today's research is tomorrow's care

We all benefit from research. Leicester's Hospitals is a research active Trust so you may find that research is happening when you visit the hospital or your clinic.

If you are interested in finding out how you can become involved in a clinical trial or to find out more about taking part in research, please speak to your clinician or GP.

If you would like this information in another language or format, please contact the service equality manager on 0116 250 2959

إذا كنت ترغب في الحصول على هذه المعلومات في شكل أول لغة أخرى ، يرجى الاتصال مع مدير الخدمة للمساواة في 0116 250 2959.

আপনি যদি এই লিফলেটের অনুবাদ - লিখিত বা অডিও টেপ'এ চান, তাহলে অনুগ্রহ করে সার্ভিস ইকুয়ালিটি ম্যানেজার ডেভ বেকার'এর সাথে 0116 250 2959 নাম্বারে যোগাযোগ করুন।

如果您想用另一种语言或格式来显示本资讯，请致电 0116 250 2959 联系“服务平等化经理” (Service Equality Manager)。

જો તમને આ પત્રછક્કાનું લેખિત અથવા ટેઈપ ઉપર ભાષાંતર જોઈતું હોય તો મહેરબાની કરી સર્વિસ ઈકુવાલિટી મેનેજરનો 0116 250 2959 ઉપર સંપર્ક કરો.

यदि आप को इस लीफलेट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डेव बेकर, सर्विस इंकुवालिटी मेनेजर से 0116 250 2959 पर सम्पर्क कीजिए।

Jeżeli chcieliby Państwo otrzymać niniejsze informacje w tłumaczeniu na inny język lub w innej formie, prosimy skontaktować się z Menedżerem ds. równości w dostępie do usług (Service Equality Manager) pod numerem telefonu 0116 250 2959.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਲੀਫਲੈਟ ਦਾ ਲਿਖਤੀ ਜਾਂ ਟੇਪ ਕੀਤਾ ਅਨੁਵਾਦ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਡੇਵ ਬੇਕਰ, ਸਰਵਿਸ ਇਕੁਆਲਿਟੀ ਮੈਨੇਜਰ ਨਾਲ 0116 250 2959 'ਤੇ ਸੰਪਰਕ ਕਰੋ।

Ak by ste chceli dostať túto informáciu v inom jazyku, alebo formáte, kontaktujte prosím manažéra rovnosti služieb na tel. číslo 0116 250 2959.

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah fadlan la iriiri, Maamulaha Adeegga Sinaanta 0116 250 2959.