KELOWNA REGIONAL FERTILITY CENTRE

Counselling and Assisted Reproductive Therapy

At the Kelowna Regional Fertility Centre our goal is to provide support to those experiencing the "roller coaster" of emotions related to infertility and other life challenges. Counselling is an integral component of informed consent and therefore we include this in our orientation process for all IVF patients. It can also help you process your feelings, put your situation into perspective, and explore new coping strategies or alternatives. Counselling helps individuals gain insight into the complex world of assisted reproductive technologies.

Some of the counselling issues related to infertility include:

- Understanding the implications of available treatment options
- Seeking help in making decisions about treatment
- Coping with a failed treatment cycle
- Coping with pregnancy loss
- Marital conflict, sexual challenges, self esteem, guilt, anger and depression
- Improving communication between partners
- Third party counselling including: sperm, egg, embryo donation and gestational surrogacy
- Adoption

It is well documented that infertility treatments are very stressful for patients. Studies have shown that seeing a Psychologist can help patients learn positive and healthy coping strategies that reduce their level of stress, increase satisfaction with overall infertility treatment and ultimately improve treatment outcomes.

Dr. Kristina Towill

Dr. Towill is a Registered Psychologist and nationally recognized expert in sexual and reproductive health issues. She earned a PhD from UBC's Department of Educational and Counselling Psychology and Special Education, and has received numerous awards for her academic and research achievements.

Dr. Towill has interned and worked in a variety of settings, including an addiction agency, schools, and hospitals. She is currently in private practice in Kelowna, British Columbia and is also a consulting psychologist to Kelowna Regional Fertility Centre and Genesis Fertility Centre in Vancouver. Additionally, Dr. Towill has served as an Associate Professor for UBC Okanagan's Psychology Department. She is a specialist lecturer for Pfizer Canada and other pharmaceutical

companies and regularly speaks to community and professional audiences on a wide variety of reproductive and sexual health topics.

Dr. Towill is a member of the College of Psychologists of BC, the Alberta College of Psychologists, the Canadian Psychological Association, and the International Society for the Study of Women's Sexual Health, the Society for Sex Therapy and Research, the Sexual Information and Education Council of Canada, and the Counselling Special Interest Group of the Canadian Fertility and Andrology Society.

Counselling Fees:

In vitro Fertilization	**$200**
Donor Insemination	**$240**
Donor Egg IVF	**$480 ***
Gestational Surrogacy	**$480 ***

***For Donor Egg IVF and Gestational Surrogacy a formal written report is required and will be billed separately at $160/hour. Reports typically take 2 to 3 hours.**

Please check with your group benefit plan to see if you can claim your counselling session and receive reimbursement. You will receive a receipt from Dr. Towill's office.

To book your appointment with Dr. Towill, please call (250) 763-3302.

Her office is located at: #300-3001 Tutt Street in Kelowna.

CANCELLATION POLICY: it is your responsibility to call within 48 business hours to change or cancel your appointment. If you do not, the complete session will be charged to you.