

Infertility Counselling – Margaret Russ

Margaret Russ, MSW, RSW is an Infertility Counsellor who provides counselling for a wide range of infertility issues which include: decisions regarding treatment options, what to do if each partner wants to go in a different direction and depression resulting from failure to conceive. Margaret has her undergraduate and graduate degrees in Social Work and has conducted research in the area of infertility at the graduate level. She is a Registered Social Worker, a member of the Canadian Fertility and Andrology Society (C.F.A.S.) and a member of the Southern Ontario Infertility Counsellor's Association (S.O.N.I.C.).

Counselling for infertility issues can help individuals and couples process their emotions and improve decision making ability, cope with loss and grief and gain insight into the complex psychological issues of assisted reproductive technology and third party reproduction. In addition, Margaret can help you with:

- **Dealing with a failed cycle**
- **Coping with a miscarriage**
- **Addressing issues of negative familial relations, anger, guilt, depression and sexual problems**
- **Providing insight regarding psychological dimensions of third party reproduction and implications**
- **Teaching relaxation and coping techniques as well as stress reduction strategies**
- **Coping with the associated fears of pregnancy after treatment**
- **Facilitating in decision making around ending treatment and other family building options including egg and sperm donation and gestational surrogacy**

Margaret is experienced in all phases of treatment decisions and the stress that infertility causes. She can help design a stress reduction plan to compliment your medical treatment, so that you will feel more in control as you go through the treatment process.

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

Counselling Fees

In vitro Fertilization	\$200
Donor Insemination	\$240
General Counselling	\$160/hour

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 The Kelowna Regional Fertility Centre.

To book your appointment with Margaret Russ, please call her at 647-344-4434 or email her at margaret@russults.com.

Her office is located in Toronto and therefore she is available for phone consultations only.

CANCELLATION POLICY: it is your responsibility to call within 48 business hours to change or cancel your appointment. As payment is required prior to the session cancellation prior to 48 hours before the appointment will ensure a full refund less 15% administration fee.