

# The Gefen CBT/Mind-Body Fertility Model: A Unique Paradigm

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## KEREN GEFEN – Mind-Body Fertility

Keren Gefen is a **non-profit** organization that supports and facilitates Mind-Body Fertility projects in Israel.

### OUR MISSION AND VISION:

The main project that Keren Gefen funds is Rimon Mind-Body Fertility Center at Hadassah Hospital Mt. Scopus., Jerusalem, Israel. It is well known that women undergoing fertility treatments suffer stress, depression, and low self-esteem. The Rimon center offers a wide variety of state of the art treatments based on a successful model developed at Harvard University and further tailored with sensitivity to the specific needs of the Israeli population and the different subcultures within.



### OUR PROGRAMS:

Mind Body CBT program includes:

- Mind Body CBT Infertility Workshops geared towards the general population of Jerusalem
- Boker Tov Rimon: Rimon staff actively recruits IVF patients
- Yoga for Fertility
- Specialized Workshops for Communities with Specific Needs (eg Ultr-Orthodox)
- Transfer with Tranquility- an innovative program to help relax women prior to embryo transfer.
- 'Pagimoms': enhance connection with babies
- Mind/Body Curriculum Development
- Mind/Body Staff Training Program

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