

Gefen-Rimon Mind/Body Fertility Model for the Ultra Orthodox Community

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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. **All programs at No Cost!**

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 couples 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, including programs tailored to communities with specific needs, such as the Ultra Orthodox Community.



Our Programs for the Ultra Orthodox Community 2014-2016:

Year / Month	January	February	March	April	May	June	July	August	September	October	November	December
2014				Mind/Body Therapy Haredi - Jerusalem (12 weeks)					Mind/Body Therapy Haredi - Jerusalem (12 weeks)			
		Mind/Body Therapy Haredi - Jerusalem (12 weeks)			Mind/Body Therapy Haredi - Jerusalem (12 weeks)							Mind/Body Therapy Haredi - Beit Shemesh (12 weeks)
2015												
2016												

- 6** sessions of Mind/Body Fertility Therapy for women
- 2** sessions of Mind/Body Fertility Therapy for men
- 12** sessions of Fertility Yoga for women
- 4** sessions of Fertility CBT for women
- 2** sessions of Fertility Nutrition for women
- 1** session of Adoption Considerations for women
- Facilitating workshops for women of Bonei Olam
- *Transfer with Tranquility* - Individual therapeutic sessions before and after embryo transfer
- The sessions took place in Greater Jerusalem, in Beit Shemesh, Ramat Beit Shemesh, Beitar Elite, Modiin Elite and in different neighborhoods throughout Jerusalem.
- The participants were from Hasidic communities of Karlin, Gur, Biala, Boyan, Belz and the Lithuanian community.

Under the religious supervision of the Torat Hamishpacha Organization

Most participants in all of the groups claimed:

- Overall improved sense of well-being
- Lowering of stress
- Lowering of depression
- Improved coping skills
- The strength to continue fertility treatments

"This is the first time I can understand my pain, and feel safe to share it with others."
From a participant in the Men Haredi Therapy Group

"You helped me understand my emotions, calm my internal life better my marital relationship and clarify my thought process"
From a participant in the Women's CBT Therapy Group

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