

# Repeated Miscarriages:

From Helplessness to Hope, From Mourning to Meaning, The Importance of Psychological Interventions

**ADVANCES IN WOMEN'S HEALTH  
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# The Gefen Mind-Body Fertility Center

## OUR ACTIVITIES

- **Cognitive Behavioral Therapy (CBT) and Mind Body Therapy groups.**
- **Fertility yoga.**
- **"Transfer with Tranquility"** – individual Mind/Body support immediately prior to and after embryo transfer.
- **"Fertility Hevruta"** – a supportive workshop based on Jewish and biblical sources.
- **Fertility Preservation Workshops.**
- **Specialized groups for Ultraorthodox (Haredi) Women.**
- **Complementary Treatments.**



Fertility Yoga for Haredi Women / Yoga Journaling  
Pilates / Reflexology for Fertility / Aromatherapy  
Massage / Tapping / Acupuncture / Individual  
Counseling Sessions / Prenatal Yoga / Men's Groups

# Integrated Mind/Body Therapy Groups to Promote Psychological Health for Women Experiencing Recurrent Miscarriages

- Grief Processing
- Fear of Recurrent Miscarriage
- Body Image
- Impact on Relationship with Partner
- Fears and Hopes for a Healthy Pregnancy

**Keren Gefen - Rimon**

is a non-profit fertility organization that provides psychological and emotional support to fertility challenged women in Israel

# YOGA IS ALL ABOUT ACCEPTANCE

The pain might subside, we might realize that this pain is not the whole of me, it's there, present, but just a part of me. It's not my essence. I am much more than my womb.



# The Nishmat Yoatzot Halacha Fertility Counselors in conjunction with Gefen Mind-Body Fertility Organization

**“Pru Urvu” “פרו ורבו”**  
**Be Fruitful and Multiply**  
(Genesis 1:28)

Religious women and couples  
often face the extra challenge of  
questions in Jewish Law that arise  
during fertility treatments

Women turn to us to seek guidance  
to assist in the processing of their  
loss. They search for religious  
customs and support to deal with  
mourning and questions of faith of  
why they are being forced to deal  
with these challenges.