

## KEREN GEFEN - RIMON - Mind/Body Fertility Organization - Fertility Preservation Program

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

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# BREAKING A TABOO

## Empowerment through Fertility Preservation Process

### OUR MISSION AND VISION:

Our mission is to expose Fertility Preservation to the public, educate the target population and make information and support readily available. We would like women to view the fertility preservation process in a way that will empower them to take responsibility for their future



### Workshops Topics:

- Decision making process
- Hopes and fears
- Understanding the medical process
- Social and economic implications
- Emotional concerns

Gefen Rimon Mind Body Fertility program is introducing a pilot project on Fertility Preservation.

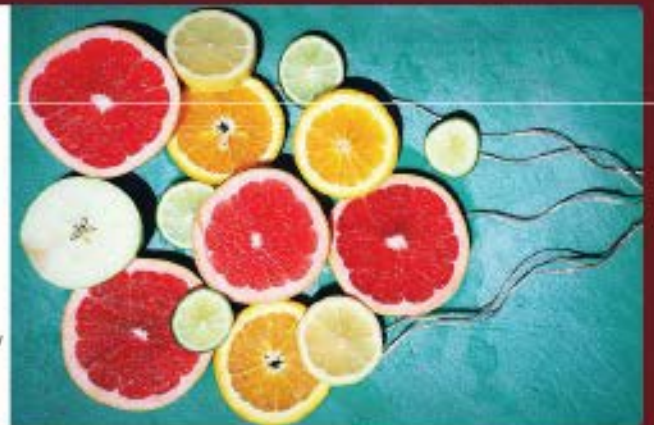
The purpose of the program is to offer group counselling to women in their 30's who are considering freezing their eggs.

The goal of the groups is to help women make educated choices about their fertility and their future.

Our research questions include:

- 1) Does attending a Fertility Preservation group increase the likelihood of undergoing the procedure?
- 2) Does attending a Fertility Preservation group decrease stress/anxiety/worry about their current situation (ie not being married and not having children)?
- 3) Does attending a Fertility Preservation group provide helpful information about the process?
- 4) Does attending a Fertility Preservation group offer support to women who are facing similar concerns?
- 5) Does attending a Fertility Preservation group help with the decision making process?

To the best of our knowledge, groups such as these have never been offered in Israel or N. America. Given the new technology and potential benefits of egg freezing, this is an area that deserves attention. We currently have 40 women registered in our pilot project. Our questionnaire data will be analyzed and results will be presented and discussed at the conference



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