

## Purpose and Objectives

Untreated mood and anxiety disorders can have significant impact on infertility and pregnancy loss patients. Physicians and therapists receive little, if any, training on the screening, diagnosis and treatment of mood and anxiety disorders in this patient population.

**Purpose:** To provide information on the psychological impact of infertility and assisted reproductive technology (ART).

### Objectives:

*At the end of this program the participant should be able to:*

1. Understand the psychological and psychiatric impact of infertility and pregnancy loss, including the role of the reproductive story and the meaning of reproductive trauma.
2. Describe the basic medical procedures involved in assisted IUI and IVF, including the impact on women's mental health of medications used during ART.
3. Describe the effects on fertility of untreated mood and anxiety disorders and the risks and benefits of using psychotropic medications during ART.
4. Describe screening measures and diagnosis of mood and anxiety disorders during ART and the psychotherapeutic techniques used for therapy while treating individuals and couples impacted by infertility and pregnancy loss.
5. Examine the emotional impact on providers and office staff in RE clinics of working with infertility and reproductive trauma patients.

## Infertility and Pregnancy Loss: Getting Your Patients the Emotional Help They Need



### **Target Audience:**

Physicians, Psychologists, Therapists, Social Workers, Nurses, Nurse Practitioners, Physician Assistants, Medical Assistants, REI Front Office Staff, REI Fellows, OB/Gyn and Psychiatry Residents and Other Interested Health Care Providers

### **Registration:**

Physicians and Psychologists: \$125  
Masters-level clinicians: \$75  
Nurses, Social Workers: \$75  
Front office and support staff, students, residents and fellows: please contact Katie Hirst ([khirst@ucsd.edu](mailto:khirst@ucsd.edu)) for details and to register at a discounted rate of \$25.

After September 1st please add \$25 late fee.

Registration is limited to 150 participants.

Cancellations: A full refund, less \$50, will be provided prior to September 17th. No refunds will be issued after this date.

Register online at [www.regonline.com/IPL0](http://www.regonline.com/IPL0)

Questions?

Call us toll free at 888-229-6263 or 858-534-3940, or email us at

Presented by

The UC San Diego  
Maternal Mental Health Clinic  
in association with  
The Center for Reproductive Psychology

Saturday, September 25, 2010

University of California, San Diego  
Skaggs School of Pharmacy Auditorium  
9500 Gilman Drive  
La Jolla, CA 92093



## UC San Diego Course Director

### **Katie Hirst, MD**

Assistant Clinical Professor  
Family & Preventive Medicine and Psychiatry  
Director, UCSD Maternal Mental Health Clinic

## Guest Course Directors

### **Martha Diamond, PhD**

Co-Director, Center for Reproductive Psychology  
San Diego, CA

### **Janet Jaffe, PhD**

Co-Director, Center for Reproductive Psychology  
San Diego, CA

## UC San Diego Course Faculty

### **Gabriel Garzo, MD**

Assistant Clinical Professor of Reproductive  
Medicine

## Guest Faculty

### **David Diamond, PhD**

Associate Professor of Psychology  
Alliant International University  
San Diego, CA

### **Jonathan Gale, PhD**

Adult and Adolescent Psychologist  
San Diego, CA

### **Karen Hall, PhD**

Reproductive Psychologist  
Center for Infertility Counseling and Support  
San Diego, CA

### **Shira Keri, MD**

Adolescent and Adult Psychiatrist  
San Diego, CA

### **Leslie W. Tam, MD**

Reproductive Psychiatrist  
San Diego, CA

Drs. David and Martha Diamond and Dr. Janet Jaffe are co-authors of [Unsung Lullabies: Understanding and Coping with Infertility](#) (St. Martin's Press, 2005). Drs. Martha Diamond and Janet Jaffe are co-authors of [Reproductive Trauma: Psychotherapy with Infertility and Pregnancy Loss Clients](#) (APA, in press).

## Program

- 8:00am Registration, Continental Breakfast
- 8:30am Welcome
- 8:35am Assisted Reproductive Technology:  
Review of the Medical Science  
*Gabriel Garzo, MD*
- 9:10am What makes infertility and pregnancy loss so  
traumatic?  
The psychology of the reproductive story  
*Martha Diamond, PhD and Janet Jaffe, PhD*
- 10:45am Break
- 11:00am Hidden Turmoil: Assessing for Mood and  
Anxiety Disorders During Treatment of  
Infertility and Pregnancy Loss  
*Katie Hirst, MD*
- 12:00pm Panel Question and Answers
- 12:30pm Lunch (box lunch provided)
- 1:30 pm Patients in crisis: The Risks and Benefits of  
Using Psychiatric Medications During Treatment  
of Infertility and Pregnancy Loss  
*Leslie Tam, MD*
- 2:15 pm Emotional Aspects of Third Party Family  
Building  
*Karen Hall, PhD*
- 3:00 pm Break
- 3:15 pm Breakout Sessions:
- A:** Leaving It At The Office:  
How to Cope With These Difficult Cases  
*Janet Jaffe, PhD*
- B:** Working With Three Patients in One:  
Her, Him and Them  
*Martha Diamond, PhD, David Diamond, PhD  
and Jonathan Gale, PhD*
- C:** The Specifics of Using Psychotropic Medications  
During ART: Case Presentations and Discussion  
*Katie Hirst, MD, Shira Keri, MD and Leslie Tam, MD*
- 5:00 pm Evaluation and Adjourment

The University of California, San Diego School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of California, San Diego School of Medicine designates this educational activity for a maximum of 7 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

APA: The University of California, San Diego School of Medicine Department of Psychiatry is approved by the American Psychological Association to sponsor continuing education for psychologists. The University of California, San Diego School of Medicine Department of Psychiatry maintains responsibility for this program and its content.



BBS: Course meets the qualifications for 7 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. (UCSD Provider Number PCE 683)

BRN: For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credits*<sup>™</sup> issued by organizations accredited by the ACCME. For the purpose of relicensure, the California Board of Registered Nursing accepts *AMA PRA Category 1 Credits*<sup>™</sup> (report up to 7 hours of credit and list "CME Category 1" as the provider number).

#### Disclosure

It is the policy of the University of California, San Diego School of Medicine to ensure balance, independence, objectivity and scientific rigor. All persons involved in the selection, development and presentation of content are required to disclose any real or apparent conflicts of interest. All conflicts of interest will be resolved prior to an educational activity being delivered to learners through one of the following mechanisms 1) altering the financial relationship with the commercial interest, 2) altering the individual's control over CME content about the products or services of the commercial interest, and/or 3) validating the activity content through independent peer review. All persons are also required to disclose any discussions of off label/unapproved uses of drugs or devices. Persons who refuse or fail to disclose will be disqualified from participating in the CME activity.

#### Cultural and Linguistic Competency

This activity is in compliance with California Assembly Bill 1195 which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. Cultural competency is defined as a set of integrated attitudes, knowledge, and skills that enables health care professionals or organizations to care effectively for patients from diverse cultures, groups, and communities. Linguistic competency is defined as the ability of a physician or surgeon to provide patients who do not speak English or who have limited ability to speak English, direct communication in the patient's primary language. Cultural and linguistic competency was incorporated into the planning of this activity. Additional resources on cultural and linguistic competency and information about AB1195 can be found on the UCSD CME website at <http://cme.ucsd.edu>.