

The Mental Health Professional Group Newsletter

Hopeful Heart, Peaceful Mind: Managing Infertility By Carol Fulwiler Jones, M.A.

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<http://theinfertilitycounselor.com>

"Hopeful Heart, Peaceful Mind: Managing Infertility" by Carol Fulwiler Jones is a highly recommended book for infertility patients. It is supportive, informative and integrates Carol Jones' professional experience in both traditional psychotherapy and alternative health treatments. She provides her readers with an easy-to-read guide that they can put on their bedside table and pick up at any time to find comfort, validation and ways to cope with the stress of the infertility journey. The first part of the book describes common struggles patients face during their infertility treatment; and the last part of the book presents techniques on how to overcome them.

Carol designed her book to calm the emotional upsets and inspire couples to continue on their journey of building a family. It also was written to help family and friends become educated about infertility and learn how to be sensitive in giving comfort and support. It educates professionals in the field of reproductive medicine about the many challenges of infertility and how they can be managed.

When asked what inspired Carol to write this book she says, "Almost two decades ago, I started counseling men, women, couples and groups who were passionately pursuing their dream of becoming pregnant and parenting a child. I remain in awe of their strength and determination as they resolved the many challenges of infertility. It has been a privilege to watch them explore deeper, unfamiliar parts of themselves, which have often led to personal growth and transformation. This has been my inspiration for writing my book. I spent many years creating a 'book box' which contained notes from my infertility talks and workshops, notes from my clients who shared their personal intimacies and private struggles, and strategies I developed which incorporated the use of music-evoked imagery, visualization, relaxation, meditation, mindful breathing, and yoga. The results of practicing these techniques with clients were often profound and always exciting. The contents of my 'book box' were used to help create my book."

Carol's approach to using both traditional psychotherapy and alternative medicine treatments offers her patients a blueprint with which to deal with future life crises. She believes that, "We live in a fast-paced, technological world which is stressful. People are feeling the discomfort and ill effects of stress; and they often seek ways in which to live a happier, healthier and more balanced life. I have studied, taught and practiced yoga for the past 26 years; and the various tools of yoga (breath, movement, meditation and sound) provide a powerful alternative to managing the challenges of infertility. I often teach specific yoga practices, as well as visualization, relaxation and music-evoked imagery to clients. These practices are designed to improve physical, emotional, mental and spiritual health and create inner peace. When you are experienced and trained to teach complimentary treatments; and when you have a clear understanding of the complex psychological and emotional struggles of the infertility population, blending complimentary treatments with traditional psychotherapy expands opportunities to create health and healing from within."

We were interested to know how Carol integrated these treatments with couples. She said that she has designed various music-evoked imagery practices for use with couples. "There is one practice I designed to help them remember the pleasurable sex they shared before infertility. This simple practice often rekindles their sexual desire; and they are more touchy and playful as they leave my office."

Carol's dream is that one day infertility will no longer be a secret disease, and people can openly talk about their treatment and family-building choices without fear of judgment, stigma, or negative consequences. A child is a gift to a parent, no matter how conception occurs or how a parent and child come together. Every person struggling with infertility yearns for a hopeful heart and a peaceful mind; and these gifts are offered within the book.

The book is easy to read and includes lots of real-life examples. It will be an important resource for infertility patients to give them encouragement and hope as they are trying to start a family.

Additional reviews from physicians, peers, editors and infertility patients.....

To produce life is one of the gifts that eludes many Americans. ***Hopeful Heart, Peaceful Mind: Managing Infertility***, takes a spiritual and self-help approach to the treatment of infertility. The tips range from everything from supporting one's partner, finding medical help, finding support groups, to taking it to the next level in the bedroom. ***Hopeful Heart, Peaceful Mind: Managing Infertility*** contains some of the advice those battling infertility need.

—James A. Cox
Editor-in-Chief
Midwest Book Review
Oregon, WI

"Carol Jones has written a gem of a book for women and men dealing with infertility. Based on personal experience, enhanced by professional excellence, and laced with powerful anecdotes, this book provides comprehensive, practical yet sensitive advice. It is straightforward and readable, but also innovative and holistic, and provides a useful glossary of fertility terms and information on additional helpful resources. It is a must-read."

—David Adamson, MD
Director, Fertility Physicians of Northern California
Founder and CEO, Advanced Reproductive Care
Past president, major national societies for reproductive medicine
Palo Alto, CA

"This powerful book is a must-read for infertility patients; Carol Jones has a wealth of knowledge to share. For the last twenty years, she has helped hundreds of my patients cope with the emotional roller coaster of infertility treatment and make the decisions that are right for them. Carol brings to the subject a different perspective, that of someone who has successfully dealt with her own struggle with infertility. This book reminds patients that it is important to take care of themselves and to remain centered throughout the journey to reach the goal of family building."

—Carlene Elsner, MD
Reproductive Endocrinologist
Founding Partner, Reproductive Biology Associates
Atlanta, GA

"A concise and practical book that helps couples lighten the emotional burden that accompanies infertility. I recommend it to anyone who is struggling to cope with the complex experience of infertility."

—Linda Applegarth, EdD
Director of Psychological Services
Perelman/Cohen Center for Reproductive Medicine
Weill-Cornell University Medical College
New York, New York

"Infertility, like many diseases, impacts you in countless ways—physically, emotionally, and spiritually. *Hopeful Heart, Peaceful Mind: Managing Infertility* addresses these issues in a compassionate manner, and offers couples tools and guidance to help them follow their paths during a journey they most likely never expected to take."

—Jennifer A. Redmond
Editor in Chief
FertilityAuthority.com

"Carol Jones has written an insightful and helpful roadmap to managing emotions and relationships through a fertility journey. She blends her personal experience and professional expertise in a way that is easy to grasp and emulate. She touches on many aspects of emotional care in infertility that are often ignored by patients and their physicians, and provides reasonable remedies for the stress couples face in their quest to build a family. This book is a must-read for patients and for physicians trying to connect holistically with them."

—Dan Shapiro, MD
Director of Egg Donation Services
Reproductive Biology Associates
Atlanta, GA

"While Carol Jones' own journey with infertility is the heart and soul that nurtured this book, it is her professional expertise and long experience counseling couples facing the challenges of infertility that make it such a valuable resource for others."

—Carrell Dammann, PhD
Family Psychologist
Open House, Inc.
Atlanta, GA

"Carol Jones has provided an important book that offers insight and the necessary tools to survive and thrive during your fertility treatment. Readers are advised to celebrate the family and support they have while becoming empowered to build the family they desire. Reading *Hopeful Heart, Peaceful Mind: Managing Infertility* is a great first step on the pathway to achieving your dreams."

—Mark Perloe, MD
Medical Director
Georgia Reproductive Specialists
Atlanta, GA

"Carol Jones has written an inspiring book; her ability to communicate clearly is evident in every line. Her professional counseling experience and background in yoga teaching make her an ideal voice to speak about this intimate topic and to help those with hopeful hearts find peace when managing infertility."

—Kausthub Desikachar
Cofounder, Krishnamacharya Healing and Yoga Foundation
Chennai, India

"We highly recommend this book to anyone seeking fertility treatment. After eight months of treatment, we felt as though our lives had been completely taken over by infertility. Reading Carol Jones' book helped us feel we could be more positively involved in the process and still take time out for our own lives. It also provided useful stress reduction techniques and ways to approach treatment in a more positive light. Reading about others in fertility treatment also helped us process our own feelings about treatment. This book is like a built-in support group."

—Dan and Nancy, infertility patients

"Carol Jones has a wonderfully positive outlook. We were so fortunate to work with her to confront our emotions and make decisions about our infertility. Infertility caused us to think about what we didn't have in life—specifically, a baby. Carol helped us focus on what we did have. Now, through this book, she offers her helpful approach to others."

—Sheryl and Paul, infertility patients