

## Program

# Online Course – Emotions in Assisted Reproduction Techniques: Counselling and Communicating with Patients

### [Module 1. Emotional processes in infertile patients submitted to Assisted Reproduction Treatments \(ART\)](#)

- Emotional processes and possible complications
- Sexuality
- Different kinds of patients
- An analysis of the phases within an assisted reproduction treatment
- Is stress a cause of infertility?

### [Module 2. Detection of patients at risk: Oocyte donation, recurrent miscarriage, mono parental families](#)

- Functions of the nursing collective

Physical care, Psychological support

- Different kinds of disorders

Adjustment disorder, Others

- Patients at risk

Psychological stress, Relationship problems,

Recurrent miscarriage, Failed treatments,

Psychopathological background, Embryonic reduction,

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Genetic counseling, Oncological treatments

### Module 3. Basic psychological assessment

- Psychological assessment protocol

Gamete and Embryo donors and recipients,

Different kinds of couples

- Psychological intervention

Advice and other functions, Intervention needs,

Risk Factors: personal, social and treatment-related,

Objectives, Basic elements of the therapeutic relationship

- Assessment

- Cognitive therapy

Objectives, How are they accomplished?

### Module 4. Multidisciplinary counseling: Therapeutic alliance, therapeutic skills of the team

- Communication with patients

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What do patients expect? How to give them what they expect?

Necessary skills

- Effective communication and the use of silence
- Basic elements of the therapeutic relationship

Acceptance, Empathy, Authenticity, Assertiveness

- Verbal and non-verbal language

### [Module 5. Psychological intervention: Positive psychology](#)

- Anxiety
- Psychological intervention

Emotional intelligence, Positive psychology

- Resilience
- Optimism
- Personal strengths questionnaire
- Psychologist

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[Module 6. Clinical cases](#)