Research shows that practicing mind body strategies helps to decrease physical symptoms and to reduce feelings of distress, depression, anxiety, isolation and anger. This program teaches women how to regain a sense of control and well-being, develop coping strategies to better manage treatments and optimize chances for success.

Over the course of the program, you will:

• Learn techniques to elicit the relaxation response (including deep breathing, imagery, and yoga)
• Learn how lifestyle behaviors can impact fertility
• Be part of a supportive group sharing similar experiences
• Develop skills to reverse negative thinking

After completing our program, our typical patient finds herself calmer, more in control and better able to cope with the future.

Elements of the Program Include:

• Lectures       • Skills training       • Group sharing
• Self-care       • Symptom monitoring   • Partner sharing

Leadership
The program is led by Leslee Kagan, MS, FNP-BC, Director of Women’s Health at the Benson-Henry Institute. An expert in the field of women’s health, she has extensive experience in providing health care for women in the Greater Boston area.

Enrollment
The program includes three individual visits and weekly, two-hour group sessions. Individual visits are billable to insurance and group sessions are self-pay. Individual sessions are also available.

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