



## Psychological Counseling of Donor Embryo Recipients

California Conceptions is a donor embryo program which uses donor sperm and donor eggs. As a result of using high quality embryos, the program has an outstanding rate of success.

Our program requires a psychological counselling session as recommended by The American Society for Reproductive Medicine (ASRM). ASRM has published their recommendations in a document titled "2008\_guidelines\_for\_gamete.pdf" available on their website at [www.asrm.org](http://www.asrm.org). The excerpt below contains the recommendations pertaining to recipients of donor embryos. If you have experience in this area, please address the following topics at a minimum.

### ASRM 2008 Guidelines for Gamete and Embryo Donation

#### Recipients and Their Partners

- A. Recipients of donor embryos and their partners should receive counseling about the potential psychosocial implications.
- B. The recipient and her partner should be counseled about their subsequent feelings concerning the medical conditions that made necessary the use of donor embryos.
- C. The impact of treatment failure should also be addressed, including coping with treatment termination, the grieving process, and developing alternatives for the future.
- D. Relative issues, such as the impact of the relationship between known donors, recipients, and offspring, should be explored. [not applicable in anonymous donation]
- E. Psychological assessment is recommended to assess appropriateness of the potential recipient and her partner. This assessment should attempt to exclude significant psychiatric illness and current substance abuse and to evaluate their ability to cope with the stress of ART.
- F. Recipients of donor embryos should be advised of screening and testing requirements and be prepared either to not use or to assume the risks related to the use of donor embryos.

We ask that you provide a letter, on your letterhead, with your summary of the assessment. Please include a statement regarding your opinion about their suitability to proceed, or recommendations to delay or defer treatment. We share only the final assessment with the recipient/recipient couple and inform them of our willingness to proceed based on your assessment. Please send the letter be sent directly from your office via fax, or postal delivery.

If you have any questions or concerns, please do not hesitate to contact us.

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