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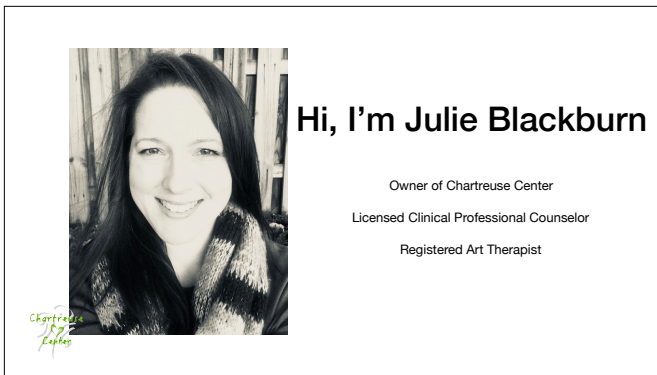
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**Hi, I'm Julie Blackburn**

Owner of Chartreuse Center  
Licensed Clinical Professional Counselor  
Registered Art Therapist

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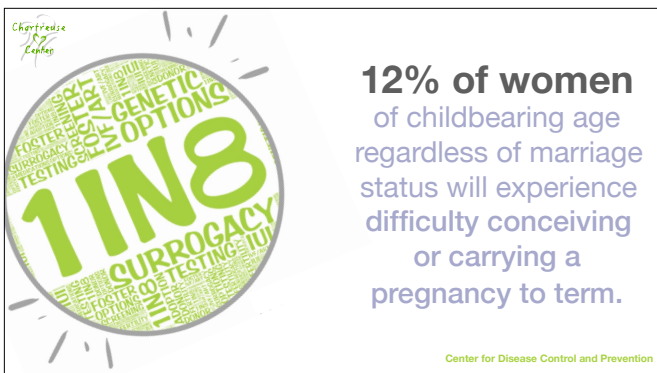
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**12% of women**  
of childbearing age  
regardless of marriage  
status will experience  
difficulty conceiving  
or carrying a  
pregnancy to term.

Center for Disease Control and Prevention

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## 1993 Study of the Psychological Impact of Infertility

suggested that the  
“psychological symptoms associated with infertility  
are similar to those associated with  
other serious medical conditions”

when compared with women living with cancer,  
hypertension, cardiac rehabilitation,  
chronic pain and HIV+

Chartraine  
Ry  
Kaplan

Domar, AD, Zuttermeister, PC, Friedman, R. (1993) *The psychological impact of infertility: a comparison with patients with other medical conditions.* Journal of psychosomatic Obstetrics and Gynecology, 14:45-52

Consider  
the Grief &  
Emotions of  
Fertility

Chartraine  
Ry  
Kaplan

“

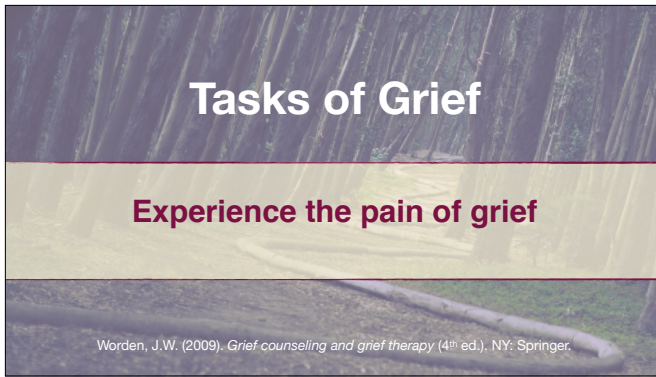
I am half AGONY,  
half HOPE

~JANE AUSTEN

## Tasks of Grief

Accept the  
reality

Worden, J.W. (2009). *Grief counseling and grief therapy* (4<sup>th</sup> ed.). NY: Springer.



# Tasks of Grief

**Experience the pain of grief**

Worden, J.W. (2009). *Grief counseling and grief therapy* (4<sup>th</sup> ed.). NY: Springer.

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# Tasks of Grief

**Adjust to your new environment and way of living**

Worden, J.W. (2009). *Grief counseling and grief therapy* (4<sup>th</sup> ed.). NY: Springer.

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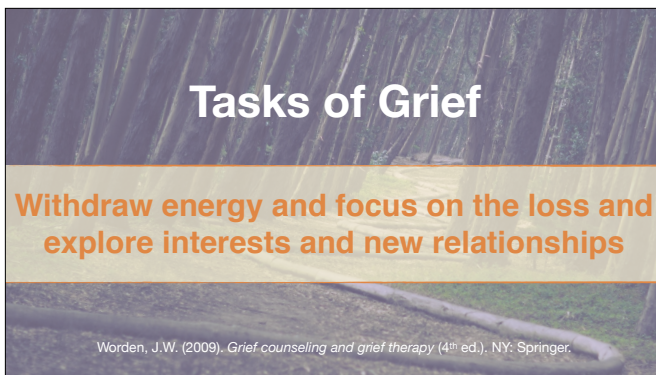
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# Tasks of Grief

**Withdraw energy and focus on the loss and explore interests and new relationships**

Worden, J.W. (2009). *Grief counseling and grief therapy* (4<sup>th</sup> ed.). NY: Springer.

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## Disenfranchised Grief

Grief that is not recognized by society, family or friends.  
Coping in isolation.

Doka, K. (1989) *Disenfranchised Grief: Recognizing Hidden Sorrow*. Lexington, MA: Lexington Press

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## Coping can be complicated

- ✧ previous losses
- ✧ high stresses
- ✧ other health issues
- ✧ financial issues
- ✧ relationship struggles
- ✧ lack of support

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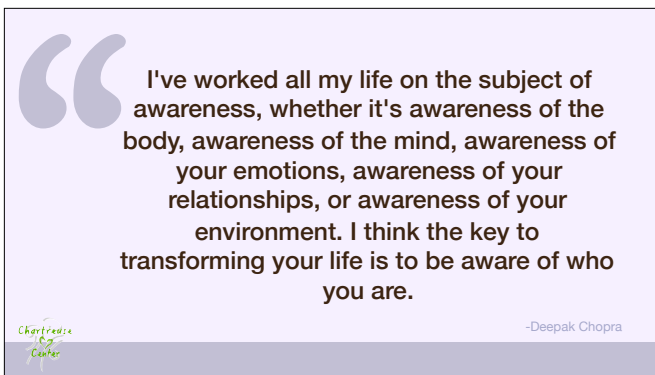
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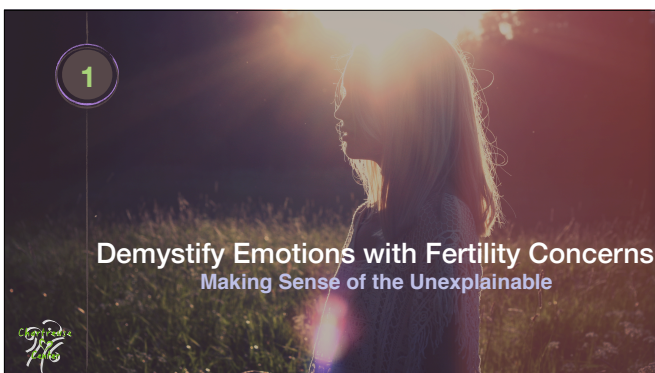
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Achieving the Family Dream  
So Many Paths... Which Way to Go?

2

*Charitree & Leanne*

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Keeping the Love Alive  
For Better & For Worse

3

*Charitree & Leanne*

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**Social Graces**

Navigating  
the Fertile  
World that  
Just Doesn't  
"Get It"

4

*Charitree & Leanne*

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Embrace You!

Coping & Thriving  
Getting Back  
to You

5

*Charitree & Leanne*

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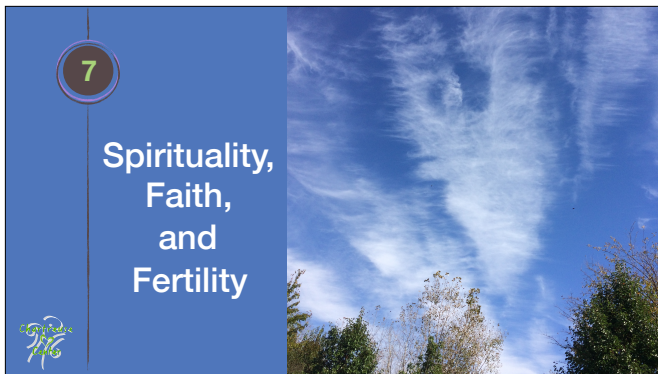
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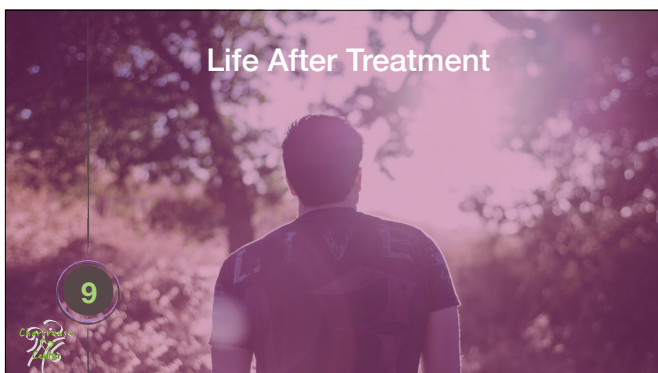
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## Artful Online Courses

are offered by  
**Chartreuse Center**

**Programs are not  
intended to replace  
mental health counseling.**

Chartreuse  
Center



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## Artful Online Courses

are offered by  
**Chartreuse Center**

**Art based, mindful  
exercises and strategies  
are offered in each module  
- tools you can use right  
away.**

Chartreuse  
Center



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**Learn more  
at**

Chartreuse  
Center

**<https://artful-courses.chartreusecenter.com>**



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