Donor Oocyte, Sperm, and Gestational Surrogacy Program  
Psychosocial Evaluation and Counseling  
Patient Information & Resource List

We believe psychosocial assessment and counseling are a beneficial part of medical treatment at Shady Grove Fertility and are *required* of all participants when a third-party is involved in the reproductive process (e.g., donor sperm, donor egg, and host-gestational surrogacy). This is in keeping with the recommendations and guidelines for third-party reproduction of the American Society of Reproductive Medicine and its Mental Health Professional Group.

The goals of psychosocial assessment and psychoeducational counseling are:

- To address issues related to the impact of treatment and the psychosocial implications of third party reproduction.
- To establish a working relationship in which any anticipated or unanticipated problems can be addressed or resolved.
- To identify any conflicts or issues among any of the participants.
- To evaluate unresolved conflicts or major psychological issues that could be a significant impediment to a positive outcome.
- To be available to provide ongoing support and counseling, if desired.

The evaluation involves clinical interviews with a member from our team of highly trained infertility mental health professionals who serve as staff consultants. In addition, psychological testing is required of all ovum donors, known or identified gamete donors, and host-surrogates in the gestational carrier program. In other clinical situations, psychological testing or additional counseling sessions may be recommended by the mental health professional when additional assessment information is deemed necessary.

The psychosocial assessment is one the first step to be undertaken after the initial consultation with your physician. The process must be completed before being matched with an anonymous egg donor. Every attempt will be made on our part to make the process as efficient and accommodating as possible, and we ask for your cooperation to assist us. Thus, if you need to cancel or make any changes to your scheduled appointment, please contact your counselor directly as soon as possible.
Oocyte Donor Information

You will find enclosed the "Psychosocial Evaluation and Counseling Information" sheet that outlines the purpose of the assessment and preparation process for all people participating in our "Donor Oocyte, Sperm and Gestational Surrogacy Program". This process is a very important part of determining participant’s readiness for third party reproduction and our primary concern is for the well-being of all people involved.

The goals of psychological evaluation for oocyte donors, also, include:

- To assess if the egg donation process may be psychologically intrusive to a potential donor or disruptive to her life now or in the future. Our first responsibility is to "do no harm".

- To provide a potential donor with sufficient information about third party reproduction and treatment demands to help her make an informed decision.

- To obtain sufficient, accurate, and complete information about the donor to determine her readiness and suitability to donate.

- To ensure that a potential donor and her partner are comfortable with the concept of egg donation.

All interested donors are required to meet with the social worker for a minimum of two (2) separate interviews, one alone and one with her partner if she is in a committed relationship, as well as complete psychological testing. After this entire evaluation has been completed, the donor team will make a decision regarding acceptance to the program.

This process requires careful coordination of time on the potential donor's part. The manner in which the donor complies with the scheduling and keeping of appointments will be considered in determining the donor's ability to follow through with a rigorous treatment program. Thus, we recommend that donors choose carefully the times that they agree to schedule appointments. We understand that unforeseen circumstances do arise and changes in scheduling may need to be made. However, if a cancellation occurs less than 24 hours prior to the scheduled appointment, a financial charge will be incurred. If you must change an appointment, please let us know as soon as possible, as our appointment times are limited and last minute cancellations cannot be filled.
Resource List

Qualified Mental Health Providers are located local to our Maryland, Virginia, DC, and Pennsylvania offices. Please use the below list of providers and then contact the Mental Health Professional that is most convenient to you.

Recipients of anonymous egg or sperm donation will generally require one session. Recipients using a known egg or sperm donor will require an individual/couple session, in addition to a session with the known donor, and their partner if applicable.

Billing for the session(s) will be coordinated directly with the Mental Health Provider. Payment is due at time of service.

Maryland, DC and Virginia Mental Health Providers ~

Barbara Cohen, LCSW-C: 410-224-7011 (Annapolis, MD)
Ellen Eule, LCSW-C: 301-229-0055 (Frederick, Rockville, and Bethesda, MD)
Laura Covington, LCSW-C: 202-412-8022 (Fair Oaks, VA and Downtown DC)
Erica Mindes, Ph.D.: 804-237-8918 (Annandale, Woodbridge, and Richmond, VA)
Patricia Sachs, LCSW-C: 301-951-0206 (Rockville and Waldorf, MD)
Tara Simpson, PsyD: 410-303-3402 (Baltimore, Columbia, Towson, MD)
Carol Toll, LCSW-C: 301-924-5124 (Columbia & Rockville, MD)

Pennsylvania Mental Health Providers ~

Andrea Braverman, Ph.D.: 484-802-2534 (Bala Cynwyd, PA)
David Goodwin, Ph.D.: 610-520-9313 (Chesterbrook, Bala Cynwyd, & Rosemont, PA)
Mia Joelsson, LCSW-C: 240-454-3002 (Camp Hill, PA)

Please check with your insurance provider prior to seeing a Mental Health Provider to confirm coverage. Each Provider will supply you with a billing statement so that you can submit directly to your insurance; the provider will not submit on your behalf.