

7:45-8:30 AM Registration & Exhibits Open

8:30-9:15 AM KEYNOTE ADDRESS:

*Stress and Fertility: The Science Behind the Connection*  
Ali D. Domar, PhD

EXHIBIT HALL OPEN ALL DAY



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## CONFERENCE FEES

(INCLUDES BREAKFAST & LUNCH)

**RNE Members:** \*\$115 (1 person)  
\*\$175 (2 people)  
\*\$60 (+3rd person)

**Non-Members:** \*\$190 (1 person)  
\*\$275 (2 people)  
CEU Credits: \*\$35 Processing Fee

Register After Nov. 6, 2015:

\*\$30 Late Registration Fee added to all Conference Fees \*Lunch NOT Guaranteed

SESSION A: 9:15 - 10:30 AM	SESSION B: 11:00 AM - 12:15 PM	SESSION C: 1:30 PM - 2:45 PM	SESSION D: 3:00 PM - 4:15 PM	MINI SESSIONS D: 4:20 PM - 5:00 PM
<b>A-1 INFERTILITY 101</b> This session will help you understand various aspects of infertility treatment, including the infertility workup; how to interpret results; medications; new treatment options; and how to assess your next steps. Presented by: <i>Albert L. Hsu, MD, Assistant Professor, Dartmouth-Hitchcock Medical Center</i>	<b>B-1 NAVIGATING A CYCLE: WHAT TO EXPECT &amp; HOW TO MANAGE</b> This workshop walks you through an IVF cycle, including both the typical process and how to manage the unexpected. Presented by: <i>Jill Attaman, MD, Fertility and Reproductive Health, Harvard Vanguard Medical Associates and Alison Zimon, MD, Boston IVF</i>	<b>C-1 JOURNEY THROUGH THE IVF LAB</b> An embryologist will explain - in language all can understand —about how critical decisions are made during the care and development of embryos. The workshop will include discussions of techniques, including development and selection, assisted hatching, intra-cytoplasmic sperm injection, preimplantation genetic diagnosis and screening, as well as day 2, 3 and 5 transfers. Presented by: <i>Linda Siano MS ELD, Chief Embryologist, The Center for Advanced Reproductive Services, University of Connecticut</i>	<b>D-1 WHEN TREATMENT ISN'T WORKING</b> Fertility treatment plans should be constantly evaluated by managing physicians, and adjustments made when treatment isn't working. This workshop explores treatment alternatives, protocol adjustments and what to expect from a second opinion. Presented by: <i>Beth Plante, MD, Fertility Centers of New England</i>	<b>MS-1 ASK THE REPRODUCTIVE ENDOCRINOLOGIST</b> Come have a chance to talk directly to a reproductive endocrinologist and get your questions answered!
<b>A-2 DIMINISHED OVARIAN RESERVE</b> This workshop explains the meaning of diminished ovarian reserve—a frequent finding in women who are undergoing treatment for infertility—including how it is determined, and what treatment options are appropriate for women who have it. Presented by: <i>Samuel C. Pang, MD, Medical Director, IVF New England</i>	<b>B-2 FIBROIDS: WHEN SHOULD I WORRY AND WHAT SHOULD I DO ABOUT THEM?</b> Fibroids affect at least 20% of women and have been shown in certain cases to affect fertility and pregnancy outcomes. This talk will discuss the proper tests to evaluate fibroids, what fibroids are more concerning, and treatment options. How fibroids are managed is crucial to providing the best uterus for conceiving and carrying a pregnancy. Presented by: <i>John C. Petrozza, MD, Chief, Vincent Reproductive Medicine &amp; IVF; Director, Massachusetts General Hospital Fertility Center</i>	<b>C-2 WHY INFERTILITY SHOULDN'T BE UNEXPLAINED</b> Learn the importance of an early, thorough evaluation to enable diagnosis and treatment, as well as review the shortcomings of proceeding with treatments that are unlikely to be successful when the cause of infertility is unknown. Presented by: <i>Ania Kowalik, MD, Medical Director &amp; Founder, Fertility Solutions</i>	<b>D-2 ENVIRONMENTAL FACTORS &amp; INFERTILITY</b> Learn about new research that shows how chemical/environmental exposures and lifestyle choices can affect fertility, and find out what changes you can make that may affect treatment outcomes. Presented by: <i>Jorge E. Chavarro, MD, ScD, Assistant Professor of Nutrition, Epidemiology and Medicine, Harvard School of Public Health and Harvard Medical School</i>	<b>MS-2 ASK THE ADOPTION PROFESSIONALS</b> Come with your questions about adoption and have professionals in the field answer them!
<b>A-3 OVERVIEW OF DOMESTIC INFANT ADOPTION</b> Join two adoption agency directors for an exploration of key themes in domestic adoption. Presenters will cover: the home study process, preparation of the adoptive family's profile, options for outreach & matching, open adoption, trans-racial adoption, adoption education, and costs. Presented by: <i>Marla Ruth Allisan, JD, LICSW, Director, AAA Full Circle Adoptions and Betsy Hochberg, LICSW, Director, Adoption Resources</i>	<b>B-3 ADOPTIVE PARENTS SPEAK</b> Adoptive parents share their stories, including how they made decisions along the way and advice they feel is important to share with others. Moderator: <i>Nancy Rosenhaus, LICSW, Associate Director, Adoptions With Love</i>	<b>C-3 ADOPTIVE PARENTS PANEL</b> Adoptive parents share their stories, including how they made decisions along the way and advice they feel is important to share with others. Moderated by: <i>Leah O'Leary, LICSW, Executive Director, A Red Thread Adoption Services</i>	<b>D-3 OVERVIEW OF DOMESTIC INFANT ADOPTION</b> Explore key themes in domestic adoption, including the home study process, preparation of the adoptive family's profile, options for outreach & matching, open adoption, trans-racial adoption, adoption education, and costs. Presented by: <i>Dale Eldridge, LICSW, BCD, Coordinator, Adoptive Parent Services, Adoption Choices</i>	<b>MS-3 ASK THE DONOR CONCEPTION PROFESSIONALS</b> Get your questions answered from professionals who specialize in donor conception.
<b>A-4 DEFINING OPEN ADOPTION/WORKING WITH BIRTHPARENTS</b> This presentation discusses the spectrum of adoption openness and shares the myths, realities and benefits for all involved parties. Also learn how to work with birth parents, from initial contact through ongoing contact after the adoption is finalized. Presented by: <i>Raquel Woodard, LICSW, BCD, Coordinator, Birthparent and Children's Services, Adoption Choices with parent panel</i>	<b>B-4 OVERVIEW OF FOSTER CARE ADOPTION</b> This session will provide an overview of the process of adopting through the foster care system, including how it differs from other types of adoption, requirements of prospective parents, who the waiting children are, and the supports available to families. Presented by: <i>Diane Tomaz, Director of Family Support Services, Massachusetts Adoption Resource Exchange</i>	<b>C-4 OVERVIEW OF INTERNATIONAL ADOPTION</b> An international adoption specialist will provide an in-depth discussion about the process of international adoption and the latest information on the international adoption reforms. Topics will include the factors in choosing a country and the realities of trans-racial and trans-cultural adoptions. Presented by: <i>Ava Sarafan, LICSW, Wide Horizons for Children</i>	<b>D-4 THE EMOTIONAL JOURNEY OF ADOPTION</b> This session will help participants understand more about maintaining emotional health during the entire adoption journey, for both adoptive parents and adopted children. This includes how to talk to your child about how your family was built, what to expect at each developmental stage, as well as the importance of support through both joys and challenges. Presented by: <i>Elizabeth Donalds, Pys.D, Private Practice, and Kelly DiBenedetto, LMHC, Boston Post Adoption Resources.</i>	<b>MS-4 ASK THE SURROGACY PROFESSIONALS</b> Come with your questions about surrogacy and have them answered by professionals in the field.
<b>A-5 YOUR NEXT STEPS: EGG DONATION, ADOPTION, BOTH?</b> When IVF brings disappointments, many people begin to explore other paths to building or expanding their families. This workshop will focus on how and when some choose egg donation, some choose adoption and some head down two paths at once. We will address practical, financial, social and ethical issues and hear from a panel of parents. Presented by: <i>Ellen Glazer, LICSW, Family Building Counselor and Coach, Co-author of "Having Your Baby through Egg Donation" and author of "The Long Awaited Stork"</i> .	<b>B-5 FINDING AN EGG DONOR THROUGH AN AGENCY</b> Learn how to find a donor with an agency, how the process works and the costs involved. Presented by: <i>Gina-Marie Madow, Esq., Circle Egg Donation and Circle Surrogacy</i>	<b>C-5 DONOR AND SURROGACY PARENTS PANEL</b> A panel of parents through donor conception or surrogacy will talk about their experiences and answer questions. Moderated by: <i>Julie Richardson-Paige, Senior Director of Egg Donation Services, Tiny Treasures, LLC</i>	<b>D-5 CONSIDERING RISK IN DOMESTIC ADOPTION REFERRALS</b> This workshop will provide useful information for prospective adoptive parents about medical and social information that they may receive. This will include what specific prenatal factors may impact future development and health. Presented by: <i>Lisa Albers Prock, MD, MPH, Director, Adoption Program, Boston Children's Hospital</i>	<b>MS-5 RELAX AND UNWIND WITH YOGA</b> End your day with a relaxing yoga session led by an expert in fertility yoga.
<b>A-6 DONOR SPERM: THE REAL STORY</b> Donor sperm insemination can be a viable option for couples where IVF/ICS may not be possible, as well as for single women and same sex couples. This workshop details the donor selection and screening process, and legal considerations with use of both anonymous and known sperm donors. Presented by: <i>Eric Kendall, Clinic Liaison, European Sperm Bank USA/ESB-USA and Catherine Tucker, Managing Attorney, Law Office of Catherine Tucker</i>	<b>B-6 SURROGACY: PRACTICE AND LEGAL ISSUES</b> This workshop provides an overview on how to locate a suitable gestational carrier, the differences between traditional surrogacy and gestational surrogacy and the financial issues including insurance coverage and legal issues. Presented by: <i>Victoria T. Ferrara, Principal, Ferrara Hayden PC and Robert Nichols, Esq., President, Center for Surrogacy &amp; Egg Donation</i>	<b>C-6 SURROGACY &amp; DONOR: PSYCHOLOGICAL ASPECTS AND DISCLOSURE</b> This workshop discusses the emotional and ethical issues for men and women, secrecy vs. privacy and also deciding how and when to talk with your child and others about donor egg, donor sperm and surrogacy. Presented by: <i>Nancy Docktor, RNCS, Private Practice</i>	<b>D-6 DONOR &amp; SURROGACY PARENTS PANEL</b> A panel of parents through donor conception or surrogacy will talk about their experiences and answer questions. Moderated by: <i>Abby MacDonald, LICSW, Private Practice</i>	
<b>A-7 "DON'T TELL ME TO JUST RELAX!": EFFECTIVELY REDUCING STRESS DURING INFERTILITY</b> Participants will learn strategies for taking back control of their bodies AND minds, including both physical (relaxation training, nutrition, exercise) and emotional (how to deal with the pregnancies of others, how to feel less isolated). Presented by: <i>Alice Domar, PhD, Executive Director, Domar Center for Mind/Body Health, Boston IVF</i>	<b>B-7 HOW TO KEEP YOUR RELATIONSHIP STRONG DURING INFERTILITY</b> This session addresses how the different reactions of men and women to infertility affect a couple's relationship, how to manage conflict and rebuild trust and connection, and how to nurture emotional and sexual intimacy. Presented by: <i>Jeffrey LaCure, PsyD, MSW, LICSW, Marriage and Family Therapist, Nationally Recognized Author and Clinician and Founder of Relationship Renovation</i>	<b>C-7 SUPPORTING YOUR LOVED ONES (AND YOURSELF!) THROUGH INFERTILITY AND LOSS</b> Your loved one is struggling to become a parent (and you may be too). It could be your partner, your child, your sibling or best friend. Explore strategies for supporting them through this difficult process, while also helping you acknowledge and address the impact this challenging time has on you. Presented by: <i>Jen Erbe Leggett, LICSW, Director and Psychotherapist, The Leggett Group</i>	<b>D-7 DONOR CONCEPTION: PRACTICE AND LEGAL ISSUES</b> This workshop provides an overview on how to locate a suitable donor, how the process works, and potential legal and financial issues including insurance coverage. Presented by: <i>Lisa Marino, Esq., Partner, Wilson, Marino &amp; Bonnevie, P.C. and Julie Richardson-Paige, Senior Director of Egg Donation Services, Tiny Treasures, LLC</i>	
<b>A-8 APHRODITE, SHAME AND THE WANDERING WOMB</b> This session explores ancient fertility practices and beliefs, as well as the roots of shame surrounding infertility and the value of storytelling as a means of navigating the journey. Presented by: <i>Anne Belden, MS, PCC, Fertility, Adoption and Transitions Coach</i>	<b>B-8 ACUPUNCTURE: UNDERSTANDING ITS ROLE IN ENHANCING FERTILITY OUTCOMES</b> This workshop will highlight how acupuncture can complement infertility treatments and mechanisms by which it works to improve outcomes. Participants will leave with an improved understanding of this ancient Chinese medicine, what to expect from acupuncture sessions, as well as a variety of ways that individuals and couples can support their fertility naturally. Presented by: <i>Jessica Molleur, Lic. Ac. DNBAO, Founder, and Erin Walker, Lic. Ac. MAOM, OMBE Integrative Health Center</i>	<b>C-8 DEALING WITH INSURANCE ISSUES WHILE DEALING WITH INFERTILITY</b> This workshop covers issues around insurance, including the infertility appeals process and how to advocate for yourself. Presented by: <i>Liz Davolos, Financial Coordinator Supervisor, Boston IVF</i>	<b>D-8 PREGNANCY LOSS: EMOTIONAL ISSUES AND COPING STRATEGIES</b> This workshop is for individuals who have experienced a pregnancy loss and those who want to learn how to best support someone who has had a miscarriage. Discussion focuses on coping strategies, how miscarriage affects men, cycling after a miscarriage, recurrent pregnancy loss and pregnancy after miscarriage. Presented by: <i>Jennifer Burbridge, PhD, Massachusetts General Hospital and Private Practice</i>	

### LUNCHTIME TOPIC TABLES - 12:15-1:30 PM

Looking to connect with other people struggling with infertility? Our Lunchtime Topic Tables are for you! During lunch, tables will be set aside for informal discussion groups on various topics. Make connections and find support knowing that everyone at these tables can relate to you and your journey. Lunch topic tables are entirely optional and there will be plenty of non-topic tables available for those who do not wish to participate.

### TOPICS

General Infertility, Male Infertility, Pregnancy Loss, Secondary Infertility, Surviving the Two-Week Wait, Thinking about Adoption, Thinking about Donor Conception/Surrogacy

