

Couple Therapy for Infertility

Infertility is defined as the inability to achieve pregnancy during the first year.

Bringing descendants into the world is a natural and fundamental part of human nature. It is also a desire that some couples are not able to achieve. When infertility is discovered, the couple develops feelings of disappointment, depression, guilt, jealousy, and tensions within the marriage.

The process of fertility treatment is challenging, and it encourages high expectations to achieve the goal of having a child. It also demands emotional strength and resilience. This process intensifies of loss after each failed treatment cycle. These feelings make it difficult for the couple to continue the treatments.

Many couples have feelings of anger and mutual blame, and sometimes they need support from professionals. The therapy given in this unit offers a space for the couple to share feelings, tools for developing open communication, and an opportunity for growth.