

# Psychological Services for Oocyte Donors and Recipients

## Oocyte Donor Recipients

Egg donation can be a wonderful option for many families. Choosing to build or expand a family by using egg donation needs careful consideration, open communication, and time to explore the many issues and feelings involved in this decision. As couples move forward during their fertility journey, each partner must examine his or her feelings about the role of genetics and how they choose to form their family. Counseling from a mental health professional can be a very helpful part of the decision making process. This informal session is not an evaluation, but an opportunity for patients to gather information, resources and guidance for this important treatment decision. During this session, the therapist will help clients discuss and explore the following issues related to egg donation:

- Loss and grief of the woman's genetic contribution
- Ambivalent or conflicted feelings about using donor eggs
- Decision-making issues, such as donor selection and embryo management
- Disclosure- how and when to share with family and intended children
- Coping with issues of fear, shame, guilt, isolation and grief
- Dealing with anxiety and depression



Instilling hope and changing lives



## Leslee Murphy, LCSW Psychotherapist

The Bunker Hill Building  
9525 Katy Freeway, Suite 217  
Houston, TX 77024

**Phone:** 713-444-4828

[lesleemurphy@sbcglobal.net](mailto:lesleemurphy@sbcglobal.net)

[WWW.FERTILITYCOUNSELINGOFHOUSTON.COM](http://WWW.FERTILITYCOUNSELINGOFHOUSTON.COM)

## Oocyte Donation

*"Egg donation may not be a first choice, but it doesn't make it second best."*

### Leslee Murphy, LCSW

Leslee Murphy is a Licensed Clinical Social Worker with 20 years of clinical experience. She specializes in women's health issues, including infertility, pregnancy loss, post partum mood disorders, adoption and high-risk pregnancy. Leslee's expertise in the field of fertility stems from a unique combination of both personal and professional experience. She is well versed in both the medical and psychological aspects of reproductive medicine utilizing third parties.

### Therapeutic Techniques

- Identify New Coping Strategies
- Enhance Communication Skills
- Relaxation Therapy
- Stress Management Skills
- Cognitive Behavioral Therapy
- Support and Affirmation
- Goal Setting and Decision-Making

*In addition to the initial consult or evaluation, Leslee is available to offer ongoing support and counseling to donors and intended parents throughout the decision making process and the IVF donor cycle.*

### Psychological Evaluation

All potential egg donors undergo a psychological evaluation comprised of both a clinical interview and personality testing. During this evaluation Leslee will help the donor explore the emotional, psychosocial, ethical and legal issues that pertain to egg donation. She will also evaluate the donor's psychological well-being and readiness to cope with the demands and stress of serving as a donor. Meeting with a mental health specialist helps the donor to make informed decisions and allows her to explore the effect her participation may have not only on herself but on the recipient and the potential child that is conceived.

### Questions for Egg Donors

- What is your motivation for egg donation?
- Are you considering donating your eggs to resolve pain/grief, such as previous loss or an abortion?
- How flexible is your schedule- are you prepared to commit to multiple appointments?
- Are you comfortable sharing detailed psycho-social history about you and your family including questions about substance abuse, sexual abuse and mental illness?
- What are your thoughts about passing on your genetic material to a potential child, with whom have no contact?
- How do you feel about being contacted in the future by the recipient or intended child?
- If you struggle with infertility in the future, how would you cope? What treatments would you consider?
- Have you discussed egg donation with your partner or your parents?
- If you are not married, but hope to marry in the future, will you tell your future husband that you were an egg donor?