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## ***Infertility Services***

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- Individual counseling
- Couples counseling
- Grief counseling
- Stress management training
- Preparation for medical procedures
- Consultation regarding various family building options
- Consultation regarding use of third party reproduction services
- Egg donor evaluations
- Gestational carrier evaluations

*Please call for a complimentary phone consultation with Dr. Sharma to determine if her services could be of assistance to you.*

**Poonam Sharma, Ph.D.**

**Licensed Psychologist**

**(210) 493-6554**

**[www.healthfulchanges.com](http://www.healthfulchanges.com)**

**Poonam Sharma, Ph.D.**  
**Licensed Psychologist**  
**11124 Wurzbach Road, Suite 204**  
**San Antonio, Texas 78230**  
**(210) 493-6554**  
**[www.healthfulchanges.com](http://www.healthfulchanges.com)**



### **Directions:**

**From Loop 410:** Take Vance Jackson going outside "the Loop." Turn right on Wurzbach. Oakridge Square is on the right, before the railroad tracks.

**From I-10:** Take Wurzbach going away from the medical center. Pass Vance Jackson. Oakridge Square is on the right, before the railroad tracks.

**From 1604:** Take Lockhill-Selma going inside Loop 1604. Turn right on Wurzbach. Oakridge Square is on the left, just after the railroad tracks.

The office complex has four addresses. 11120 is visible from the street. The office is in 11124, the section of the building next to the tracks and toward the back. Take the elevator to the second floor and turn left. The office is at the end of the hall.

Most major insurance plans accepted

## **COPING WITH INFERTILITY**



**Poonam Sharma, Ph.D.**  
**Licensed Psychologist**

***Sometimes dealing with infertility can get a little overwhelming.***

***Talking with someone who knows how to listen can really help...***

***The crisis of infertility affects millions of lives each year. Infertility can be an extremely lonely experience, causing individuals and couples tremendous emotional pain, physical distress, and financial challenge.***

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***Common issues you may face...***

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- Should we stop or take a break from treatment?
- Are my feelings of helplessness, fear, shame, or jealousy...normal?
- What if I feel like dealing with infertility is taking over my life?
- How do I heal from the pain of pregnancy loss?
- Why doesn't my partner understand why this is so hard for me?
- What if infertility is ruining my marriage?
- Why do I feel so alone?
- How do we handle friends, family, and coworkers who don't understand?
- Why can't I go to baby showers and be happy for pregnant women?
- Should we consider using an egg donor or gestational carrier or think about adoption?
- How do I make good decisions about my fertility when I'm dealing with cancer?
- What if our church says it is a sin for us to use medical assistance to get pregnant?

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***When is it time to ask for help?***

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- When you feel like you can't do it alone.
- When you feel trapped, like there's nowhere to turn.
- When you worry all the time, and never seem to find answers.
- When the way you feel is affecting your sleep, your eating habits, your job, your relationships, your everyday life.
- When it's not getting better.

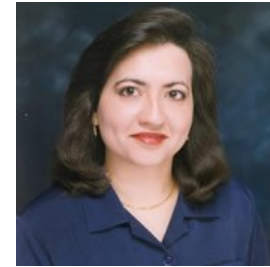
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***Talking with a psychologist experienced in working with infertility issues can help you...***

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- collaborate more effectively with your medical team.
- understand and cope with your emotional reactions to infertility.
- make treatment decisions.
- reduce marital strain and improve communication with your spouse.
- explore family building options.
- determine if using third party reproduction (i.e., egg donor, gestational carrier) is right for you.
- learn how to manage the stress, anxiety, and depression that often accompany infertility.
- regain a more balanced perspective.
- find a way to move forward.

**Poonam Sharma, Ph.D.**



Dr. Poonam Sharma, a licensed psychologist in private practice, earned her Ph.D. in counseling psychology from The University of Texas at Austin in 1994. She provides

counseling for adults, couples, and families and specializes in working with people dealing with an infertility crisis.

Dr. Sharma has served on the faculty of The University of Texas Health Science Center at San Antonio for several years in the Departments of Rehabilitation Medicine, Psychiatry, and Community Dentistry. She was President of the Bexar County Psychological Association in 2000-2001. She is currently a professional member of the American Society for Reproductive Medicine, Society for Assisted Reproductive Technology, American Fertility Association, Resolve, American Psychological Association, Texas Psychological Association, and Bexar County Psychological Association. She is also credentialed as a Health Service Provider in Psychology through the National Register.

Dr. Sharma's style of counseling is to listen compassionately to understand your situation clearly, help you set realistic goals, and then support you as you take steps that will move you toward the results you desire.

In addition to counseling, Dr. Sharma provides consultation to individuals considering egg or sperm donation, surrogacy, adoption, or a childfree lifestyle. She believes that *you* must determine what will work best for you, and will help you weigh ALL your choices. Dr. Sharma is an adoptive parent and an active member of Families with Children from China.