



MINUTES OF ACT MEETING 17th MARCH, 2016

Attendees: Anne Harrabin, Amanda Cox, Annabel Mitchell, Elizabeth Jacovelli, Emma Perris, Eve Rogans, Fatima Bailey, Gloria Else, Jane Broughton, Jackie Graham, Julia Davis, Justine Cooke, Linda Carter, Pia Huber, Victoria Busk, Vivien Fish

Apologies: Clair Astin, Dvora Kadish, Deborah Warden, Marian Fixler, Karla Prentin, Sally Kean Hammerson, Vivien Fish

Dr Karen Gerber, Chartered Clinical Psychologist and CBT therapist spoke to us about personality disorders intersecting with fertility counselling via case studies.

- Karen sees good outcomes in her clinic with the combination of therapy and acupuncture.
- Narcissistic personality disorder (NPD): lack of empathy, charming, self-serving, suppressed anger, feel entitled, see others (including their children) as objects to meet their needs.
- NPD more prevalent in men.
- Narcissists can see children as extensions of themselves. Tension when narcissist's children reach adolescence and become own person. Child's self-esteem often affected can't show mother vulnerability.
- Parental "recipe" for narcissism – child is often emotionally starved but receives high praise around prestige.
- Case Study 1 – NPD client desperately wanted a child but then disengaged from child early on. Critical of co-dependent partner.
- Karen feels nurture is hugely important in whether a personality disorder is expressed.
- Case Study 2 – History of sexual and emotional abuse, self-harm, very complicated family story but went on to have a child and become a very good mother herself.
- Karen also refers for acupuncture: when clients resist psychiatric medication, Bipolar 1 when clients aren't ready for meditation (observes a sense of calm in them as though they are meditating), self-harm (eg. In Borderline Personality Disorder. Controversial, but feels acupuncture can be a healthy replacement).
- Suicidal tendency disclosure: make clear at outset that you would need to report this. Karen makes a verbal contract upfront that therapy ends if client attempts suicide as it's no longer in her scope of practice.

AOB

- Case Study: Amenorrhea – 30yo, period stopped late last year, irritable, slim, extremely dry mouth, dry eyes, vagina, never used OCP, AMH 24, compulsive eating, history of IBS, daily "natural" stool softeners, thyroid fine, T: dry, pointed, tip red. Discussion:
Prolactin levels?
Stool softener could be Senna – very strong and drying
Bikram Yoga and intense workouts - could be depleting
BMI too low?
Did the period slow down/ lessen first or stop abruptly?
Hypothalamic amenorrhea?
Acupuncture for mouth dryness: points under tongue, Ren 23

- Discussed assisted hatching of embryos (where a scratch or hole is made in the outer layer (*zona pellucida*) of the embryo) and endometrial scratching. Unsure of how they aid implantation. Does endometrial scratching increase stem cell production?
- Discussed use of Inositol supplementation for PCOS fertility clients. Is said to benefit PCOS and associated symptoms, anxiety. Sometimes used to enhance egg quality.
- Only 2 more meetings for the ACT London year.
- Meeting location will remain as is for now. Another vote to be taken down the track.
- Please encourage other acupuncturists to join ACT London.

Next meetings: Wed 18th May at 19:15: Sophia Villiers, Nutritionist

Thurs 7th July at 19:15: IVF acupuncture protocols revisited