

# Mama & Me



## The Creation Story

Assisted Conception Therapeutic Support

***Referral Overview for Fertility Professionals***

***The Creation Story*** is a pre-conception therapeutic offering for individuals or couples navigating fertility challenges, IVF, assisted conception, pregnancy loss, or prolonged uncertainty around becoming pregnant.

This work supports patients to explore the ***emotional, somatic, and relational dimensions of conception***, recognising that fertility is not only a physiological process, but one deeply influenced by nervous system regulation, embodied experience, and early developmental history.

## Clinical Rationale

Emerging research in pre- and perinatal psychology, psychoneuroendocrinology, and stress physiology highlights the impact of emotional safety, stress regulation, and relational context on reproductive health.

The Creation Story offers a structured, trauma-informed space where patients can:

- Reduce chronic nervous system activation associated with fertility stress
- Explore early relational or developmental imprints that may influence reproductive experience
- Re-establish trust and safety within the body
- Improve emotional regulation and coherence during fertility treatment
- Reconnect to possibility

This work is ***non-diagnostic, non-directive***, and does not interfere with medical protocols. It is designed to ***sit alongside clinical fertility care***, supporting the patient's emotional and embodied readiness.

## Therapeutic Focus

Sessions may include gentle, body-led and reflective approaches to explore:

- Pre-verbal and early developmental experiences that shape the body's stress responses
- Patterns of protection, hypervigilance, or emotional holding
- The impact of fertility treatment, loss, or repeated cycles on identity and self-trust
- Restoring a sense of agency, safety, and internal permission to receive

The emphasis is on ***listening***, rather than striving – allowing the body to move out of survival mode and into a state more conducive to integration and regulation.

## Who This Work Is For

The Creation Story may be appropriate for patients who:

- Are preparing for IVF or assisted conception
- Have experienced pregnancy loss or repeated unsuccessful cycles
- Report high levels of anxiety, overwhelm, or emotional exhaustion
- Feel disconnected from their body or reproductive process
- Would benefit from integrative, attachment-informed emotional support

## Professional Positioning

This work does ***not replace medical fertility treatment***, nor does it claim to directly increase conception rates.\*

It supports the ***emotional and somatic conditions*** that underpin wellbeing during the fertility journey, and may enhance patient resilience, regulation, and capacity to engage with treatment.

Referrals are welcomed from fertility consultants, obstetricians, GPs, psychotherapists, and allied health professionals seeking integrative support for their patients.

\*Although to note. In a large US federally funded Johnson and Johnson study; participants who undertook a mind-body programme alongside their IVF programme, increased their chance of success to 52%, versus 20% in doing IVF alone. (A. Domar et al Fertility and Sterility 2011)

## About the Practitioner

Helene Moore is a ***Pre- and Perinatal Infant Relationship Practitioner*** with over 20 years' experience in early developmental health, attachment, trauma-informed practice, and body-based therapeutic work. Her background includes NHS-accredited training, biodynamic craniosacral therapy, pre- and perinatal psychology, and ongoing professional development in nervous system regulation and early relational health.

## Get in Touch

Please feel free to [contact me](#)