



Whitney Barrell, MSW, LCSW

Hi! I'm Whitney. If you've experienced infertility for any length of time, you've likely felt a loss of control, anger, confusion and perhaps the highest of highs and the lowest of lows. The stress level of women experiencing infertility has been proven to be on par with those experiencing a cancer diagnosis. So, you aren't crazy! You aren't overreacting. You are trying to live in world where everyone seems to be pregnant, and willing to give you ridiculous ideas about how to get pregnant.

I have both personal and clinical experience with infertility and its emotional implications. I completed my Bachelor's Degree in Psychology at Sonoma State University and my Master's Degree in Social Work from the University of Utah. In addition to my work at UIRC, I maintain a private practice in Salt Lake City, treating children who are dealing with mental health issues, I have a particular interest in parent-child relationship issues, attachment and adoption. I am a member of the American Society of Reproductive Medicine in order to stay up to date on the latest interventions and treatment options impacting those with infertility. I prefer to use Cognitive Behavioral as well as Mind/Body approaches to distress caused by infertility. I experienced infertility personally, navigated through treatment, including two rounds of IVF and eventually moved to adoption. We adopted both our girls domestically and benefit from what open adoption can provide.

I am passionate about helping to build a healthy, informed community around infertility. Together we will make difficult decisions about treatment options, and provide a safe space to work through the changes in your relationships that have been impacted by infertility. And, most importantly, honor and explore the grief and loss of not having things go the way you expected. [Contact me](#) and let's get started.