



Calming Influence

Dr. Naomi Greenblatt

Founder and Medical Director, The Rocking Chair

A specialist in reproductive psychiatry, Dr. Naomi Greenblatt is a godsend to women struggling with infertility. "As they spend their days being probed and prodded in the very clinical environment of an IVF center, it's easy for these women to think about what is wrong and forget about what is right," she says. "I created The Rocking Chair as a warm, nurturing place where they would not be defined by their diagnosis."

Incredibly, 12 to 15 percent of couples will experience infertility. Though the approach at The Rocking Chair is specific to the individual, the Englewood-based center regularly offers a full-day Mind/Body Fertility Retreat, which Greenblatt describes as a smorgasbord of effective options for couples experiencing infertility. Retreat mini-programs include relaxation techniques and communication strategies, naturopathic tips to enhance fertility, participating in a "yoga for fertility" class, learning reflexology assisted fertility tips, and meeting experts in a question and answer session.

The Rocking Chair, though, is much more than a welcoming retreat for women with infertility. "The name is meant to symbolize all the different stages of a woman's life and to ease the transitions within and between them," she says. A mother of five, Greenblatt founded The Rocking Chair to better address the variety of women's health needs from a multi-disciplinary approach that strives to care for women throughout their lives. "Our mission is to provide one wellness center where women can have a team approach to caring for their emotional health and well-being," says Greenblatt, whose staff of 10 (all women except for the personal trainer) offers services including psychotherapy, nutrition, exercise, acupuncture and reflexology.

Greenblatt's staff, comprising psychiatrists, psychologists, nutritionists, a naturopathic doctor, fitness experts and others, is trained to deal with all manner of women's health issues, including premenstrual dysphoric disorder, eating disorders, infertility, postpartum depression, peri-menopausal/menopausal issues and the diagnosis of cancer. "Women don't have to have an issue to benefit here," she notes. "We are about women taking a proactive approach to staying well so if they do confront an obstacle, they are physically and emotionally equipped to deal with it."