

Course Summary

At Support After Abortion, our mission is to end the demand for abortion by healing those impacted by abortion. We want to ensure that everyone working with clients are equipped to start the conversation on the impact of abortion and understand that healing afterward is not only possible but necessary. It's vital that these conversations are driven by compassion so that men and women feel safe to discuss their experience and begin the healing journey.

We begin this training by discussing what to expect after abortion. Having knowledge of the common emotions, behaviors, and triggers after an abortion will help you feel more confident as the client begins to share what they are feeling. From there, you will learn how to deliver compassionate care to your clients. We will discuss pre-conceived notions and stereotypes surrounding abortion. We will also share with you some of the most common circumstances that influence the abortion decision, important questions to ask during the intake process, and how to complete a successful hand off or referral. Next we'll help you to better understand the healing process, including the importance of self healing, co-facilitating, and the typical progression of healing. Next we dive deep into pre-group planning, group implementation, group progression and group dynamics to finally end with the celebration of life ceremony.

Course Description

Lesson 1 – **What to Expect After Abortion** –

Before we can help others heal, we must first understand: (1) the emotions a client experiences after an abortion, (2) behaviors they engage in, (3) the grief and loss they are experiencing, (4) the hormones that continue to effect their feelings and thoughts, and (5) the impact abortion has on various relationships. It is imperative we know, and understand, these different aspects of what is experienced after an abortion, to begin to validate the feelings of a client, and help them feel safe to begin their abortion healing journey.

Lesson 2 – **Leading Conversations with compassion for women who react differently after their abortion** -

There are various emotional stages that a client can be in after an abortion. These include: (1) the woman who doesn't regret her abortion and reports feeling "fine", (2) the woman who thinks her abortion was the right thing to do, but still struggles emotionally, (3) the woman who did not want the abortion, but was pressured, or influenced, by outside forces, and (4) the woman who is decades removed from her abortion experience. For each different response, you will learn how to create a safe environment, ways to focus on her, and examples of appropriate language.

Lesson 3 – **How to Deliver Compassionate Care** –

Now that you have a better understanding of your client, and where they are in terms of feelings, you will learn in this lesson the basic foundations for starting the healing process. We begin by addressing any preconceived notions you may have around abortion, or the circumstances

surrounding an abortion. You will learn the difference between surgical and chemical abortion (otherwise referred to as the abortion pill). Then we begin to discuss creating an environment conducive to healing, reviewing questions essential for the intake process, and how to successfully hand off a client when you are not able to assist them with the healing process.

Lesson 4 – **Understanding the Healing Process** –

In this lesson, you will not only learn about the healing process for your client, but the importance of self healing (whether you have been impacted by abortion or not) and how this will not only help you get in touch with your own pain and grief, but will better equip you to facilitate successful abortion healing groups for others. We review the benefits of co-facilitation, and the typical progression of the healing process for your client.

Lesson 5 – **Healing Groups Part One: Pre-group Planning and Implementation** –

Now that you have an understanding and awareness of how a client will feel and act after an abortion, and how the healing journey builds on itself, in lesson 5.1 we discuss how to plan and implement a successful group. Topics such as: pre-group planning, scheduling and promoting the group are discussed. Additionally, we suggest important questions that should be asked during the intake process, basic ground rules and how to enforce them, and how to maintain continued engagement with the participants leading up to the group which is key for their attendance and completion of the healing group.

Lesson 6 - **Healing Groups Part Two: Group Progression, Dynamics and After Care** -

In this lesson, we continue our discussion of groups and concentrate on three key areas: group progression, group dynamics and after care. We will walk you through how a group progresses week to week and some of the group participant dynamics you will or may have to manage. Understanding the progression and dynamics that take place in a group is essential to facilitating an effective group. Finally we close with after care. It is important that each client has an after care plan, whether it is to move on to another group, or attend a weekly support group.

Lesson 7 - **Planning and Facilitating the Celebration of Life Ceremony** -

In our final lesson, we guide you through each step of planning and facilitating a successful Celebration of Life Ceremony. The entire group process has been leading to this final step - finding closure from the abortion experience. While the participants will never forget their loss, they can learn how to live life and find peace. Naming a child and memorializing the child in some tangible way, help to bring dignity to their child's life.