

Prescriptions for the Heart

Recovering from Post-Abortion Syndrome

Four out of ten women will have an abortion at some time in their life. Prior to an abortion individuals may feel that abortion is easiest solution for an unplanned pregnancy. Counselors who treat women with post-abortion syndrome understand that coping with abortion is not easy. Women with post-abortion syndrome often are unable to process painful thoughts and emotions, unable to grieve the loss they have experienced and unable to come to peace with their decision to have an abortion. If you are experiencing these symptoms after having had an abortion you may be experiencing post-abortion syndrome.

This information is provided as a free service of the Christian Medical & Dental Associations and your doctor.

A prescription for Post-Abortion Syndrome

When a woman chooses to have an abortion as the solution to an unplanned pregnancy she seldom wants to discuss it. Without an outlet for this normal grieving process guilt, anxiety and depression and other disorders can result.

When these symptoms become problematic and a woman recognizes the need for change there are three steps that need to be taken.

The first step is to acknowledge the loss of a child and release the pain and anger associated with the abortion. Finding a supportive individual with whom you can discuss your emotions is essential. Most communities have a local abortion alternatives counseling center that is equipped to help you talk through these issues and emotions or they can refer you to a qualified therapist.

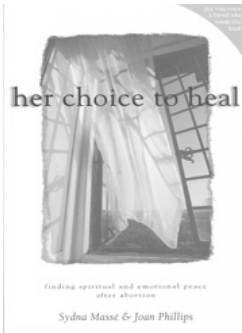
The second step is coping with the feelings of guilt and the need for forgiveness. Many post-abortive women believe that they are beyond God's forgiveness because of their abortion. This perception of separation from God can be overcome by acknowledging that through faith in Jesus Christ we have already been forgiven.

Finally, the post-abortive woman needs to grieve the loss of the child. The bonding process between a mother and a child begins soon after a woman discovers she is pregnant. Grieving allows the post-abortive woman to be released from these bonds and to love her lost child.

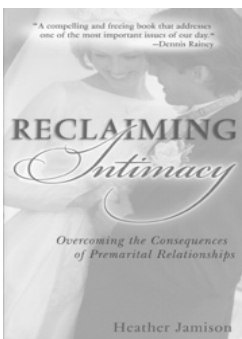
There are additional resources listed on the back of this page that you may find helpful.

Additional Resources that can help you cope with Post-Abortion Syndrome

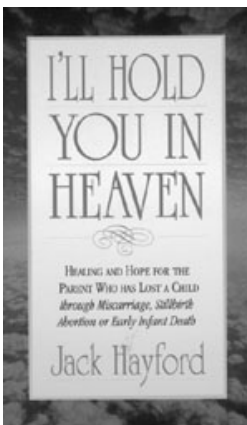
If you would like to speak with someone locally about post-abortion syndrome look in the Yellow pages under "Abortion Alternatives" and give them a call. If you would like to read additional information on post-abortion syndrome the following resources have been reviewed by the Christian Medical Association and have been found to contain sound Biblical and medical advice that can help you. These books can be found at your local Christian bookstore or you can order them directly from the Christian Medical Association at **888-231-2637**



Her Choice to Heal, by: Sydna Masseur & Joan Phillips. The authors transparently share their stories as post-abortive women who know the hope and healing that comes from God's forgiveness and love. In turn, they will help midwife a new relationship to your past, your baby, and your Heavenly Father. Do you have a friend or relative who has had an abortion? Work through the healing process with this amazing book! Paperback, 122 pages.



Reclaiming Intimacy, by Heather Jamison. Nearly 80% of Americans, including Christians, weren't virgins at their wedding. Our culture says that's no big deal. The reality is, however, sex outside of marriage results in guilt and resentment. Even couples who eventually marry start off with a relationship built on weakened trust. Heather Jamison knows this reality. She lived it. Her personal story includes a step-by-step model of repentance, forgiveness, and ultimately, the joy of reclaiming intimacy. Paperback, 176 pages.



I'll Hold you in Heaven, by Jack Hayford. What happened to my baby after it died? Will I ever see my baby again--and will I recognize him? What happens if I had an abortion? Does God have a reason for letting my child die? How can I help a friend who's in grief? With compassionate answers for your troubling questions, God's Word shines with hope in the dark night of human pain. God showed His tenderness when David lost the child he had with Bathsheba shortly after its birth. In his pain and grief, David spoke the word of revelation--the reassuring word of God's truth--saying, "I will go to (my child) but he will not return to me." (2 Samuel 12:19-23) This is a truth that will set us free. Paperback 124 pages.