



# HOW TO FIND HEALING AFTER ABORTION

Every abortion has at least two victims: the child who is needlessly killed (or in some cases, was attempted to be killed and survived) and the mother whose body and soul have undergone a crime against human dignity. In addition to the physical costs, the act of abortion inflicts wounds on the human conscience that cannot be easily forgotten or erased. But God is love, and in Him there is healing and hope for the future.

## WHAT IS POST-ABORTIVE HEALING?

Post-abortive healing programs are non-judgmental environments where attendees can feel comfortable sharing their experiences, regrets, and struggles without fear of being shamed.

## WHY IS POST-ABORTIVE HEALING NECESSARY?

Post-abortive healing is intended to help a person struggling to cope with abortion pain. As far too many mothers know, the loss of an unborn child is painful, regardless of the situation. It is completely normal to be deeply wounded by an abortion.

Those hurt by an abortion may struggle with flashbacks, nightmares, relational difficulty, emotional numbness, or difficulty functioning daily.<sup>1</sup> Some psychologists have categorized these symptoms of anxiety, depression, substance use, and sleep disorders as “Post Abortion Stress Syndrome.”<sup>2</sup> Despite the difficulty of PASS, healing is possible.

Religious and non-religious women alike might wonder whether God could love and forgive them after an abortion. The answer is that God’s mercy and love extend to every moment of every life. The spiritual healing experienced in post-abortive healing ministries offers a refuge of forgiveness and hope for the future.

## WHO CAN RECEIVE POST-ABORTIVE HEALING?

Although mothers who have undergone abortions are the most typically expected candidates to receive post-abortive healing, the pain of abortion can extend far beyond the mother and baby.

With every abortion, there is a father who is impacted. According to one sociologist, “90% of [post-abortive] men consider the day of an abortion to be one of the most stressful of their lives.”<sup>3</sup> Regardless of the degree to which the father participated in the abortion, he is eligible to receive post-abortive care to process and heal from the feelings of pain, trauma, and guilt that abortion causes.

The baby’s siblings, aunts, uncles, grandparents, or even the friends of the baby’s parents may also be struggling with post-abortive pain. It is important to know that healing and forgiveness from abortion are available to all seeking it.

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Finally, abortionists or physicians who have performed abortions may desire post-abortive healing after their eyes have been opened to the evil of abortion. Many abortionists have experienced a profound change of heart, have realized their role in taking the lives of unborn children, and have sought forgiveness and healing for their actions. Abortionists are welcomed with open arms when they choose to partake in post-abortive healing. Some, like former Planned Parenthood director Abby Johnson, have gone on to become staunch advocates for life who help women and their babies.<sup>4</sup>

It is also important to note that post-abortive healing can take place at any point in a person's life, whether their experience with abortion was last week or decades ago. There is no deadline for healing from grief and trauma, and no wound is too deep for God's love.

## WHERE CAN SOMEONE GO TO RECEIVE POST-ABORTIVE HEALING?

There are many ministries dedicated to the work of healing hearts and minds that are wounded after an abortion. Many of these ministries offer their services free of charge, while others providing therapeutic retreat events may request a small fee to cover costs such as food and board. Some ministries focus specifically on assisting women who have undergone abortions, but many are open to serving anyone impacted by abortion trauma.

## RECOMMENDED RESOURCES:

[hopeafterabortion.com](http://hopeafterabortion.com)

[sistersoflife.org](http://sistersoflife.org)

[supportafterabortion.com](http://supportafterabortion.com)

[rachelsvineyard.org](http://rachelsvineyard.org)

[ramahinternational.org](http://ramahinternational.org)

[h3helpline.org](http://h3helpline.org)

[abortionchangesyou.com](http://abortionchangesyou.com)

[postabortionhelp.org](http://postabortionhelp.org)

[surrenderingthesecret.com](http://surrenderingthesecret.com)

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### Endnotes

- <sup>1</sup> "Post-traumatic stress disorder (PTSD)," Mayo Clinic, accessed July 22, 2022, <https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>.
- <sup>2</sup> "Understanding PASS & How You Can Find Healing," LivingWell Medical Clinic, June 23, 2020, accessed July 22, 2022, <https://livingwellmedical-clinic.com/2020/understanding-pass-how-you-can-find-healing/>.
- <sup>3</sup> Catherine T. Coyle and Vincent M. Rue, "Men's Mental Health and Abortion: A Review of the Research," *Life and Learning* XXVII, June 2017, accessed July 22, 2022, [https://www.uffl.org/pdfs/vol27/UFL\\_2017\\_Coyle.pdf](https://www.uffl.org/pdfs/vol27/UFL_2017_Coyle.pdf).
- <sup>4</sup> Abby Johnson, accessed July 22, 2022, <https://abbyj.com>.

