Abortion: Addressing a Taboo Grief

PROFESSIONAL DEVELOPMENT WORKSHOP
Open Doors Counselling, www.opendoors.com.au

SYNOPSIS:
Abortion is a subject that isn’t freely spoken about, a social 'hot potato'. Abortion is often thought to be a reasonable option and solution to the problem of an unplanned pregnancy but we do know that it is rarely an easy choice. Political rhetoric and social taboos tend to act against individuals seeking the help they may need after an abortion.

Those who do find it difficult can feel isolated and doubt themselves, questioning why such a simple procedure can be followed by feelings of distress and grief. When this area of loss has no outlet, it is pushed down and can become a disenfranchised grief, one that has no general expression in society. This can lead women to think there is something wrong with them, doubting their own ability to cope.

DESIGNED FOR:
Mental Health Practitioners – counsellors, therapists, psychologists, pastoral care workers etc. working with clients experiencing grief and bereavement following an abortion or other pregnancy loss or significant loss which may trigger a past abortion.

LEARNING OUTCOMES:
Participants will be able to:
- Understand the symptoms of post-abortion grief
- Recognize and assess for complicated grief
- Understand how post-abortion grief can involve aspects of post-traumatic stress disorder
- Identify and implement strategies and techniques to facilitate the expression of grief

PD: 6 hours

PRESENTER PROFILE:

Anne has been a psychotherapist and counsellor and has held the position of Director of Counselling at Open Doors Counselling since 1992. She is an experienced educator, counselling supervisor and speaker, having presented at institutions such as Cairnmillar Institute, The Marce Society Conference of Australasia (an international society for the understanding, prevention and treatment of mental illness related to child bearing) and numerous other conferences. Anne has a special interest in working with those struggling with post-abortion grief and facilitates a Melbourne based international weekend retreat program called 'Rachel’s Vineyard' that has brought peace and healing to many women and men.

WORKSHOP INFORMATION:
Date:  Friday April 8, 2016
Time:  9.30am – 3.30pm
Location:  Ringwood (details to be confirmed on registration)
Light lunch provided
Cost:  $250 (Early Bird: $225)
Registration:  by March 22 (Early Bird by March 17)
Participant Numbers: Maximum 20, Minimum 10. (In the event that the workshop does not proceed due to lack of numbers all monies will be refunded in full.)

PAYMENT OPTIONS:
Direct Deposit or Credit Card

ENQUIRIES:  Anne Neville, 9870 7044; anne@opendoors.com.au
REGISTRATION FORM

WORKSHOP TITLE:  ABORTION – ADDRESSING A TABOO GRIEF
FRIDAY APRIL 8, 2016

PLEASE COMPLETE YOUR DETAILS AND RETURN WITH PAYMENT TO: info@opendoors.com.au

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- **Direct Deposit** - Open Doors Counselling and Educational Services Inc.
  BSB 083171  Account 595 169664  (Please put PD in the description line)
- **OR**
  - **Credit Card** -  
    - VISA
    - MASTERCARD

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