

# Resources--Readings, Websites and Groups

## Books, Workbooks and Pamphlets

### **“A Guide to Emotional and Spiritual Resolution After Abortion.”**

<http://www.pregnancyoptions.info/emotional&spiritual.htm>

### **“Inner Healing After Abortion”**

by Marilyn Gryte [www.mgryteinnerhealing.com](http://www.mgryteinnerhealing.com) *Comment: This gentle and respectful pamphlet was written by a therapist who specializes in grief issues, and who has talked to many women about post abortion feelings.*

### **“Spiritual Comfort” and “Coping After Abortion”**

by Anne Baker, Hope Clinic, Granite City IL [www.hopeclinic.org](http://www.hopeclinic.org) *Comment: The “Spiritual Comfort” pamphlet includes words of comfort from clergy from many different denominations. “Coping” offers practical advice for women and the people that love them.*

### **Peace After Abortion: A Pro-Choice Self-Help Guide for Women and Men**

by Ava Torre-Bueno, LCSW [www.peaceafterabortion.com](http://www.peaceafterabortion.com) *Comment: This book has lots of stories about real people and how they healed, as well as some ideas and activities that might be helpful to you.*

### **“A Time to Decide, A Time to Heal, for Parents Making Difficult Decisions about Babies They Love.**

Edited by Molly A. Minnick, A.C.S.W. and Kathleen J. Delp, A.C.S.W. with Mary C. Ciotti, M.D., [www.pineapplebooks.org](http://www.pineapplebooks.org) *Comment: This book was written by women whose pregnancies had serious birth defects. Also available in Spanish.*

### **The Healing Choice: Your Guide to Emotional Recovery After an Abortion**

by Candace DePuy, PhD and Dana Dovitch, PhD *Comment: This book is filled with helpful advice, exercises, quotes and women’s stories.*

### **Unspeakable Losses: Understanding the Experience of Pregnancy Loss, Miscarriage, and Abortion**

by Kim Kluger-Bell *Comment: This is a very moving look at many kinds of pregnancy loss including abortion.*

### **Motherhood Lost: A Feminist Account of Pregnancy Loss in America**

by Linda Layne *Comment: A scholarly yet engaging look at the historical and social context for pregnancy loss in the US, especially miscarriage.*

### **Liquid Life: Abortion and Buddhism in Japan**

by William R. LaFleur *Comment: This book explores the Buddhist practice of Jizo, where parents grieve a pregnancy lost to miscarriage or abortion, or a stillbirth or infant death.*

***Decision Assessment and Counseling in Abortion Care: Philosophy and Practice***

by Alissa Perrucci PhD *Comment: Excellent training method tested in practice.*

***Abortion Counseling A Clinician's Guide to Psychology, Legislation, Politics, and Competency*** by Rachel B. Needle, PhD and Lenore E. A. Walker *Comment: For professional therapists, outlines abortion's political, legal and emotional landscape.*

## **Talk Lines, Support Groups and Counseling Help**

**Backline** [www.yourbackline.org](http://www.yourbackline.org): All pregnancy options discussed including "post" feelings. 1.888.493.0092

**Exhale** [www.4exhale.org](http://www.4exhale.org): After abortion Talkline. Several languages available. E-cards available. 1 (866) 4-EXHALE

**Inspire Community** An online support group for women who have had an abortion. Contact [inspirelady111@gmail.com](mailto:inspirelady111@gmail.com).

**Emerge: Sharing our Voices, Supporting our Choices** c/o Pro Choice Resources 250 3rd Ave. N. Suite 625 Minneapolis MN 55401 (612) 825-2000, ex. 1. A support group for women in the Twin Cities area.

**IMAGINE Counseling** [www.imaginecounseling.com/](http://www.imaginecounseling.com/)

**Faith Aloud**, sponsors a clergy talkline, recorded words of support from clergy and educational programs. [www.FaithAloud.org](http://www.FaithAloud.org)

## **Websites and Organizations**

[www.afterabortion.com](http://www.afterabortion.com)

[www.aheartbreakingchoice.com](http://www.aheartbreakingchoice.com)

**[www.rcrc.org](http://www.rcrc.org)** **The Religious Coalition for Reproductive Choice** offers many spiritual and religious resources. state affiliates of the organization may offer counseling and referrals to clergy.

**[www.cath4choice.org](http://www.cath4choice.org)** **Catholics for a Free Choice** is for pro choice Catholics and takes stands on all kinds of reproductive freedom, including abortion, use of condoms, and women's issues. They publish the magazine *Conscience* as well as other helpful literature.

**[www.ritualwell.org](http://www.ritualwell.org)** Rituals for all kinds of occasions; search on abortion, adoption, miscarriage, from a Jewish perspective.

[www.menandabortion.com](http://www.menandabortion.com) A thorough discussion and advice site for men affected by an abortion experience. Information also at [www.abortiocarenetwork.org](http://www.abortiocarenetwork.org) where you can download "**Especially for Men**" in English and Spanish.