

C.P.R.

Choice Processing and Resolution

We've taken the issue of "choice" off the streets and out of the back-alley. It is now time to let those who have made the choice have permission to grieve their losses without the spotlight of political or religious dialogue.

MediaKit

www.missingpieces.org

A Safe Place to Process and Resolve Loss

NEWS RELEASE

For Immediate Release

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No More “No-Talking-Zone” for Millions of Women

Buena Vista, Colorado—August 2009—We’ve taken the issue of “choice” off the streets and out of the back-alley. It is now time to let those who have made the choice grieve their loss without the spotlight of political or religious rhetoric. It should not only be “OK” to get help to process a past abortion, but it should be absolutely acceptable in the eyes of our culture. As we near four decades of choice in our nation, it is time to give women permission to process, resolve and obtain closure about their voluntary pregnancy terminations, also referred to in text language as “vpt”.

Glamour© Magazine courageously addressed this topic early this year with an article titled, “*Abortion: The Serious Health Decision Women Aren’t Talking About Until Now.*” (<http://www.glamour.com/sex-love-life/2009/02/the-serious-health-decision-women-arent-talking-about-until-now>).

Most women enter the “no talking zone” after an abortion decision. Once a woman chooses, it becomes her own personal and private journey to process and resolve the loss. “Vpt” is no longer a subject of political debate. Society assumes that the choice itself is the closure. However, resolution never happens in a vacuum so the closure may never come if there is no one to talk to.

There is no place or public venue to grieve an abortion in our culture. This type of grief is called *disenfranchised grief*. Women sit in silence out of fear of being misunderstood or incurring shame or judgment regarding their decision. Who are these women? They are your mother, your sister, your cousin, your next door cubby-mate or and maybe even *you*.

In this light, Trudy M. Johnson, MA, LMFT, a licensed Marriage and Family Therapist in the state of Colorado who herself chose voluntary pregnancy termination while a sophomore in college, has developed a resource to help women grieve their abortion losses. Her book, *C.P.R.~Choice Processing and Resolution*, is written with compassion and from the heart of someone who cares. This project is an invaluable mix of Johnson’s personal story, intertwined with professional expertise gleaned from over 20 years of experience working in the area of processing grief from an abortion choice. This book is designed to be used in the privacy of one’s own home or away in a retreat setting. This book will be the catalyst for abolishing the “no-talking zone” for women of choice! This is the only resource available that will speak to all faiths and cultures and that addresses only the topic of grief and a choice decision.

C.P.R.~Choice Processing and Resolution is due to be released in January, 2010 to coincide with the 37th anniversary of the Supreme Court decision of *Roe vs Wade*.

Read more about abortion and grief on Trudy’s blog at www.choicepr.blogspot.com.

Email choicepr@rocketmail.com to schedule an interview as a unique story surrounding the anniversary of *Roe vs Wade*.

Phone Contact: 719-330-4770

PRESENTING FOR REVIEW:

Title: *“C.P.R. ~ Choice Processing and Resolution”*

Author: Trudy M. Johnson, M.A., L.M.F.T.

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A copy of your review to the address below will be appreciated.

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SYNOPSIS

“C.P.R.~Choice Processing and Resolution”

By Trudy M Johnson, M.A., L..M.F.T.

The March '09 issue of Glamour courageously presents an article that intersects with the concept of this project. The name of the article is “*Abortion: The Serious Health Decision Women Aren’t Talking About Until Now.*” Read this article, <http://www.glamour.com/sex-love-life/2009/02/the-serious-health-decision-women-arent-talking-about-until-now> and you will understand the timeliness of this project.

Intended Audience

- **Primary audience:** Women who’ve had abortions. January 23, 2009 marked the 36th anniversary of *Roe vs Wade* in our nation. **This means to date that we are at 50,000.000 plus abortion choices.**

According to Alan Guttmacher, the statistical gathering arm of Planned Parenthood, **43% of women under the age of 45 have had an abortion.** This statistic was released in 1998. 25% of “churched people” (Catholics, Protestants) have had abortions and about 18% or one in six Evangelical Christians have had abortions. (George Barna statistic 2002).

Those who’ve made a choice decision are the largest demographic in our nation! Abortion touches every race, every religion, and every monetary status. People who’ve had abortions are the largest group in our nation with a common denominator!

Who are the post-abortive?

They are your mother, your sister, your cousin, your next door neighbor, your best friend, your ex-girlfriend, your pastor’s wife and maybe even *you*.

Put together, the number of women making abortion choices would fill every single pro-football stadium (all 20 of them) at once every single year

Let’s repeat this statistic so the reader can understand the scope of this target audience: Every pro-football stadium (20) filled with women would comprise the actual annual body count of those who have chosen abortion in our nation. This figure does not consider *international* markets.

- **Secondary audience:**
 - Professional therapists
 - Lay counselors
 - Physicians
 - Behavioral Health Centers
 - Friends to give to friends who’ve had abortions
 - Spouses to give to spouses who’ve had abortions
 - 4Exhale.org- Planned Parenthood’s outreach women after abortion
 - Women’s bookstores

Precise Problem the Book Addresses:

This is a non-evasive, non-spiritual, common-sense, non-judgmental think book or self-help book that addresses the issue of unprocessed grief concerning a choice decision. Only the subject of GRIEF is addressed, because every person who chooses will eventually deal with GRIEF, even if the grief isn't acknowledged or voiced.

We've taken the issue of "choice" off the streets and out of the back-alley. It is now time to let those who have made the choice grieve their loss without the spotlight of political or religious dialogue.

New or Breakthrough technique I use to treat this problem:

This book is a culmination of a lifetime of information for me. I've experienced a choice decision personally at age 20 and had to find hit and miss, secretive, back-alley solutions to my pain. I've run the whole gamut of religious and professional training, including eventually becoming a chaplain (to learn about grief counseling) and then finally a licensed professional counselor.

The word 'ABORTION' in itself incites a plethora of emotional, political and religious tones. The word "abortion" is a trigger for many, many, people. NOWHERE in my book will you see the "a" word. I explain in the book that we will be referring to "the procedure" as "voluntary pregnancy termination" or "vpt," the acronym ~ a text message label!

Instead of 'post-abortion recovery' or 'post-abortion healing' the title of this book is *C.P.R. ~ Choice Processing and Resolution*. For the person who doesn't *regret* their abortion, they see no need to recover or heal. They do know deep inside that they are 'sad' about it though. Ultimately, what needs to happen is some sort of processing of the grief that then leads to closure.

Having the word "abortion" anywhere on the outside cover of the book repels the very audience needing to read it.

This book is written so that the person can walk through the whole grieving process on their own without the embarrassment of going to someone else for help. They can do this in the privacy, comfort and safety of their own home.

Because of confidentiality issues, online sales is an excellent venue for this project.

Three key selling points:

- This is the only book available that **addresses only the grief-component of abortion loss**. This book is a fresh, unique angle that will appeal to any religion, any political party, any race, and to any cultural people-group.
- A great portion of the 50,000,000 women of choice need help processing the grief they feel about their decision to have an abortion. Very few will actively seek out a book on this topic, especially if it has the word abortion on its cover.
- This is written by someone who has been in the readership's shoes. *C.P.R* is written with compassion and safety and from the heart of someone who cares. This is an invaluable mix of the personal story intertwined with professional expertise, knowledge and experience working in the area of processing grief from an abortion choice.

What others are saying:

"I can't thank Trudy enough for this writing. At last I have a place to go for resolution. I thought I was the only one feeling this way! "*C.P.R.*" has brought such comfort and peace into my life."

Anonymous "vpt" client

"Trudy helped me through a difficult time in my life. The compassion she has for the "vpt" woman is evident. This resource has calmed the storm in my soul. I am so grateful she had the courage to broach this subject."

"Jill" "vpt" woman, Colorado

"Finally! I am so grateful for "CPR." It is so nice to know that I am not crazy! It was hard to look at my "vpt" but once I did with the help of this book, I am in a whole new place with my life."

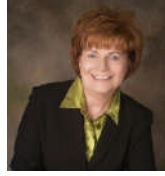
Liz "vpt" woman, California

"This is the book I wish I would have found ten years ago. Finally! I've found a common sense way to process my past abortion. This resource was very helpful for me to get to the bottomline and work through to a better place with my "vpt."

Mary "vpt" woman, Texas

"*CPR*" is a wonderful combination of compassion and professionalism that speaks to the "vpt" woman in no other way. I am so grateful for this resource that I will be giving out to my future clients."

Terrie Lenzini, LPC, Colorado



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Trudy M. Johnson is a licensed Marriage and Family Therapist in the state of Colorado. She is in private practice working with persons suffering from depression, effects of abuse and trauma and emotional regulation. She offers Brief Intensive Therapy for women and couples two weeks at a time in the heart of the Rocky Mountains of Colorado. For more information go to www.missingpieces.org

She also conducts week long women's retreats that target trauma recovery in the heart of the Rocky Mountains of Colorado. For more information go to www.missingpieces.org

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If you really care about women you will

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and timely topic:

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