

## INTERVIEW QUESTIONS:

Trudy, who are you and what do you do?

Trudy: I am a licensed Marriage and Family Therapist in the state of Colorado. I work as a therapist in a counseling center in the Heart of the Rocky Mountains, Buena Vista Colorado. Our program offers brief intensive counseling over a two week time frame. Brief intensive therapy is much more effective than meeting with a counselor 50 minutes at a time over the course of a few years. A few weeks of intensive therapy is equivalent to years of “regular therapy.”

I understand you’ve written a new book titled, “C.P.R.~Choice Processing and Resolution.” That’s an interesting title. What is “C.P.R.” about?

Trudy: “C.P.R.” helps women who have voluntarily terminated a pregnancy and want to process the grief. You see there is no where in our culture to grieve losses related to a choice decision. This type of grief is called disenfranchised grief. Women make a choice and then are abandoned in those choices with the grief and loss that normally follows a choice decision.

But Trudy, these women are making these choices. Isn’t that what they want? You are saying, they made a choice, now they are upset? This doesn’t make sense. We’ve given women what they want.”

Trudy: Actually, what you are expressing is the confusion in our culture over a legal choice and permission to grieve a normal loss that occurs when any woman loses a pregnancy. Just because we were in a tough spot and made a choice decision, doesn’t negate the fact that there is a level of grief involved because of that choice.

Trudy, it is my understanding that you’ve been in these women’s shoes. Is this how you know about this topic?

Trudy: Yes, I made a choice at 20 years of age, a sophomore in college. Some 10 years later, I started having reoccurring nightmares about losing a baby by dropping it in a lake. When I went for help to a professional therapist, he told me I needed to “go home and get over it...that choice was legal and normal for a woman to make.” I did go home but I didn’t get over it. The dreams continued and I ended up with a high level of depression. You see, this professional validated my choice but not my grief. These are two different issues. I needed him to understand that the grief I was feeling was normal and natural. Again, women who’ve made choice decisions are left to their own devices for processing the whole experience. This is why I wrote the book, “C.P.R.”~ this is a safe and non-condemning forum they can use to work through the grief about a voluntary pregnancy termination.

So, how many women are we talking about roughly?

Trudy: I'm glad you asked! Good question. Many people in our culture don't stop to realize how many women have been involved in abortion choices. There are well over 50,000,000 women now in our nation...that is over 43% of the women under the age of 45. The largest group is the 19-24 year old group, college age women. To give you a visual on this, you can take every professional football stadium in our nation ---that's 20 stadiums and fill each stadium full of women...this is how many women are facing finding closure over their choice decisions.