



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.

Why Should You Feature *C.P.R. ~ Choice Processing and Resolution* as a topic of discussion?

Target date: January 23, 2010 is the 37th anniversary of the *Roe vs Wade* decision in our nation.

Target audience: Over 50,000,000 women have chosen to use the option of voluntary pregnancy termination since the inception of legalized abortion in 1973. According to the Alan Guttmacher Institute (www.agi.org -statistical gathering arm of Planned Parenthood), 43% of women under the age of 45 have had an abortion. This statistic comes from the year 1998. These 45 year old women tallied to compile the statistic are now over 55 years old. **We can concur that almost half of the women in our nation under the age of 55 have chosen abortion.**

Target audience word picture: Imagine all twenty U.S. pro-football team's stadiums filled up at the same time and that the people sitting in the seats are all women. This word picture is not women attending football games. This is a visual of the number of women *each year* who choose to voluntarily terminate a pregnancy ("vpt").

Those who've made a choice decision are the largest demographic in our nation! People who've had abortions are the largest group in our nation with something in common.

There is a mindset that if a woman admits sadness about her "vpt," she risks being disloyal to "the cause" (choice). Women who choose feel guilty about expressing the natural and unavoidable grief that comes after an abortion experience. Ultimately, unprocessed grief can become the source of depression, anxiety, anger or other emotional problems.

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. Women do not talk about their abortions. They feel like they are the only ones experiencing the sadness. In reality, they are sitting in a football stadium full of women who feel the exact same way they do.

It should not only be "OK" to get help to process a past abortion, but it should be 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.

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>).

Why is *C.P.R. ~ Choice Processing and Resolution* different?

- This is a non-evasive and common-sense self-help book that addresses the issue of unprocessed grief concerning a choice decision. Only the subject of grief is worked on because *every person* who chooses will eventually feel grief about their choice, even if the grief isn't openly acknowledged or voiced by a woman.
- *C.P.R.* is the only available resource that presents a treatment plan developed by a professional therapist. This plan appeals to any culture or religion and is accomplished in the privacy of one's home. Other books tell stories about abortion experiences. There are some excellent books that present the spiritual aspects of abortion from a Christian perspective. Some resources seem to completely defend choice in our nation without validating the natural grief that follows. *C.P.R. is the only resource available* that simply gives women a workable plan to grieve their choices without making it a political or religious dialogue.
- The word "abortion" itself incites a plethora of emotional, political and religious tones. *C.P.R.* never refers to the "A-word." "The procedure" is referred to as "voluntary pregnancy termination" or "vpt." Changing the terminology takes the pro and con debate out of the equation. This simple measure allows women to begin the resolution process, without looking at themselves as political or religious outcasts.
- *C.P.R.* is a proven plan that leads women to closure in a safe and compassionate way. Even the cover of *C.P.R.* presents with an aura of positive resolution and answers, not condemnation.