

Non-fiction/Self-Help

C.P.R. Choice Processing and Resolution: Facing Grief after Abortion without Fear

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<http://www.sadafterabortion.com/>

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Trudy M. Johnson is a therapist who counsels clients on a number of issues including grief after abortion. In her new book, *C.P.R. Choice Processing and Resolution: Facing Grief after Abortion without Fear*, Johnson not only renames the abortion procedure, she also gives women permission to grieve the loss that is an inevitable part of terminating a pregnancy.

Johnson holds a Chaplaincy certificate and is a licensed marriage and family counselor. She also terminated a pregnancy at the age of twenty while she was a college student. Johnson's willingness to share her story with the reader is the most significant offering in this book. It allows Johnson to use her personal and professional experience to guide the reader through the process of facing emotions and ultimately moving beyond the grief.

As Johnson was working her way through the grief of her own terminated pregnancy she learned that the term "abortion" caused her great distress due to the political and religious conflict associated with the word. As a result, Johnson renamed the procedure "voluntary pregnancy termination (vpt)." It is the voluntary aspect of the procedure that Johnson believes makes it so difficult for women to face the anguish they experience post-vpt. In this book, Johnson creates a sense of community by informing women that they are not alone and that they have every right to grieve and recover.

The book includes several tools to help women face and resolve the myriad of emotions that come with terminating a pregnancy. Worksheets assist the reader in identifying and isolating emotions about each phase of the vpt experience from learning about the pregnancy to a woman's current feelings about going through vpt. Readers are also encouraged to journal about their grief. Johnson takes a self-help approach with the book because she understands from her own experience how difficult it can be for women to talk about their abortions with other people. She does suggest participation in support groups and traditional therapy as needed and provides useful resources at the end of the book.

This is not an easy topic; Johnson acknowledges this fact throughout the book. It is also not a topic that can continue to be ignored. Because a woman has chosen to have an abortion does not mean that her life will resume without emotional distress. Johnson validates every emotional experience a woman may have post-abortion and uses her own life as a template for resolving these feelings. The author encourages readers to create a safe place inside their homes where they can work through the exercises privately.

C.P.R. Choice Processing and Resolution is a necessary tool for any woman who has made the decision to exercise her choice to have an abortion. It is relevant to those who have recently made the choice and to those who continue to suffer with the grief after a voluntary pregnancy termination that happened many years ago. This book can play an important role in a woman's recovery from post-abortion grief. I highly recommend it.

Melissa Levine

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