

- Normal grief
- Anticipatory grief
- Complicated grief
- Chronic grief
- Delayed grief
- Cumulative grief
- Denied or masked grief
- Disenfranchised grief
- Traumatic grief



Typology of Grief

Post-traumatic Stress & Mental Health

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What Is Post-Abortion Trauma?

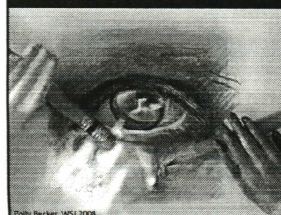


Photo: Becker 1950/2004

- Overwhelming stress from an abortion experience
- Participation in the intentional and violent death of one's unborn child or later learning of this
- Suffering posttraumatic stress symptoms of:
 - Intrusion
 - Avoidance
 - Changes in mood & beliefs
 - Changes in arousal & reactivity

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Traumatic Stressor (DSM-5)

- Exposure to actual or threatened death, serious injury, or sexual violence
- Witnessing the traumatic event directly or learning the traumatic event occurred to a close family member or close friend
- In cases of actual or threatened death, the death must have been violent or accidental

SOURCE: American Psychiatric Association: *Diagnostic & Statistical Manual of Mental Disorders* 5. 2013

The Cycle of Abortion Trauma

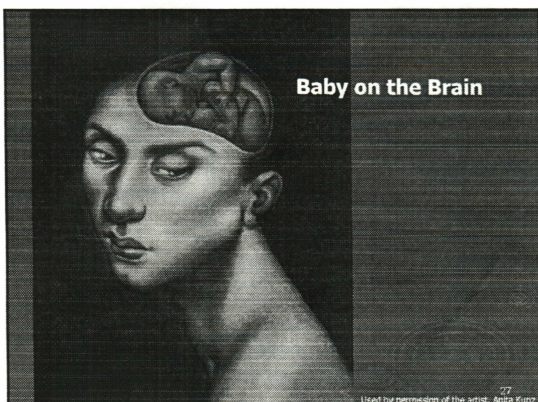
Intrusion / Re-experiencing

Avoidance / Denial

- | | |
|---|---|
| <ul style="list-style-type: none"> ■ Baby nightmares ■ Painful & uncontrollable memories of the abortion ■ Flashing back to the clinic and the procedure ■ Anniversary reactions ■ Break-through grief symptoms ■ Feelings of hopelessness & helplessness ■ Harmful re-enactments including hyper & hyposexual behaviors & risk taking | <ul style="list-style-type: none"> ■ Inability to communicate about the abortion ■ Denial that it ever happened or of having negative reactions ■ Partial amnesia ■ Walling off the self from others and life's usual interests ■ Avoidance of children or reminders of abortion ■ Restricted or limited feelings, including love and tenderness ■ Substance abuse |
|---|---|


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Baby on the Brain



Used by permission of the artist, Anita Kurtz

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- Sulliman et al., (2007)
PTSD - 18.2%
- Roussel et al., (2011)
PTSD - 38%
- Rue et al., (2004)
PTSD - 14% subthreshold
PTSD - 65%

Abortion & PTSD - WWW.STANDAPART.ORG

Rue - Induced Abortion & Mental Health

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