What do we mean by counseling?
Legal aspects

• mandatory counseling • eg Germany, Belgium
• counseling on request • eg Portugal
• mandatory in specific situation • eg France

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legal aspects
biased counseling can do harm:
- directing to an abortion can do harm
- directing to continue the pregnancy can do harm

counseling should always be unbiased!
counseling can consist:

- information
- education
- advice
- support
medical information
“I wish I had so much information when I had that operation on my knee last year!”
Abortion
RISKS AND
DANGERS

Total Deaths

Abortion LINKED to
BREAST CANCER!

28 studies reveal increased risk

Women’s Health After Abortion—The Medical and Psychological Problems by the Family
Institutes for Biological & Social Research, www.fibsrr.org. Scientific studies show links to
other cancers, future infertility, future low-birth weight babies, psychological and neurological
damage, increased suicide, substance abuse, depression... Abortion Prollers women know the
information

- medical information
- procedure
- contraception
- ...

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education....what?!?
education

- abortion in your country
- abortion rates
- who are those women?
- legal aspects
- abortion in the world
- ...

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advice

- only if it’s necessary
- information about decision process
- information about different options
- moral aspects
- only she can take the decision!
support and empowerment

- contraception fail
- social support for the decision
support and empowerment

- contraception fail
- social support for the decision
- even if people are protesting before the clinic
- feeling that she can take her own decision
Ideally, counseling offers a woman who is considering abortion a non-judgemental and non-directional opportunity to work through her feelings and thoughts.
What can contribute emotional difficulties?

- Little support / negative support
- Low self-esteem
- Feeling unable to cope
- Feeling it’s not her own decision
did you ever perform an abortion without saying a word?

everyone is counseling!