

Post -Abortion Syndrome (PAS)

What is Post -Abortion Syndrome ?

Post-Abortion Syndrome (PAS) is a type of Post-Traumatic Stress Disorder. It occurs when a woman is unable to work through her emotional responses due to the trauma of an abortion.

Why does abortion cause distress ?

Women are often surprised to find that abortion can be a traumatic experience. Generally, women are not encouraged to share their responses to the abortion. Often it is kept a secret, and a woman is left alone with her feelings. The grief a woman may experience after an abortion is seldom recognized and is often repressed or denied. PAS occurs when the grieving process is not completed. Our society is just now beginning to recognize the need to grieve a miscarriage, but because abortion is considered a voluntary act, a woman's grief after an abortion is not understood or supported.

When do symptoms of PAS occur ?

Some women experience PAS symptoms within months of the abortion. For others, the crisis occurs two to five years after the abortion — at the time the normal grieving process would have been completed. Sometimes women don't experience PAS symptoms for 10, 20, or 30 years because they are unable to deal with the deep emotions caused by the abortion.

“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, **nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.**

Romans 8:38

Pregnancy Resource Center

If you need us, we're here.

South Hills:

101 Drake Road, Ste. A
Pittsburgh, PA 15241
Phone: 412.833.7445

Homestead:

1813 West Street
Homestead, PA 15120
Phone: 412.464.1606

www.prcsh.org

Email: helplineprcsh@comcast.net



P.A.C.E.

Post-Abortion Counseling & Education

SURRENDERING THE SECRET

Healing the Heartbreak of Abortion



“He has anointed me to bring good news to the poor; he has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound.”

Isaiah 61:1b

What do I do next?

Immediately after an abortion, a woman may feel a sense of relief. But often this relief can be followed by a painful emotional disorder . . .

Post-Abortion Syndrome

Common symptoms include:

- Sadness
- Guilt
- Anger
- Depression
- Drug/Alcohol addiction
- Eating Disorders
- Suicidal thoughts
- Difficulty maintaining close relationships
- Flashbacks



If you or someone you know suffers from the pain of abortion,

**THERE IS HOPE,
THERE IS HELP,
THERE IS HEALING!**

Call 412-833-5309 ask for Lisa
Or e-mail: helplineprcsh@comcast.net

What others have experienced

"Initially, I cringed at the thought that P.A.C.E. was a Bible study. I am now so glad I didn't let that stop me from taking a closer look at what it had to offer. P.A.C.E. is a wonderful tool that has helped me deal with my depression and has allowed me to better understand myself and my choices."



"I wish I could truly explain to someone how this study changed my life. It isn't anything like I expected. I can breathe again and I look forward to what God has prepared for me through this process."

"After taking part in P.A.C.E., I now see that even my darkest moments can be used for a better purpose. I needed to be freed from my pain, guilt, and hatred. P.A.C.E. helped me with that."

"As far back as I can remember, I have always had nightmares. Not just once in a while, but every night. I thought this was normal. In fact, I never understood why people would say when they woke-up, that they wanted to go back to sleep. I would think, "why would anyone want to go back to a nightmare?" But near the end of our PACE group, I woke up one morning and was amazed that I had a dream! And, since that night I haven't had another nightmare. I feel truly delivered. God has delivered me!"

Surrendering the Secret

Abortion has been a readily available part of our culture since it's legalization in 1973. Since then, approximately 55 million abortions have been recorded in our nation. Statistics estimate that close to 43% (1 out of 3) of women of childbearing age have experienced an abortion.

Surrendering the Secret is a study designed to bring women together who understand the need for seeking peace with the past and desire a better understanding of God's plan for making the most painful of losses work for His glory!

If you feel you have never completely healed or recovered from an abortion experience or that a past abortion may be affecting your current quality of life, then *Surrendering the Secret* is for you.

This 9-week study (video, group discussion and personal reading) leads you through the process of discovering:

- **Where Have You Come From:** *understanding the need to go back to get ahead*
- **Sharing the Secret:** *understanding the danger of secrecy and silence*
- **Walking in Truth:** *exploring the affects of abortion and the reasons women choose it*
- **A Time for Anger:** *understanding what is healthy and unhealthy anger*
- **Forgiveness:** *recognizing true forgiveness*
- **Grief:** *discovering the difference between grief and sorrow*
- **The Peace to Release:** *saying good-bye*
- **Share the Journey:** *realizing the God loves to use broken and recovering people in His mission of redemption*