

Pregnancy Crisis Intervention ...for Beginners

Pregnancy Crisis Intervention – for Beginners

What to Do and Say When It Matters Most

Within the field of counseling, there is a specialized form of counseling called *crisis counseling*. This counseling is for those experiencing traumatic events, such as an earthquake, sexual assault, a terrorist attack, and suicide. Counselors assess the crisis, create an intervention plan and monitor the situation until the person is able to re-establish their normal problem solving capacities. This outline will help you respond to the most common crisis people experience today: a **pregnancy-related crisis**. Even with little or no experience, you can confidently intervene.

1. Show love, Be practical, Speak truth.

Here are 3 guiding principles... or 3 simple starting points.

- a. Follow the Golden Rule: Do for her/the couple, what you would want someone do for you in that situation. See Mat. 7:12.
- b. Follow the Good Samaritan: Do whatever must be done in a practical way to stop death. Luke 10: 28-37.
- c. Follow this advice “Speak the truth in love.” See Eph. 4:25

2. Understand the Woman in a Pregnancy-Related Crisis

It helps to know some specific ways women in pregnancy crisis present their crisis. She is...

- 1) Fearful
- 2) Under-pressure
- 3) Sees pregnancy as life threatening. Example: Gloria Steinem in an interview in her book, *My Life on the Road*, recalled her own abortion saying, “*It gave me my life. I mean, I wouldn’t have been able to live my life otherwise.*” (11/5/15 LifeNews.com).
- 4) Looking for quick relief
- 5) Of two minds (want/don’t want abortion), hearing two voices (do it/don’t do it)
- 6) Feels alone
- 7) Hopeless

3. Understand Who You Are in the Intervention Process

To enter the crisis of others without creating your own internal crisis, remember; You are a...

- 1) Christian, so you use the love approach.
- 2) Neighbor, so you use a practical approach.
- 3) Rescuer, so you drop everything to help.
- 4) Counselor, so you help her process.
- 5) Witness, so you leave the outcome to God.
- 6) You are not the Savior: Work hard to save, but remember, God gives the result.
The Apostle Paul said: “To the weak I became weak, that I might win the weak. I have become all things to all people, that by all means *I might save some.*” 1 Cor. 9: 22
- 7) You are not angry.
- 8) You are not fixing your past, or atoning for your past. You are serving her.

When You Meet Together

Respond to her pregnancy crisis wisely and with some clear goals.

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| <p>1. She is fearful.
She has never felt so afraid and hopeless as she feels now.</p> | <p>➔ You are calm, confident and assuring.
Lower her fears and increase her hope. Slowly help her see a way forward.</p> |
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| <p>2. She is under pressure to abort.
Her circumstances, family and friends are pressuring her to abort.</p> | <p>➔ You are giving her one reason not to abort - the unborn is an innocent human being!
Other reasons may also include her physical and emotional well-being, but that is secondary to <u>the main reason – the baby is a human – it is her child!</u>
Speak the truth in love about the humanity of her unborn child. Truth is power.
Educate her on embryology, abortion risks and options. Help her think through these important truths.</p> |
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| <p>3. She wants quick relief.
She wants the problem to go away quickly; she is panicking, not thinking. She wants to act fast.</p> | <p>➔ You are going to slow her down and help her think clearly.</p> |
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| <p>4. She sees her pregnancy as life threatening.</p> | <p>➔ You are going to help her see a pathway for both. There are other options, such as help with parenting or placing for adoption. There are choices in adoption – with or without access.</p> |
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| <p>5. She has two minds, hears two voices.
She wants and doesn't want an abortion at the same time.</p> | <p>➔ You are going to help her understand why she feels ambivalent.
You are going to help her hear the quiet voice of her own conscience (hear her own heart).
Magnify the quiet voice of her own heart – her conscience.</p> |
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| <p>6. She feels alone.
Even if she knows abortion is wrong, she feels helpless and alone.</p> | <p>➔ You promise to help her through it.
You will be with her all the way. Assure her she is not alone – you will help her now and in the months ahead.</p> |
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| <p>7. She feels hopeless</p> | <p>➔ You increase her hope and faith. Things will work out. You can do this.</p> |
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Understanding Pregnancy Crisis Intervention as a Process

One way to map the phases and transition points in pregnancy crisis counseling. Or Your Task is to:

1) Listen/assure.

Welcome her, assure her you are there to help. Ask lots of questions, understand how she sees her crisis, make mental notes.

2) Identify/Amplify - her fears, ambivalence, concerns.

Ask questions that reveal ambivalence about abortion, help her state why she is ambivalent. Show her why her concerns are valid. Explain psychological after-effects of abortion (guilt, grief, depression, etc). She is choosing to kill an innocent human—her own son or daughter!

3) Confirm/Inform

Provide a pregnancy test, ultrasound verification if possible, and educate her/the couple on fetal development, abortion procedures, abortion risks, other options – such as adoption.

4) Direct/Appeal

Don't abort! Keep your baby alive and give birth to it. You can do this! You can say no to others. Follow your heart. ("I call heaven and earth to witness against you today, that I have set before you life and death, blessing and curse. Therefore, choose life, that you and your offspring may live." Deut. 30:19).

5) Problem Solve/Plan

Identify the most immediate problems and come up with a plan for them. For example;

"I want the baby, but my mother wants me to abort." You will need to get the mother to meet with us and we will talk with her as we are with you.

Or, "I know I can take a year off from university, but my parents have rejected me – they won't support me financially. How will I pay my room rent and live?" Let us help you with the cost of your room each month while you need it, and let's trust that in time your mum and family will accept you and your baby. I'm sure your mum's heart will be touched when she sees your little baby. (Invite to stay at a center or with a trusted family if needed).

6) Empower/promise

Promise help and plan the next day or two, equip with materials (booklets, videos on phone to watch, See Baby APP), give your phone number, make the next appointment you will meet her.

7) Monitor/Mentor

Stay in communication with her until her sense of crisis is resolved and her normal way of problem solving returns. Keep things personal. Friendship is a life-saving power.

Say and do all you can to lower her fear and increase her hope that giving life to her baby, then parenting or placing for adoption, is God's will, and though difficult now, will lead to peace and happiness in the end.

Ten Questions to Guide Beginners in pregnancy crisis intervention.

If you are anxious that you might say or do the wrong thing, work through the following questions with the mother or couple. You will serve her very well.

1. How do you know you are pregnant? Have you had a hospital quality pregnancy test?
2. How far along are you? Last LMP?
3. How do you know viability? Have you had an ultrasound verification that you have a viable pregnancy and are not about to miscarry?
4. What fears do you have about being pregnant right now?
5. How does your faith/values inform you about pregnancy? Where is God in this decision? How did you feel about abortion before this?
6. Have you been pregnant before? What happened with each pregnancy?
7. What do you know about fetal development?
8. What do you know about abortion and how it is done?
9. What do you know about risks and complications?
10. What is your phone number? I will stay with you through this crisis.

Remember

She...

Is full of fear
Is under pressure to abort
Wants the problem to go away quick
Has 2 minds – does/does not want an abortion
Feels alone

Your task is to...

Lower her fears – increase her hope
Speak truth in love – It's a baby that will die!
Help her slow down and think
Help her hear her heart/conscience
Promise to help her – she's not alone.



Pro-Life Vietnam

Training local Christians to:

- **Reject abortion**
- **Give Pregnancy Crisis Intervention locally**
- **Teach Life Values in the secular culture at large**
- **Offer Post-abortion Healing and Recovery**

For info/resources/training:

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