

MLCPC 208: Post Abortion Syndrome: Understanding Anxiety and Depression

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- 1.** What is Post Abortion Stress?
 - a.** It is the observation of symptoms of stress in persons who have been involved in an abortion.
 - b.** It is not seen typically until 3-5 years or more following an abortion, but may also occur immediately.
 - c.** It is a combination of stressors that occur following abortion including depression, anger, anxiety, and grief.
 - d.** All of the above

- 2.** What are frequent indicators of Post Abortion Stress Syndrome?
 - a.** Frequent crying and grief reactions
 - b.** Flashbacks of the abortion
 - c.** Reoccurring anxiety from unresolved grief and guilt
 - d.** All of the above

- 3.** Men do not experience Post Abortion Stress.
 - a.** True
 - b.** False

- 4.** Clients may come to you for counseling for issues that are associated with eating disorders, suicidal thoughts, or difficulty with sexual intimacy. Abortion may be the underlying root.
 - a.** True
 - b.** False

- 5.** Before working with clients who have post abortion depression it would be important to examine your heart for any personal prejudices you may have towards those who have chosen abortion.
 - a.** True
 - b.** False

- 6.** What makes crisis pregnancy coaching a safe place?
- a.** Be welcoming
 - b.** Be private and confidential
 - c.** Be warm
 - d.** All of the above
- 7.** If a client chooses not to go through the healing process in a Bible Study setting there is no hope to offer them.
- a.** True
 - b.** False
- 8.** Most women who suffer emotionally after an abortion:
- a.** Feel they are alone and unusual in their pain
 - b.** Only feel bad because they are angry with their partner
 - c.** Will never choose to repeat this pain by having another abortion
 - d.** Feel confident that this will pass quickly
- 9.** The best providers or abortion coaches:
- a.** Have never had an abortion
 - b.** Are young and therefore can relate to clients
 - c.** Are compassionate, warm and have been thoroughly trained
 - d.** Have had at least multiple abortions themselves
- 10.** Even in cases of incest and rape, it is traumatizing to the woman to have an abortion, and therefore is not a solution.
- a.** True
 - b.** False