



HOPE
for the Heart

Africa Cares

for life

Abortion Recovery Peer Counselling Programme

This programme equips delegates to be capable, reliable and accountable Abortion Recovery Peer Counsellors for the purpose of leading abortion recovery peer counselling groups from a Christian perspective and using a bible study. The Abortion Recovery Peer Counselling programme is presented over 2 days and comprises the following sessions:

Session 1 Setting the Standards	The essence of abortion recovery ministry rests in Scripture. Personal preparation for compassionately serving with integrity and excellence in the ministry of reconciliation will be discussed and emphasised with guidelines and practical exercises.
Session 2 Development of Post-Abortion stress	The development and symptoms of post-abortion stress and the conditions that place a person at higher risks for problems after an abortion.
Session 3 The Grieving Process	This session examines the crucial process of grief as it relates to abortion recovery healing.
Session 4 The Healing Tasks	This session explores the need for the post-abortion client to identify his/her abortion as a childbearing loss and to move through the essential tasks of healing.
Session 5 Establishing an Abortion Recovery Programme	This session covers a step-by-step plan for establishing an abortion recovery programme.
Session 6 Initial Contact with the Post Abortion Client	The session covers essential interview and observation tools that will equip trainees to determine the setting that will best meet the client's needs. The options include the group Bible study, one-on-one peer counselling or a referral.
Session 7 Running the Group	This session equips trainees to manage groups and topics include: setting up the group, facilitating and co-facilitating guidelines, group dynamics, group stages etc.
Session 8 The Breakdown of Sessions	Trainees will be guided through the various sessions required to facilitate healing and how to conduct a weekend retreat.
Session 9	This session includes revision, a care plan and good practice to assist clients, the group model practical and facilitating a memorial service.