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Abortion Leads to Eating Disorders

By Brooke Pittner

Abortion can lead to eating disorders. Sounds far fetched but according to Theresa Burke the Founder of Rachel's Vineyard Retreats, a post abortion healing ministry, the prospect may actually be true. Theresa Burke PhD. is a psychotherapist who specializes in treating men and women struggling with post abortion issues.

As a young graduate student, Theresa was assigned to a weekly support group for women with eating disorders. What she found was shocking. The topic of abortion unexpectedly came up in one of the group sessions and the anger in the room became explosive. Six of the eight women in her support group had had an abortion. Theresa thought she hit on something because unexpressed emotions are key issues in the treatment of eating disorders. Surprisingly, when Burke mentioned it to her supervisor, a psychiatrist, she was told to mind her own business. Fortunately, Theresa didn't listen. Along with counseling men and women in her private practice Theresa developed a post abortion retreat. Without a budget, office or advertising Rachel's Vineyard became a grassroots national outreach. By word of mouth only, The retreats spread across the country because of the retreat's dramatic effectiveness. Rachel's Vineyard is now in 17 countries and is finally available in Tucson.

After an abortion many women report feelings of loneliness, sadness, guilt, grief, anger, depression, nightmares, flashbacks, increased drug or alcohol abuse, suicidal thoughts, and other destructive behaviors such as eating disorders. In fact, these symptoms are referred to as post abortion syndrome. Rachel's Vineyard Retreats allows men and women who have experienced an abortion to talk and work through their feelings in a safe and confidential environment. One woman who went to a Rachel's Vineyard Retreat said "In spite of my fear of bringing up the past I went to a Rachel's Vineyard retreat. I experienced the forgiveness of God, a hope for tomorrow and for the day I meet my baby. God is so awesome the way He works through the compassionate people of Rachel's Vineyard. I am grateful beyond words."



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