

**Let's Expose Healing and Hope:
Rachel's Vineyard Response to Planned Parenthood
By: Theresa Burke, Ph.D.**

The undercover expose of Planned Parenthood's video reveals a disturbing wholesale profit off the flock... slaughtered for consumption, for secret reasons that can hurl a traumatized mind into the past. The blind eye of Planned Parenthood will never be satiated, in 2013 they downed \$528 million in taxpayer funding. Will they ever see a need to fund recovery programs for those whose lives have been shattered? It's unlikely.

I started my career 30 years ago as a psychotherapist facilitating a support group for anorexics and bulimics. As it turned out, most of the women in my group developed eating disorders after having abortions. My supervisor, a psychiatrist, told me I had no business prying into people's abortions. He claimed that Debbie's flash backs to her aborted baby screaming were a psychotic reaction caused by the medication he prescribed. I did not pry – I listened as I watched my patients engage in self destructive rituals of mourning and sabotaging their lives in ways that were excruciating to observe. I write about these and other patients and their subsequent traumatic reenactments in my book *Forbidden Grief - The Unspoken Pain of Abortion* in a chapter entitled "What's Eating you?"

I left that group and started the first therapeutic support group for healing after abortion. I quickly saw that talk therapy did not really help and developed a trauma sensitive treatment model entitled *Rachel's Vineyard*. The program was not set up as a business to make any money, but a mission to save the living dead. It's now offered as weekend retreats in over 80 countries and 37 languages. Rachel's Vineyard has been spread by those whose lives were resuscitated through the healing they received. We estimate there are over 300,000 Rachel's Vineyard volunteers around the world working to save the living dead.

I know the women and men I serve never bargained for the assaultive flashbacks and nightmares they suffer as fragments of trauma shear into their consciousness. The images that constitute their waking and sleeping hours are like fortress prisons of guarded depression, anxiety, avoidance, numbing behaviors, and grief. This is what I have witnessed from a lifetime of listening to stories of abortion from all over the world, as women and men, grandparents and siblings grieve the members of their family who are not here anymore.

But that kind of emotional grazing takes courage and guts. Let's be brave. Let's be sober regarding the colossal loss of human potential. We must not be afraid of the truth or cherish the need to defend choice to the point that we become hard hearted, self protective and willfully ignorant. It's critical when making policies and encouraging practices that have the potential to destroy more lives, marriages, relationships, and the physical and emotional health of traumatized parents. Our society also needs permission to grieve the loss of the irreplaceable precious children whose lives and dignity should matter... even in their death. Let us work to save just one and not be punished for the effort!

If you or someone you love has suffered the loss of a child because of abortion, I invite you to attend a Rachel's Vineyard Retreat for psychological and spiritual healing. At each retreat you will be able to share your unique history and circumstances in a way that will allow you to move forward and find closure from the heartache of the past. You will have an opportunity to bestow dignity on the memory of your baby's life. You deserve a safe and nonjudgmental response to soul shattering pain and a unique journey to find peace, freedom and joy.

For more information contact www.rachelsvineyard.org