H.E.A.R.T Manual

Brand: Resources

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Short Description

The HEART Manual gives your clients the basic tools they need to find healing after an abortion.

Description

Lead your clients into a Scripture-based journey of healing from past abortion experiences with Healing the Effects of Abortion-Related Trauma (H.E.A.R.T.)

Utilizing outlines, readings, Biblical passages, pages for journaling, letter writing and more, H.E.A.R.T. (4th Edition) is designed to meet the needs of church groups, pregnancy help organizations, and counseling agencies wrestling through the difficult reality of post-abortive pain.

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- I. Welcome and Prayer
- II. Introduction: Purpose of Group; Getting to Know Each Other
- III. Discuss Post-Abortion Syndrome (PAS)
- IV. Set Goals
- V. Share Abortion Experience
- VI. Discuss Support System/Person
- VII. Homework and Prayer

Session II

- I. Prayer
- II. Update. Discuss homework

- III. Discuss Defense Mechanisms
- IV. Discuss Fears
- V. Discuss Anger
- VI. Homework and Prayer

Session III

- I. Prayer
- II. Update. Discuss Homework
- III. Discuss Forgiveness
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- I. Prayer
- II. Update. Discuss Homework
- III. Discuss Our Image of God and Who God Really Is
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Session VI

- I. Prayer
- II. Updates. Discuss Homework
- III. Discuss Self-Reconciliation
- IV. Discuss Shame
- V. Discuss Self-Image/Self-Esteem
- VI. Who I Am in Christ
- VII. Committal Service-Release Child
- VIII. Homework and Prayer

Session VII

I. Prayer

II. Update. Discuss Homework

III. Discuss Communication

IV. Discuss On-going Healing

V. Evaluation Form

VI. Grief/Guilt Exercise

VII. Celebrate

VIII. Prayer

Bibliography

Other Resources