

What do we mean by counseling?

Nausikaa Martens
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Legal aspects

- **mandatory counseling**
 - eg Germany, Belgium
- **counseling on request**
 - eg Portugal
- **mandatory in specific situation**
 - eg France

legal aspects



mandatory counseling?

- biased counseling can do harm:
 - directing to an abortion can do harm
 - directing to continue the pregnancy can do harm

counseling should always be unbiased!

counseling can consist:

- information

- education

- advice

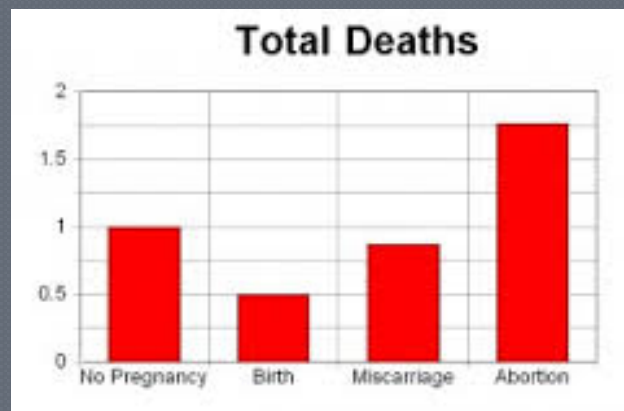
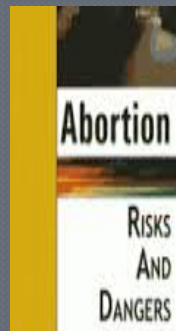
- support

information

- medical information

information

“I wish I had so much information when I had that operation on my knee last year!”



information

- medical information
- procedure
- contraception
- ...

education...what?!?



education

- abortion in your country
- abortion rates
- who are those women?
- legal aspects
- abortion in the world
- ...

advice

- only if it's necessary
- information about decision proces
- information about different options
- moral aspects
- only she can take the decision!

support and empowerment

- contraception fail
- social support for the decision



support and empowerment

- contraception fail
- social support for the decision
- even if people are protesting before the clinic
- feeling that she can take her own decision



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Ideally, counseling offers a woman who is considering abortion a non-judgemental and non-directional opportunity to work through her feelings and thoughts.

what can contribute emotional difficulties?

- little support / negative support
- low self-esteem
- feeling unable to cope
- feeling it's not her own decision

who is counseling?

- ◉ did you ever performe an abortion without saying a word?
- ◉ everyone is counseling!