A TRAUMA-INFORMED FRAMEWORK FOR WORKING WITH ABORTION SEEKERS

Trauma is the personal experience of a harmful event that causes emotional pain or distress, and stress taxes coping resources and can exacerbate trauma. Abortion stigma is a type of social stigma that is associated with those who provide, support, or receive abortions, and this stigma can cause great stress. While credible research suggests that an abortion is not typically a source of trauma, stigma-related stress can potentially exacerbate existing or historical trauma for those seeking abortion who have a history of trauma exposure.


The use of a trauma-informed framework in any health or social service setting can reduce anticipatory stress and help avoid the exacerbation of any existing trauma.

socialwork.buffalo.edu/TIF-abortion