



Successful Values Clarification For Abortion Trainers

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Disclosures

- Jennifer A. Hart, MPH, has no disclosures to report.

Learning Objectives

After attending **Successful Values Clarification for Abortion Trainers** participants will be able to:

- Explain the benefits of values clarification sessions among various experience levels of abortion care providers;
- Predict patient circumstances that may present an emotional challenge to them or their staff;
- Organize engaging values clarification sessions for their new and current staff and trainees.

What is Values Clarification?

- Workshop to encourage participants to think about and articulate their attitudes and opinions related to pregnancy options and abortion.
- Tailored to the specific professional group and experience level
- A safe space to discuss complex issues



Who should participate?

- Health Professionals
 - ▣ Medical Students and Residents
 - ▣ Nursing Students
 - ▣ Nurses, Medical Assistants
 - ▣ Health Educators, Counselors
- Advocates
 - ▣ Legal and policy professionals
 - ▣ Escorts, clinic volunteers
- Anyone working with, or on behalf of, women facing unintended pregnancy



Discussion vs. Training

- ❑ Clearly explain the outcomes of the workshop – is this part of their training?
- ❑ Be aware of the safe space you are creating
- ❑ Listen to all opinions expressed
- ❑ Ask clarifying questions
- ❑ Not the time for correction

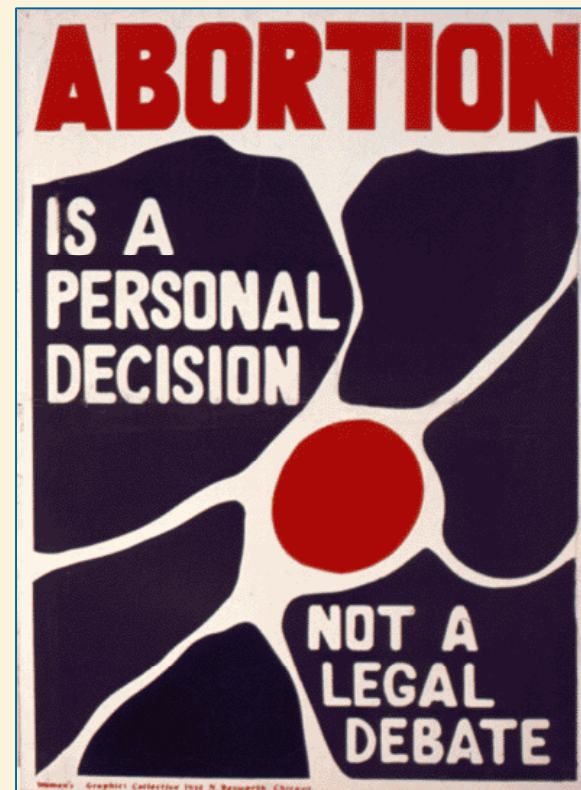
Why do Values Clarification?

- Ambivalence about identifying as pro-choice
- The “Pro-Choice-Off”
- We are constantly growing, evolving, and changing



Why do Values Clarification?

- Very few arenas to discuss these issues
- Our past influences our present

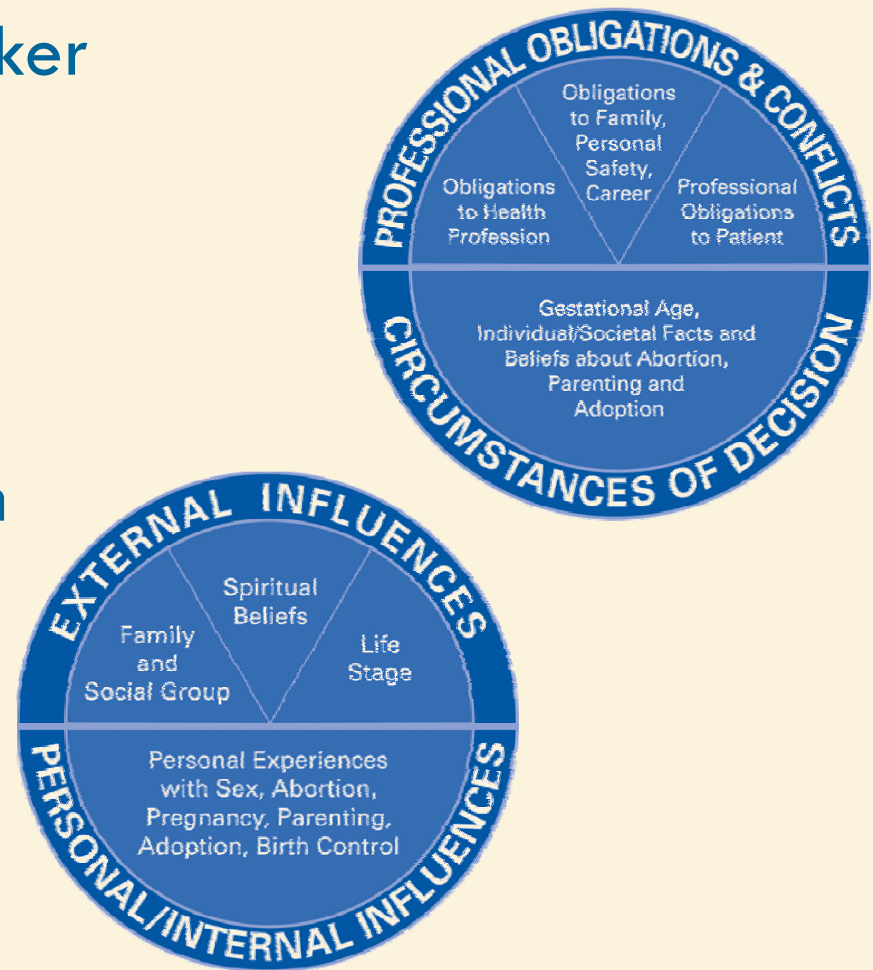


Why do Values Clarification?

“It will be easy to keep my values from influencing my interactions with [callers/patients/clients, etc].”

Tools for Facilitation

- Introduction and icebreaker
- Individual exercises
- Small group activities
- Large group activities
- Wrap up and evaluation



Introduction

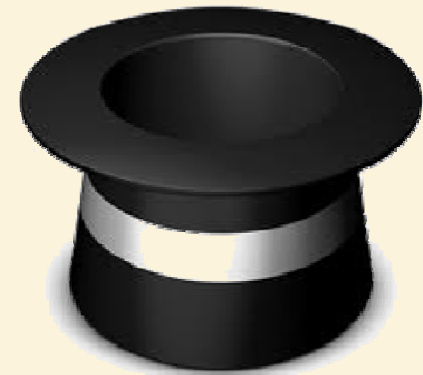
- **Goal:** *To help you clarify your values, attitudes, and beliefs related to abortion*
- **Objectives:** *By the end of this workshop, you will be able to:*
 - ▣ *Articulate your opinions toward abortions and the women who have them*
 - ▣ *Describe how having clarified your values will help you in your personal and/or professional life*
 - ▣ *Identify possible areas of discrepancy between your personal feelings and your professional convictions*
 - ▣ *Identify your “triggers” when listening to patient stories*
 - ▣ *Start learning how to separate your personal feelings from your continuum of care*

Ground Rules

- Be honest and open
- We may not agree with everything discussed here today and that is just fine
- Everyone's opinions are valid and worth listening to and respecting
- Others?

Safe Space and Appropriate Tone

- Fear in a Hat Icebreaker
 - ▣ Settled, attentive, caring and serious tone
 - ▣ Complete the sentence: “In this [job/residency rotation/internship/etc] I am concerned that...”
 - ▣ Submit anonymously and each pulls one from the hat
 - ▣ Each participant elaborates and empathizes with the concern
 - ▣ Discuss trends



Individual worksheets

- Examining our Comfort Level with Circumstances of Each Woman's Abortion Decision
 - ▣ Which words or phrases triggered your emotions?
 - ▣ Did you notice trends in what made you uncomfortable?
 - ▣ What other circumstances might be challenging for you?
 - ▣ Is it useful to be aware of your discomforts ahead of time?
 - ▣ How might you handle your discomfort if these situations arise?

Individual worksheets

- The Decision to Provide Abortion Care
 - ▣ What support could you request to address some of these concerns?
 - ▣ If you are not comfortable performing an abortion, what services are you willing to provide to a woman facing an unintended pregnancy?
- Professional Obligations: Personal Assessment
 - ▣ What are some of the reasons for your views?
 - ▣ Do you think your feelings align with, or differ from, the view of your professional organization?
 - ▣ What other medical services might you opt-out of providing?

Small group activities

□ Individual Cases

- Who did you rank as first? Last?
- What factors influenced your decisions the most?
- What information did you assume to know about each woman or her circumstance in order to rank her?
 - Gestational age
 - Support systems
 - Socioeconomic status
 - Race
 - Safety of mother and/or child
 - Consent vs. coercion
- Is this exercise realistic now that abortion is legal?

Small group activities

- The Medically Necessary Abortion
 - ▣ What responses were surprising?
 - ▣ What factors influenced your choices?
 - ▣ What other information did you wish you had been given?
 - ▣ What does “medically necessary” mean to you?
 - ▣ In what circumstances would a procedure need to be classified as “medically necessary?”
 - ▣ Who should determine what is “medically necessary?”



Small group activities

- Examining Our Potential Biases: Patient Stories
 - ▣ Anyone willing to share their triggers?
 - ▣ Which situation felt most comfortable? Least?
 - ▣ What trends did you find among the pregnancy outcome with which you were most or least comfortable?
 - ▣ Did any of these stories remind you of a circumstance from your past? Perhaps a friend or family member in a similar situation, or a patient you remember well?
 - ▣ Will discovering your possible biases ultimately help you in your career?

Large group activities

□ Take a Stand

- ▣ What caused you to stand under [Strongly Agree/
Strongly Disagree]?
- ▣ [For Agree/Disagree] What kept you away from
Strongly Agree/Disagree?
- ▣ What kinds of reasons can you imagine for choosing
the opposite response?

Strongly
Agree

Agree

Disagree

Strongly
Disagree

Large group activities

- Take an Opposite Stand
 - ▣ Participants must provide the best possible argument to defend their assigned position
 - ▣ How does it feel to have to defend the opposite of how you truly feel?
 - ▣ Did anyone end up only defending their own position?
 - ▣ What did you learn from having to defend a contrary opinion?



Wrap up and evaluation

- Personal Reflections and Questions
- 3, 2, 1 Takeaway
 - ▣ Three things I want to remember from this workshop
 - ▣ Two things I still want to explore within myself
 - ▣ One thing I will commit to trying or doing
- Evaluation

Thank you!



NATIONAL
ABORTION
FEDERATION

Interested in the National Abortion Federation
bringing our Values Clarification Workshop to your
facility?

Contact naf@prochoice.org or speak to me after the
presentation!

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