



TLC:

Repro First Aid for Spiritual Caregivers

Establish *Trust*



Begin with: “Thank you so much for trusting me with this.”

Explain your confidentiality practices and limits. Know your state’s abortion laws* and clergy privileges.**

*The Guttmacher Institute has an up-to-date [interactive map](#) of all current state abortion laws.

** Laws regarding confidentiality vary considerably. Familiarize yourself with your state’s [clergy-penitent privilege](#) and mandatory-reporting laws.

Listen to their story



Lead with curiosity and warmth. Remain centered and ask open-ended questions.

INSTEAD OF: “What are you going to do now?”

TRY: “What do you hope to do next?”

Mirror their wording. Reflect their language regardless of your personal beliefs. Wait to use words like “baby,” “mother,” “parent,” “future baby,” “cells,” “your child,” etc. until and only if they do.

Follow their lead. Allow them to assign meaning to their own experience.

INSTEAD OF: “Everything happens for a reason.”
“Maybe this is a sign you should...”

TRY: “What kind of support would feel helpful?”

Connect them to trusted resources

Reproductive chaplaincy: Offer specialized spiritual support.

SAY: “I’m really glad you brought this up. I’d like to stay connected and also share some trusted resources.”

RESOURCE: [Faith Aloud Hotline](#)

Practical support: Stay within your scope and connect them elsewhere for other needs.

Medical: [M&A Hotline](#)

Legal: [If/When/How](#)

Financial: [National Network of Abortion Funds \(NNAF\)](#)

