

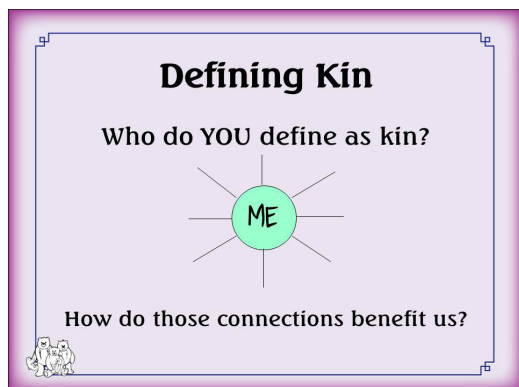


PARTICIPANT RESOURCE NOTEBOOK

Parenting Children WHO HAVE Experienced Trauma AND LOSS

Session 2

Lifelong Issues in Permanence

[illegible]



Pathways to Permanence 2

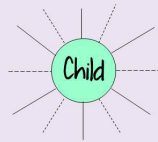
PARTICIPANT RESOURCE NOTEBOOK

Parenting Children WHO HAVE Experienced Trauma AND LOSS

Session 2

Lifelong Issues in Permanence

Who Do Our Children Define as Kin?

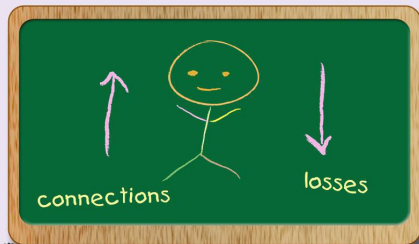


Being Connected

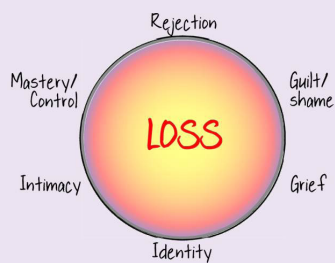
Connections help me
hold on to all the pieces of my story
&
understand the different parts
of my story



Keeping Children Connected



The Seven Core Issues





Pathways to Permanence 2

PARTICIPANT
RESOURCE
NOTEBOOK

Parenting Children Who Have Experienced Trauma AND LOSS

Session 2

Lifelong Issues in Permanence

Loss is...

Loss is an inherent part
of your child's story



Seven Core Issues... Begins with Loss

Birth Parent	Child	Permanent Parent
<ul style="list-style-type: none">• Loss of child• Risks future relationships• Loss of part of one's self• Often kept secret, loss of empathy	<ul style="list-style-type: none">• Loss of biological, genetic & cultural history• Loss of unconditional love• Fear of ultimate abandonment	<ul style="list-style-type: none">• Loss of imagined child• Loss of family heritage• Loss of control, not in charge• Loss of genetic mirroring



Rejection

Rejection is triggered by loss

"What did I do
to make my parents not want me?"



Seven Core Issues... Rejection

Birth Parent	Child	Permanent Parent
<ul style="list-style-type: none">• Can feel a lifetime of condemnation• Rejects self, feels unworthy• Comes to expect rejection	<ul style="list-style-type: none">• Was rejected before being wanted• "Something was wrong with me"• Anticipates and sets up rejection	<ul style="list-style-type: none">• Betrayed by body• Not part of "the parent club"• Expects rejection, may feel trapped or angry• Fear rejection by adoptive child





Pathways to Permanence 2

PARTICIPANT RESOURCE NOTEBOOK

Parenting Children WHO HAVE Experienced Trauma AND LOSS

Session 2

Lifelong Issues in Permanence

Guilt and Shame

Once rejected, there are
feelings of guilt for not being
“good enough”
and feelings of shame
for not being better



Seven Core Issues... Guilt and Shame

Birth Parent	Child	Permanent Parent
<ul style="list-style-type: none">• Shame/guilt for placing child• Judged by others• Carries a guilty secret• Feelings of failure	<ul style="list-style-type: none">• Feels defective• Views their birth as a mistake• Shame of being different	<ul style="list-style-type: none">• Shame of infertility, bodies have failed• Not part of the main stream• Guilt for benefitting from someone else's pain



Grief

Society views permanence/adoption
as joyful, but it is built from loss

Those profound losses must be mourned



Children's Responses to Grief

- Agitation/irritability
- Displaced anger
- Provocative behaviors
- Social isolation

My behaviors, not my words,
reflect how I feel





Parenting Children WHO HAVE Experienced Trauma AND LOSS

Lifelong Issues in Permanence

Birth Parent	Child	Permanent Parent
<ul style="list-style-type: none"> • Anger/denial • Physical longing for the child • Loss of a dream • Abandonment by family 	<ul style="list-style-type: none"> • Loss of biological, genetic, cultural history • Losses resurface through each developmental stage • Grief may surface as anger towards parent 	<ul style="list-style-type: none"> • Grief at not seeing oneself in one's child • Unresolved grief may block attachment to adopted child • Sadness for what child has been through



Who am I?



Birth Parent	Child	Permanent Parent
<ul style="list-style-type: none"> • Diminished sense of self-worth • How to incorporate "birth mother" into self image • Am I a mother? 	<ul style="list-style-type: none"> • "Who am I?" • "How do I integrate both my adoptive and birth families?" • "Where do I belong?" 	<ul style="list-style-type: none"> • What is an adoptive parent? • Am I a real parent? • Is my child the equal of children born to the family?



Getting close opens the door
to the possibility of more loss





Pathways to Permanence 2

PARTICIPANT RESOURCE NOTEBOOK

Parenting Children Who Have Experienced Trauma AND LOSS

Session 2

Lifelong Issues in Permanence

Seven Core Issues... Intimacy

Birth Parent	Child	Permanent Parent
<ul style="list-style-type: none">• Multiple surface relationships• Shame and unresolved issues negatively impact relationships• May impact reciprocity with other children	<ul style="list-style-type: none">• Fear of getting too close – being vulnerable to more loss• Lack of accurate self-image• Attachment issues may lower capacity for intimacy	<ul style="list-style-type: none">• Unresolved infertility losses may lead to intimacy/marital problems• May avoid closeness with adopted child to avoid feelings of loss• History of maltreatment can be re-kindled



Mastery/Control

"I need to master ME"

By gaining mastery, one has a sense of empowerment over one's own life



Seven Core Issues... Mastery/Control

Birth Parent	Child	Permanent Parent
<ul style="list-style-type: none">• Losing a child is the ultimate in losing control• May spend a life time trying to be "good enough"• At risk for substance abuse, etc.	<ul style="list-style-type: none">• Lack of mastery increases need to control• To avoid loss, "I will control the world around me"• A good relationship is "Where I can be in charge"	<ul style="list-style-type: none">• Asked to stretch and change a dream• Adoption experiences feel very intrusive and result in a feeling of helplessness• Feelings that "Perhaps I'm not entitled to be a parent"

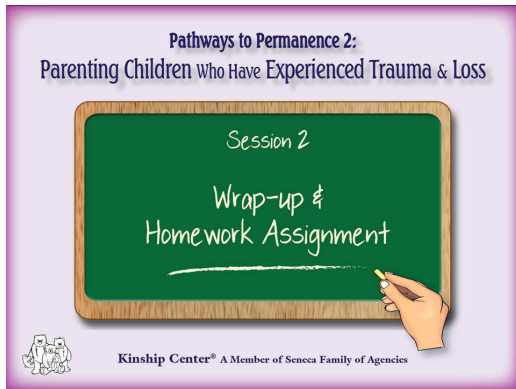


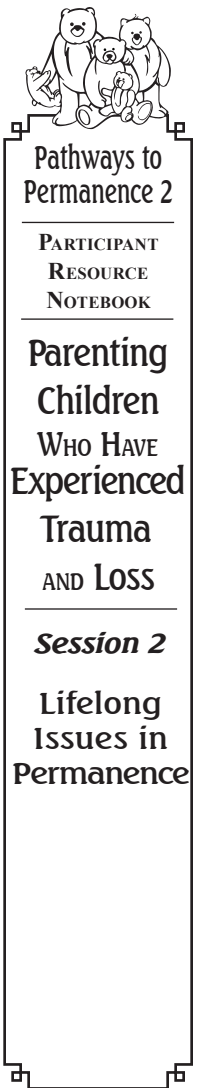
10 Things: Adopted Teens Speak Out



Providing insight into thoughts and questions teens have about adoption/permanency









**Pathways to
Permanence 2**

**PARTICIPANT
RESOURCE
NOTEBOOK**

**Parenting
Children
WHO HAVE
Experienced
Trauma
AND LOSS**

Session 2

**Lifelong
Issues in
Permanence**