

YOUR ROLE IN PREGNANCY COUNSELING KNOWING YOUR GOALS...

Gayle Ward, M.A.



ACT

**Participant
Resource
Notebook**

*Family
Constellation
Challenges*

**Practice
Tools**

Are you in tune with your own view of adoption as a plan for a child? What are your views about a parent who is seeking to relinquish? Do you have an internal agenda with reference to supporting them towards adoption, or talking them out of it?

Knowing your own style with clients, what are the first three things you do to create an atmosphere of acceptance with reference to adoption planning?

What specific words could you use during the first session to give the client room to express fears and doubts about adoption? What words might you use to elicit their anticipated fears?

What would you look for to determine the underlying reason your client came to you for consideration of adoption planning, i.e. are they here to please another; are they aware of their options?

Specifically, what tasks would you frame as immediate, within a few weeks of starting sessions, and what tasks are long term?

How might you introduce adoption as a true option? What words would you use to know what the client's pre-determined stereotyped view of adoption is?

To empower your client, are there books and specific articles you might give them to take home, and other ways you can use to educate them about a choice they may know little about? Are you in touch with other parents who have chosen adoption for their children who might be a resource to you?

What myths about adoption might impact your client? Are you familiar enough with the cultural view of adoption to help them grasp what the difference is between the general public view and reality? How might the media impact your client in reference to adoption?

How might you teach that adoption is a lifelong process, and that the emotions surrounding it evolve and change over time? Has your client ever experienced acute grief? Is there "pre-grieving" going on pre-birth? If not, how do you prepare the parent for the impact of overwhelming feelings when the child is born?

Looking at the time frame from your client's first call to your agency seeking counsel about adoption, to the point at which their child is growing up in an adoptive home, what are the key pieces your client should know? How can you help them anticipate the stages of letting go? Can they anticipate what stumbling blocks might come in two months, six months, two years, ten years?

Can you help predict for your client their expected grief process that will unfold? What will be their coping tools for both anticipated grief, and the reality of separation from their child?



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What hurts and roadblocks might they predict they will face in the hospital during birth? What will their discharge plan be? Who will be with them? Are there concrete plans for the adoptive parents to be with them, separate from them, in the nursery with the baby? How do they picture the hospital experience? Who will care for the child in the hospital? Who will name the baby? Who will choose the child's doctor? Who will walk out the door with the child? Who will leave the hospital first? When might they see each other again? Who will be there at home for that first long day of separation from the child?

What support groups or services are in your community that you can refer your client to for the long term coping process?

Gayle Ward, M.A., is a foster care and adoption professional at Kinship Center in Salinas, California. She is an ACT facilitator