DEVELOPMENTAL TRAUMA OF RELINQUISHMENT

Paul Sunderland & *Zara Philips*

HOSTED BY
THE OLLIE FOUNDATION
ON JANUARY 19, 2022

RESOURCE BOOKLET

© 2024 The OLLIE Foundation. All Rights Reserved

The OLLIE Foundation was launched in 2016 by three parents who, having each lost a teenage son to suicide, pledged to prevent such losses for other families.
OLLIE is devoted to empowering individuals and organisations to reduce suicide in their communities through education, intervention, and prevention. By providing the right support and knowledge, we're confident in our ability and yours to create positive change and save lives because...

One Life Lost Is Enough

Thank you for attending The OLLIE Foundation's talk 'The Developmental Trauma of Relinquishment' with Paul Sunderland and Zara Phillips on the 19th January 2022.

OLLIE has a growing reputation for our Thought Leadership Events where we shine a spotlight on a community statistically at higher risk of suicide than other communities.

Our talks are always inclusive, bringing all stakeholders together for education, support and development. We believe that together we can be more than the sum of our parts.

Data suggests that those who have been relinquished are at higher risk of suicide. The intention of this talk was to take a deeper look at why this might be so we can collectively do all we can to reduce that possibility.

A recording of this talk is available on our YouTube Channel.

This resource has been co-produced with our speakers and the delegates who attended the live event. Please use your own discretion when contacting any organisation.The OLLIE Foundation can not endorse any of the organisations listed but have curated this signposting guide in good faith and hope you will find it useful.

© 2024 The OLLIE Foundation. All Rights Reserved

Panelist Information

Paul Sunderland

Paul Sunderland is a psychotherapist, treatment consultant and trainer with 30 years of experience in the treatment of addictions. He has held the posts of Head of Treatment at Clouds House in the UK and Clinical Director at Crossroads Centre, Antigua.

Paul is currently Executive Director of Outcome Consulting, a UK based provider of psychological solutions in the field of addictions. He is one of the most experienced addiction psychotherapists in Europe.

An expert in process addiction treatment, Paul has a special interest in the early psychological wounds of adoption and boarding school trauma.

Publications

TEDx Talk:

- **Compulsive Under earning – An Ambivalence about Success | Paul Sunderland | TEDxSurreyUniversity**

Presentations:

- **ICAAD 2019: Relinquishment and Adoption – Understanding the Impact of an Early Psychological Wound**
- **ICAAD 2017: Boarding School Syndrome – When Privilege is also Trauma**

Contact:

- **Outcome Consulting Limited: The Basuto Medical Centre, 29 Basuto Road, London, SW6 4BJ**

© 2024 The OLLIE Foundation. All Rights Reserved

Panelist Information

Zara Phillips

Zara Phillips is a singer and songwriter, actor, author, and activist.

As an adoptee herself, much of her work is centered around the adoption world and is focused on improving understanding the lifelong impact of adoption.

Zara Phillips is not only the author of the book on which the film is based but also the star and advocate behind the powerful narrative. Her recent one-woman show has captivated audiences with its moving portrayal of adoption, family dynamics, identity, trauma and resilience.

- **Zara's work and updates on future events can be found here.**
- **Zara's public music page can be found here.**
- **Zara's Instagram page can be found here.**
- **Zara recommends the Facebook group 'Adoptees Navigating Reunion'.**

Publications

Books:

- **Somebody's Daughter (ISBN ISBN: 9781786065667)**
- **Mother Me (ISBN: 9781905664368)**

Films:

- **Somebody's Daughter**
- **Roots: Unknown**

Theatre Shows:

- **Beneath my Fathers Sky**

Music:

- **MEDITATION & KITKATS can be found here.**
- ***YOU, ME AND US* can be found here.**
- ***WHEN THE RAIN STOPS* can be found here.**

© 2024 The OLLIE Foundation. All Rights Reserved

Some of your key takeaways from the talk...

I appreciate hearing wisdom from professionals outside the adoption community who validate the adopted person's experience. I think Paul's observation that suicidal ideation can come from a flashback of pre-verbal trauma was a great lightbulb moment for me and many others.

I am not to blame.

Openness & honesty without blame is so important. Speaking from a place of deep shame and/or blame is not conducive to support or change.

Being myself in a relationship has never felt a good idea - look what happened the first time I was myself' - OMG! Lightbulb!

I LOVED the distinction between "I am adopted" vs "I was relinquished" It facilitated a huge reframing of my own lived experience & therefore will also influence my work as a psychotherapist.

© 2024 The OLLIE Foundation. All Rights Reserved

Recommendations from delegates

This resource has been co-produced with our speakers and the delegates who attended the live event. Please use your own discretion when contacting any organisation. The OLLIE Foundation can not endorse any of the organisations listed but have curated this signposting guide in good faith and hope you will find it useful.

Organisations- Australia

- **The Benevolent Society Post Adoption Services** 35 years combined experience providing information and professional support services for people affected by adoption; including people who have been adopted, parents, siblings, partners and others who have been separated from family.
- **Intercountry Adoptee and Family Support Services** Counselling and therapeutic care, resources and information about intercountry adoption for adoptees, adoptive parents and teachers
- **Relationships Australia Post Adoption Support Services (PASS)** Providing support services for those whose lives are affected by adoption.
- **Adoptee Rights Australia** Established by adopted persons to give a national voice to their lived experience of adoption in Australia.
- **Jigsaw** provides information, counselling, search and intermediary services to people separated from family for many different reasons.
- **International Social Service Australia** provides intercountry social work, legal and mediation services for children and families separated by international borders.
- **Suicide Prevention Australia** (Lifeline Crisis No. 13 11 14) (Suicide Call Back Service 1300 659 467).
- **Beyond Blue Australia** (1300 22 4636).
- **All Hours Support Service** (1800 859 585).

Organisations- Germany

- **Netzwerk Pflegefamilien** provides advice and support for adoptive families.
- **Die Deutsche Gesellschaft für Suizidprävention** or German Society for Suicide Prevention provides research, training and networking opportunities.
- International helpline Berlin for those in emotional distress and need of support call for free on 0800 111 0 111.
- **Nummer gegen Kummer** or number against grief provides support materials and a helpline on 0800 111 0 550 for adults and 0800 111 0 333 for children.

© 2024 The OLLIE Foundation. All Rights Reserved

Organisations- Canada

- **Adoption Registry Connect** is an organisation providing support to birthparents and other groups involved in adoption in Ontario.
- **Adoption Roots and Wings** is a self-help group dedicated to assisting those separated by adoption.
- **Canadian Foster Parent Home Page** is a support group providing information and access to other caregivers around the world.
- **The Canada Suicide Prevention Service** you can call 24/7 on 1.833.456.4566 or text 45645.
- **Canadian Association for Suicide Prevention** provides information and resources to communities to reduce the suicide rate and minimise the harmful consequences of suicide-related thoughts and behaviours.

Organisations- Mexico

- **Rainbow Kids** is an organisation focused around adoption and child welfare advocacy.
- **Piecing it Together** is an adult adoptee support group run by Magaly Perez who was born in Mexico and adopted at a few days old.
- **Mexico Suicide Hotline** call for free on 5255102550
- **Yo quiero Yo Puedo** is an NGO focused on giving women back control over their health. It refers specifically to mental health and suicide prevention.
- **PAHO** is a suicide prevention organisation. Link to website here.

Organisations- New Zealand

- **Birth Mum Support** is a network offering support and advice for anyone thinking of placing their child for adoption or anyone who has recently placed their child for adoption.
- **Jigsaw NZ** lobbies for legislative change and more openness in adoption.
- **The Adult Adoptee Support Group**-Whangārei available from adultadoptee2019@gmail.com
- **The Suicide Prevention Helpline** call free on 0508 828 865
- **Lifeline** call free on 0800 543 354 or text 4357

© 2024 The OLLIE Foundation. All Rights Reserved

Organisations- UK

- **Adoption UK** is the leading charity providing support, community and advocacy for all those parenting or supporting children who cannot live with their birth parents. They connect adoptive families, provide information and signposting on a range of adoption-related issues and campaign for improvements to adoption policy and legislation at the highest levels.
- **Pause** works to prevent the damaging consequences of thousands more children being taken into care each year. Pause works with women who have experienced, or are at risk of, repeated pregnancies that result in children needing to be removed from their care. We aim to give women the opportunity to pause and take control of their lives breaking a destructive cycle that causes both them and their children deep trauma.
- **Adopteens** is a project originally set up by Yorkshire and Humber adoption consortium in 2014. Providing a space for adopted teenagers to meet others, build their confidence and want to talk to people who understand how they feel.
- **CoramBAAF** is an independent membership organisation for professionals, foster carers and adopters, and anyone else working with or looking after child in or from care, or adults who have been affected by adoption.
- **The Samaritans** provides a 24 hour helpline, 365 days a year. Their vision is that fewer people die by suicide and their mission to to make sure that there's someone there for everyone. Call free on 116 123
- **MIND UK** has helplines and provides face-to-face services to support those who are feeling suicidal. Call free on 0300 123 3393
- **Papyrus UK** is the national charity dedicated to the prevention of young suicide. They operate a free Hopelink which you can call for free on 0800 068 4141.

Organisations- USA

- **Encompass Adoptees** provides resources for individuals of all ages with adoptive, foster, kinship care, or similar adverse childhood experiences, as well as their families. Their goal is to help create bridges to encourage awareness, facilitate discussion, provide educational resources, and build community among individuals with these experiences, within families, and throughout the local Columbus area.
- **Betsie Norris** is executive director of Adoption Network Cleveland, an NGO that fulfills otherwise unmet needs for information, advocacy, education and support for members of the adoption triad and youth in foster care, siblings and related professionals.

© 2024 The OLLIE Foundation. All Rights Reserved

- **Adoption UK** is the leading charity providing support, community and advocacy for all those parenting or supporting children who cannot live with their birth parents. They connect adoptive families, provide information and signposting on a range of adoption-related issues and campaign for improvements to adoption policy and legislation at the highest levels.
- **Adoption Healing** are a US-based organisation that are dedicated to helping people who have been separated by adoption find each other. They have adoption related literature, support groups, healing weekends, conferences and a nightly chat. They are part of an international effort to preserve families, open adoption records, and educate the public about adoption related issues.
- **Center for Adoption Support** support for children who have been adopted and their families. Link to website here. North American Council on Adoptable Children support for prospective adoptive families and adoptive families.
- **National Suicide Prevention Lifeline Network** provide a 24/7 crisis hotline on 1-800-273-8255.
- **American Foundation for Suicide Prevention** is a voluntary health organisation that gives those affected by suicide a nationwide community empowered by research, education and advocacy.

Organisations- South Korea

- **Korean American Adoptee Adoptive Family Network** Their mission is to improve the lives of Korean-born adoptees by connecting the community and providing opportunities for dialogue, education, and support.
- **Adoptee Bridge** Providing post adoption support with recognition that adoption is a lifelong journey. It was formed to deliver education, resources and services to the community related to the topics of transnational and transracial adoption.
- Korea's suicide helpline can be reached on 1588-9191
- **Seoul Counseling Centre** provides support and counselling for those with suicidal thoughts.

Organisations- Zambia

- **Adopted.com** Country-wide adoption reunion registry for Zambia.
- **Lifeline Childline Zambia** provides free phone/text/web-based counselling to children and adults in need of psycho-social support and referral services. Open 24/7 every day of the year. Children call 116. Adults call 933.

© 2024 The OLLIE Foundation. All Rights Reserved

Books

- **'Adoption Therapy'**: Perspectives from Clients and Clinicians on Processing and Healing Post-Adoption Issues by Laura Dennis (IBSN: B00N2A6HJI).
- **'The Primal Wound: Understanding the Adopted'** by Nancy Newton Verrier (IBSN:9781905664764).
- **'Coming Home to Self: The Adopted Child Grows Up'** by Nancy Newton Verrier (IBSN: 0963648012).
- **'The Seven Core Issues in Adoption and Permanency'** by Sharon Kaplan and Allison Davis Maxon. Promotes understanding and healing in adoption, foster care, kinship families and third party reproduction (IBSN: 1785928236).
- **'Escape from Intimacy: Untangling the "love" Addictions'** by Anne Wilson Schaef. Looks at the addictions of sex, love, romance, and relationships and applies it to her broader addiction theory (IBSN: 9780062548733).
- **'Lost and Found: The Adoptive Experience'** by Betty Jean Lifton (IBSN: 9780472033287).
- **'Journey of the Adopted Self'** also by Betty Jean Lifton (IBSN: 9780465036752).
- **'Inheritance'** by Dani Shapiro. Provides an insightful look into the experience of a donor conceived individual connecting with their biological father (IBSN: 9781911547501).
- **'AdoptionLand - From Orphans to Activists'** by Janine Myung Ja. Personal accounts from global intercountry adoptee's sharing their stories (IBSN: B00JK4TXA0).
- **'Bubble Wrapped Children: How Social Networking is Transforming 21st Century Adoption'** by Helen Oakwater (IBSN: B006UHPHZK).
- **'Relinquishment and Addiction: What trauma has to do with it'** by David B. Bohl & Jamie Marich, PhD.
- **'Complex PTSD: From surviving to thriving. A guide and map for recovering from childhood trauma'** by Pete Walker (IBSN: 1492871842).
- **'Attached'** by Amir Levine (IBSN: B0050CJNJC).
- **'The 5 Personality Patterns'**: Your guide to understanding yourself and others and developing emotional maturity by Steven Kessler (IBSN: 0996343903).
- **'The Body Keeps the Score'**: Mind, Brain and Body in the Transformation of Trauma by Bessel van der Kolk (IBSN: 0141978619).
- **'Mother Hunger'** by Kelly McDaniel. How adult daughters can understand and heal from lost nurturance, protection and guidance (IBSN: B08LKWDZ5T).

Published articles

- **Promoting Wellbeing Among Adoptees During the Search and Reunification Process,** William Love, University of Pennsylvania (2018), Addresses the subject of adoption reunions as a potential trigger leading to a variety of struggles.

© 2024 The OLLIE Foundation. All Rights Reserved

Social Media Accounts: Instagram

- **@rewritingadoption** is a support page for adoptees and hosts live adoptee panel events.
- **@adopteesofsouthamerica** is a page dedicated to adoptees of Extended Latin Americas. A safe space to share, listen and empower.
- **@blackadopteesupportgroup** is a space where black adoptees can share experiences, receive support and information on various resources.
- **@adoptee_reclaimed** is the page of Rae who offers adoptee coaching, reunion coaching and life skills support.

Social Media Accounts: Facebook

- **@ICAV UK** is a group for sharing Inter Country Adoptee Voices intended for connection, support and shared resources.

Support Groups

- **National Association of Adoptees and Parents** A group for any relinquishee who has suffered from addiction to a substance or unhealthy disorder. Inclusive of family and friends. Have a 'Happy Hour' every Friday night with guest speakers.
- **Adoptees and Addiction** They run weekly zoom meetings/ peer led support group, and promotes a safe space to talk freely and get the support and understanding of fellow adoptees.
- **Adoption Network Support Group** They offer virtual support groups for all members of the adoption constellation and open to all regardless of location. Available for birth parents, adoptive parents, and adult adoptees.
- **Adoption Knowledge Affiliates** Offers support groups for female and male adoptees, birth parents, and adoptive parents, and they also hold annual conferences. They also have an online resource collection. Link to website here. Adoptees Connect They offer support group sessions in a variety of locations across the US and Canada.
- **CACH-All** is a support group for families in (or originally from) the United Kingdom who have completed an intercountry adoption (or are in the process of doing so). We are stronger together.
- **Celia Center** is an American-based platform that provides virtual support group sessions via zoom to individuals in any location.

© 2024 The OLLIE Foundation. All Rights Reserved

- **Saving Our Sisters** supports all members of expectant families considering adoption. We are committed to helping them make fully informed decisions based on information that so many other families have learned too late. We are dedicated to ensuring that they avoid applying a permanent solution to a temporary crisis based on partial or misinformation.
- **Adoption Reunion Coaching** Facebook group that aims to guide adoptees on their reunion journey. Runs Facebook Live group sessions.
- **Adoption Truth** and Worldwide Transparency Network Membership organisation with online community of adoptees specialising on the healing power of stories and memoirs within adoption.
- **NAAP** Adoptee Paths to Recovery Virtual Support Group Support meetings based on the philosophy that adoptees experiencing any type of addiction have much in common and can benefit from sharing together.
- **Healing Adoption Trauma** provides education, support and community to adoptees. Membership options available.
- **Hiraeth Healing Retreats** Based in the US providing retreats for adoptees, DCPs, LDAs and NPEs.
- **Adoption Matters** A registered children's charity based in the UK which recruit, train and support individuals and families as adopters and offers them ongoing support and training for as long as they need it.

Films, Media, Blogs and Podcasts

- **What Is The Primal Wound?** Podcast series with Nancy Newton Verrier about the adoption experience.
- **Pause and Listen** aims to amplify the voices and experiences of women who no longer have children in their care. In each episode, we talk about an issue that affects their lives.
- **Adoptees On** podcast is a gathering of incredible adopted people willing to share their intimately personal stories with you about the impact adoption has had on our lives. Listen in and you will discover that you are not alone on this journey.
- **On Life's Terms** : Mother's In Recovery film about a mother’s journey in recovery and how she speaks to the solution. Written and Produced By: Sheila Ganz.
- **Helping Adopted Children with Grief** a YouTube series for Parents and Professionals on helping adopted children with the grief of their experiences.
- **How to be Adopted** blog by Claire who aims to connect adoptees in the UK and around the world to share stories and tips on coping as adopted people.
- **Outbreath exercises with Qigong video** which helps to release stress, deepen your breath and feel good in 12 minutes.

© 2024 The OLLIE Foundation. All Rights Reserved

Staying connected with The OLLIE Foundation

OLLIE is based in the UK but our training is delivered both online and in person. This means that wherever you are in the World, OLLIE can deliver training to you!

Thought Leadership

As well as hosting discussions around Adoption, Addiction and Trauma, we also run regular Thought Leadership events with a focus on topics such as the Link between Autism and Suicide and Gender and Suicide. These can be found on our Youtube.

Online Training Sessions

We have a range of wellbeing and suicide prevention training programmes that are delivered online via Zoom. You can access more information and booking here.

In-house Training Sessions

All of our open training offers can be delivered in-house to your workplace, school or community group, tailored to your needs and at a time convenient for you. Please email contactus@theolliefoundation.org for more information about this.

Volunteers and Fundraisers

If you are interested in supporting OLLIE, either by volunteering your time and skills or completing a fun challenge or run to raise funds for us, please email chris@theolliefoundation.org to find out more.

To keep updated with when our events are happening and to hear regular updates about OLLIE's work, subscribe to our Newsletter here.

Follow us

Website: theolliefoundation.org

Instagram: the_ollie_foundation

Facebook: @TheOLLIEFoundation

X/Twitter: @THE_OLLIE_FOUND

LinkedIn: the-ollie-foundation

© 2024 The OLLIE Foundation. All Rights Reserved