"THE TRAUMA OF RELINQUISHMENT - ADOPTION, ADDICTION AND BEYOND"

RESOURCE DOCUMENT

Featuring Dr. Gabor Maté and Zara Phillips, hosted by The OLLIE Foundation on 16th April 2021

THANK YOU SO MUCH FOR YOUR ATTENDANCE AND PARTICIPATION AT THIS TALK. WE HOPE YOU FIND THIS RESOURCE DOCUMENT USEFUL.

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Dr. Gabor Maté: Gabor Maté (pronunciation: GAH-bor MAH-tay) is a retired physician who, after 20 years of family practice and palliative care experience, worked for over a decade in Vancouver's Downtown East Side with patients challenged by drug addiction and mental illness.

The bestselling author of four books published in twenty-five languages, Gabor is an internationally renowned speaker highly sought after for his expertise on addiction, trauma, childhood development, and the relationship of stress and illness. His book on addiction received the Hubert Evans Prize for literary non-fiction.

For his ground-breaking medical work and writing he has been awarded the Order of Canada, his country's highest civilian distinction, and the Civic Merit Award from his hometown, Vancouver. His books include;

- **In the Realm of Hungry Ghosts: Close Encounters With Addiction** Link here
- **When the Body Says No** Link here
- **Scattered Minds: The Origins and Healing of Attention Deficit Disorder** Link here
- (with Gordon Neufeld) **Hold on to Your Kids: Why Parents Need to Matter More Than Peers** Link here

To learn more, join his e-news list at www.drgabormate.com.

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The OLLIE Foundation is a suicide prevention charity based in Hertfordshire. OLLIE stands for **One Life Lost Is Enough**. We work to create an environment where no young person feels suicide is their only option. For more information about our work, please visit our website here.

Our speakers'

Zara Phillips : Zara is a singer-songwriter, author and adoptee advocate. Born in London and now living in New Jersey, Zara began her career Zara Phillips began her professional career working as a backing vocalist for Bob Geldof. Live-Aid creator Geldof recruited Phillips for his first solo projects after he departed the chart-topping UK band The Boomtown Rats.

In 2008 Zara finished directing and producing an adoption documentary entitled “ROOTS: UNKNOWN” This educational and informative film focuses on the emotional influence adoption has on the adoptee and their families. Interviews and sound bites with adult adoptees, their families and children are mixed with artistic images of their art and creative expression. The film won Best Homegrown Documentary at The Garden State Film festival in New Jersey. Link to 'Roots: Unknown' trailer here.

In addition, Zara is also an author. Her book, ‘Mother Me’ is about Zara’s personal journey to motherhood from an adoptee’s point of view. ‘Mother Me’ was published by BAAF (British Association for Adoption and Fostering) in the UK and was released on March 3rd 2008. This is an intensely personal and compelling memoir in which Zara describes her feelings as an adopted person and explores her relationships with her adoptive and birthmothers, and invites the reader to join her in her own journey to becoming a Mother. “It seems that birthing my children was also a birth for my whole self”. Link to 'Mother Me' here.

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This album . Zara's album ‘You, Me and Us' is a collection of thought provoking songs with an acoustic and raw feel. It is available now, link here.

“Beneath My Fathers’ Sky“, a one woman show that Zara wrote and performs in, is the winner of Best Direction at NYC United Solo festival in 2014 was also performed in LA, San Francisco, Connecticut, and in London in 2016 upstairs at The Gate.

In the past, Zara has facilitated adoption /addiction workshops with adopted families and the mental health professionals. She engages the teens to create songs about their experience.

Zara’s new book “Somebody’s Daughter”, published by John Blake/Bonnier Publishers, was released February 2018 in the UK and August 2018 in the USA. Link to 'Somebody's Daughter' here.

Since the book’s release, Zara is back to music with Richard Thompson singing harmonies with him at solo and band shows. He also produced and arranged her new CD. “Mediation & KitKats”, now out on all streaming platforms (iTunes, Spotify, Amazon Music etc.), is her first CD out in a few years. Her songs describe the complexities of relationships, finding oneself and explore the theme of connection and healing. Link to 'Meditation & KitKats' here.

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Recommendations from delegates

Organisations

- **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. Link to website here.
- **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. Link to website here.
- **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. Link to website here.
- **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. Link to website here.
- **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. Link to website here.

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Recommendations from delegates

Books

- **'Adoption Therapy':** Perspectives from Clients and Clinicians on Processing and Healing Post-Adoption Issues by Laura Dennis. Link here.
- **'The Primal Wound: Understanding the Adopted'** by Nancy Newton Verrier. Link here.
- **'Coming Home to Self: The Adopted Child Grows Up'** by Nancy Newton Verrier. Link here.
- **'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. Link here.
- **'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. Link here.
- '**Lost and Found: The Adoptive Experience'** by Betty Jean Lifton. Link here.
- **'Journey of the Adopted Self'** also by Betty Jean Lifton. Link here.
- **'Inheritance'** by Dani Shapiro. Provides an insightful look into the experience of a donor conceived individual connecting with their biological father. Link here.
- **'AdoptionLand - From Orphans to Activists'** by Janine Myung Ja. Personal accounts from global intercountry adoptee's sharing their stories. Link here.
- **'Bubble Wrapped Children: How Social Networking is Transforming 21st Century Adoption'** by Helen Oakwater. Link here.

Articles and Published Reports

- **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. Link here.

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Recommendations from delegates

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. Link to website here.
- **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. Link to website here.
- **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. Link to website here.
- **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. Link to website here.
- **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. Link to website here.
- **Celia Center** is an American-based platform that provides virtual support group sessions via zoom to individuals in any location. Link to website here.
- **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. Link to website here.

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Recommendations from delegates

Support Groups

- **Adoption Reunion Coaching** Facebook group that aims to guide adoptees on their reunion journey. Runs Facebook Live group sessions. Link here.
- **Adoption Truth and Worldwide Transparency Network** Membership organisation with online community of adoptees specialising on the healing power of stories and memoirs within adoption. Link here.

Films, Media and Podcasts

- **What Is The Primal Wound?** Podcast series with Nancy Newton Verrier about the adoption experience. Link here.
- **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. Link here.
- **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. Link here.
- **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. Link to website here.
- **Helping Adopted Children with Grief** a YouTube series for Parents and Professionals on helping adopted children with the grief of their experiences. Link here.

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Staying connected with The OLLIE Foundation

Online Training Sessions

- **Keeping Safe and Carrying On** - wellbeing session that teaches you about how your psychological system works. You'll learn CBT techniques to cope with stress, anxiety and sleeplessness. Click here to book.

- **Goal Setting** - guided practise using theory of constraints to help you overcome the obstacles in your way. Whether you are looking to complete your coursework or get into a better routine - you'll come away with a road map to your success. Click here to book.

- **Talk Safe, Plan Safe** - a concise and impactful suicide prevention talk. Learn about suicide as a behaviour and how to actively prevent suicide in your own community using evidenced techniques. Click here to book.

- **Zentangle** - a 90-minute mindful guided doodling session. Our feedback says it all; 'Zentangle is now my new go to if I had a rough day. Just escaping into a no-rush, no stress, calm down space'. Click here to book.

In-house Training Sessions

All of our open training offer 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 **vicky@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 to raise funds for us, please email **louise@theolliefoundation.org** to find out more.

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