

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

## Triad Issues

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Material Title: **Adopted Teens Only: A Survival Guide to Adolescence\* (see comment about Children's Materials on Index page)**

Author: Danea Gorbett *Children's Books* 2004 78 pages

This guide for adopted teens addresses issues that parents are often reluctant or unable to discuss with their teenagers: what feelings and thoughts are common to the adoptive experience; what adoptive parents feel; what birth parents feel; what emotional issues are connected with search and reunion; and how to talk to parents about adoption questions.

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Material Title: **Adoption Life Cycle, The: The Children and Their Families Through the Years**

Author: Elinor Rosenberg *Books* 1992 188 pages

This book is for anyone involved in the adoption experience – adoptees, adoptive parents, birth parents and professionals. It provides a framework for understanding the important developmental tasks which span the lifetimes of all those involved.

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Material Title: **Adoption Reader, The: Birthmothers, Adoptive Mothers and Adopted Daughters Tell Their Stories**

Author: Susan Wadia-Ells Edited by *Books* 1995 272 pages

These 31 personal essays and stories by women from each side of the adoption triangle are informed by the contemporary adoption movement and raise timely issues that illustrate its complexity, including the birth record debate, open and closed adoption, transracial and cross-cultural adoption, the experience of biracial adoptees, adoption by lesbian couples, etc.

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Material Title: **Adoption Reunion Survival Guide, The**

Author: Julie Jarrell Bailey *Books* 2001 142 pages

This book, divided into four parts, "Preparing for a Reunion: What You Need to Know;" "Practical Advice for Sidestepping Reunion Pitfalls;" "The Tangled Web of Rights and Legal Issues;" and "More Help for Your Journey," helps identify the stages of search and reunion and offers practical, positive guidelines for the successful reunification of adoption triad members in a warm and positive manner.

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Material Title: **Adoption Reunions: A Book for Adoptees, Birth Parents and Adoptive Families**

Author: Michelle McColm *Books* 1993 253 pages

Drawing on her own experiences and those of others, McColm, who has had a successful reunion with her birth mother and extended family, presents a guide for people involved in any phase of the reunion process. This book offers suggestions that can provide a road map for those who have experienced or are anticipating a reunion.

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Material Title: **Adoption Triangle, The**

Author: Arthur D. Sorosky, M.D. *Books* 1967 225 pages

This book explores all aspects of the "adoption triad," from birth parents to adoptive parents to adoptees. It covers past and modern adoption practices and issues, and is full of real life stories from all parties of the triad. A large portion of this book is dedicated to how adoptees are affected by sealed or open records.

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Material Title: **Because I Loved You: A Birthmother's View of Open Adoption**

Author: Patricia Dischler *Books* 2006 233 pages

This is a handbook that is also a memoir. In nine chapters, Dischler talks about the birthmother's road to open adoption, offering to birth families and adoptive families, advice and guidance through various stages of the experience. She also shares the ups and downs of her own story and that of her now adult son.

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Material Title: **Best of Adopted Child: Birth Parents, Heredity and Environment**

Author: Lois Melina *Journals/Newsletters* 1983-97

This collection of articles from 1983 to 1997 includes pieces on the psychological and emotional connections between adopted kids and their birth and adoptive parents; how prenatal drug exposure affects school-age children's behavior as well as the role of genetic vs. environmental factors in determining a child's intelligence, vocational interests, personality, health profile and propensity toward crime.

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Material Title: **Birth Families and Adoptive Family Relationships (Audiotape)**  
Author: Audiotape *Audiotapes* 2002

This session includes discussions about creating a photo resume, networking to locate a birth family, sensitive handling of phone calls, the first meeting, a cooperative agreement to outline future contact, and understanding the process from the birth family's and the adoptive family's perspectives. It also includes what to expect when working with a birth parent with a mental health history and/or drug or alcohol addiction.

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Material Title: **Family of Adoption, The**  
Author: Joyce Maguire Pavao *Books* 1998 124 pages

This popular book provides a broad framework for thinking about adoption because it considers the entire family system -- birth parents, adoptive parents, adoptees and other family members. By feeling empathy for all members of the extended family, everyone involved can grow, learn and heal.

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Material Title: **Foster Parents Working with Birth Parents (DVD)**  
Author: DVD *DVDs* 2003 50 min

Dr. Vera Fahlberg talks with a panel of experienced foster parents about the issues of increased drug and alcohol related placements, the importance of communication with birth parents, and the need for early permanency planning. While the discussion focuses primarily on infant and preschool placements, the information on this tape can be applied to the care of foster children of all ages.

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Material Title: **Get Real\* (see comment about Children's Materials on Index page)**  
Author: Betty Hicks *Children's Books* 2006 184 pages

In this adolescent novel, 13-year-old best friends Dez and Jil are each a little envious of the other's parents -- Dez's parents run a sloppy, chaotic household while the adopted Jil's keep a neat, orderly one. Jil becomes obsessed with meeting her birth mother and does so, eventually spending holidays and weekends with her new family which includes a 10-year-old half sister. Problems ensue, lessons are learned, and life is lived.

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Material Title: **Handbook of Adoption: Implications for Researchers, Practitioners, and Families**  
Author: Rafael et al Javier *Books* 2007 537 pages

This book, which includes contributions from nationally known experts who are directly involved in adoption-related research and practice, addresses the many dimensions of adoption-related issues -- transracial adoption, foster care, single parents, special needs, training and education issues, assessment and treatment issues, and much more -- which can and do affect adoption triad members.

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Material Title: **Journeys After Adoption: Understanding Lifelong Issues**  
Author: Norris, Betse Schooler, Jayne *Books* 2002 273 pages

This book deals with issues faced by all members of the adoption triad, but the bulk of it focuses on components and considerations of the search for adoptive parents, including "How do I make the decision to search? How do I prepare emotionally? What are my adoptive parents feeling and thinking? What if I'm rejected, encounter death, or reach a dead end? How will I relate to siblings?"

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Material Title: **Life Givers: Framing the Birthparent Experience in Open Adoption**  
Author: James Gritter *Books* 2000 229 pages

This book examines all the ways in which birthparents are marginalized, providing a glimpse of birthparents' emotional roller coaster ride as they struggle with grief, ambivalence and regret. It makes the persuasive case that adopted children are best served when birthparents and adoptive parents work together to ensure that the birthparents remain part of their children's lives.

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Material Title: **Open Adoption Experience: A Complete Guide for Adoptive and Birth Families, The**  
Author: Lois Ruskai Melina *Books* 1993 363 pages

This book offers a detailed discussion of the many advantages of open adoption as well as the common problems, helping adoptive and birth parents to know what to expect as the relationship unfolds and how other families have coped with the unexpected.

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Material Title: **Open Adoption through the Years: What Are the Challenges? (Audiotape)**  
Author: Audiotape *Audiotapes* 2002

This workshop draws from the experiences of families who have been in long-term open adoptions for 15 to 25 years. Challenges presented involve the simpler ones of managing visits and communication among numerous birth families to the more complex issues of divorce, drugs, death, prison, and more. The speakers encourage sharing of audience experiences.

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Material Title: **Openness in Adoption: Exploring Family Connections**  
Author: Harold D. Grotevant Books 1998 208 pages

For professionals and laypersons alike, this book provides a comprehensive review of the issues involved in openness in adoption. It also provides rich data from an exceptional sample of adoptees, their adoptive parents, and their birth mothers, and it provides a perspective on the experience of each of these members of the adoption triad.

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Material Title: **Openness: Making Decisions about Openness in Adoption (VHS)**  
Author: Ed-Net Series Videotapes 1999 90 minutes

A panel discussion focuses on sensitive, life-altering decisions about contact with birth parents, siblings, extended birth families and foster parents. Topics include: defining the range of openness, the developmental needs of children and adoptive families, what kids are thinking vs. what they are talking about.

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Material Title: **Primal Wound, The: Understanding the Adopted Child**  
Author: Nancy Newton Verrier Books 1993 222 pages

By applying information about pre-and perinatal psychology, attachment, bonding, and loss, this book clarifies the effects on adopted children of separation from the birthmother. It also gives those children, whose pain has long been unacknowledged or misunderstood, validation for their feelings, as well as explanations for their behavior. The insight it brings to the experience of abandonment and loss will contribute to the healing of adoptees, their adoptive families, and birthparents.

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Material Title: **Respect, Responsibility, and Commitment in Open Adoptions (Audiotape)**  
Author: Audiotape Audiotapes 2002

Open adoption is most often presented to prospective birth and adoptive parents in terms of "doing whatever they are comfortable with." What this approach rarely does, however, is take into consideration the needs and desires of the adopted child. This workshop discusses why respect, responsibility, and commitment need to replace comfort if the child is truly to be served in open adoption.

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Material Title: **Sam's Sister\* (see comment about Children's Materials on Index page)**  
Author: Juliet C. Bond Children's Books 2004 27 pages

In this book, a mother explains to her five-year-old daughter that she will not be able to keep the "new baby growing in my tummy." Although its presentation of flawless characters and ideal circumstances might not seem typical, it deals sensitively with an issue not often addressed in adoption literature for children, and it is beautifully illustrated.

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Material Title: **Separation & Loss Issues for Foster & Birth Families (DVD)**  
Author: DVD DVDs 2003 80 minutes

The pain of separation and loss is the universal experience of every foster child. Dr. Fahlberg talks with foster parents, foster teenagers, and adults who spent their teen years in foster care. They offer insight on how to lessen the impact of transition and strengthen a child's relationship with both foster and birth parents. Includes: 14-page Discussion Guide and review quiz.

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Material Title: **Single Square Picture, A: A Korean Adoptee's Search for Her Roots**  
Author: Katy Robinson Books 2002 297 pages

One day she was Kim Ji-yun, a seven-year-old, growing up in Seoul, Korea. The next day she was Catherine Robinson, living in Salt Lake City, not knowing the language, the customs, any of the people, or even why. Twenty years later, with the blessings of her adoptive family, Katy Robinson returned to Seoul in search of her birth mother -- and found herself an American outsider in her native land. What transpired in this world -- at once familiar and strange, comforting and sad -- left her conflicted, shattered, exhilarated and moved in ways she had never imagined. This is her story.

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Material Title: **Unlocking the Heart of Adoption: Bridging the gap between birth and adoptive families (DVD)**  
Author: Sheila Ganz DVD *DVDs* 2005 57 minutes

This DVD chronicles the filmmaker's journey as a birthmother, interwoven with diverse personal stories of adoptees, birthparents and adoptive parents in both same race and transracial adoptions. It examines relinquishment, growing up adopted, raising an adopted child, years of silence and shame, and searching for answers to unasked questions. In the process, we learn what the universal issues of "identity" "loss" and "needing to know the truth" mean to these people.

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Material Title: **Walk a Mile in My Shoes: A Book about Biological Parents for Foster Parents and Social Workers**  
Author: Judith A. B. Lee *Books* 1989 77 pages

The authors attempt to create an inclusive picture that takes into consideration the views and feelings of all persons involved in the lives of foster children so that foster parents and professionals can work more effectively with each other and with the child and his or her biological relatives.

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Material Title: **Why Didn't She Keep Me? Answers to the Question Every Adopted Child Asks**  
Author: Barbara Burlingham-Brown *Books* 1994 169 pages

These twenty stories from birth mothers in their own words might provide insight and reassurance to any adoptee. We might not know what your birthmother's story is, but here are some of the reasons why mothers have chosen adoption for their children.