

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.

Grief and Loss

Material Title: **Adopted Teens Only: A Survival Guide to Adolescence* (Children's Materials)**
 Author: Danae 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.

Material Title: **Adoption Healing: A Path to Recovery**
 Author: Joe Soll *Books* 2000 189 pages

In this book, the author, a psychotherapist, lecturer, former university professor, founder and director of Adoption Crossroads, Adoption Counseling Center, and New York State Adoption Agency Task Force, and himself an adoptee, presents the world of adoption from his own unique perspective, offering myths, facts, exercises, and quotes to augment chapters on a wide range of adoption related issues.

Material Title: **Adoption Mystique, The**
 Author: Joanne Wolf Small *Books* 2007 181 pages

Much of what's been written and said about adoption—the definitions, myths, interpretations, and so on—was generated by non-adopted persons, and often without benefit of adopted person's input. This book was written by an adopted person who hopes to paint a picture of the social welfare system that contrasts with the traditional view and sheds a new light on the situation.

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.

Material Title: **Adoption Trilogy, The: Three films by Jean Strauss (DVD)**
 Author: Jean Strauss *DVDs* 2006 46 minutes

"Holding Hands", 2006, examines the relationship between Strauss and her brother, Bobby. Separated through adoption and reunited as adults, Strauss was with her brother when he died. The film addresses the issue of lifelong sibling severance in adoption and foster care. Multi-award winning short, "The Triumvirate" 2004, tells the story of Strauss's reunion with her birthmother and birth grandmother. "Vital Records" 2005, was created to help legislators understand the debate on legislation which would provide access for adoptees to their original records.

Material Title: **Adoption Wisdom: A Guide to the Issues and Feelings of Adoption**
 Author: Marlou Russell *Books* 1996 185 pages

This book combines quotations from birth parents, adoptive parents and adoptees with brief observations from the author, a psychologist and adoptee, herself, in reunion with her birth family. In chapters with such titles as "The Adoption Triad," "Basic Truths of Adoption," "Loss and Grief in Adoption," "Search and Reunion," "Before Choosing Adoption," and others, this book sheds a unique light on the world of adoption through the commentary of those who live that world every day.

Material Title: **Being Adopted: The Lifelong Search for Self**
 Author: David Brodzinsky *Books* 1992 193 pages

This book, based on Eric Erikson's seven stage life cycle model, will open doors for adoptees who at one time or another have wondered why they felt a particular way and had no place to turn for the answer. * There is a hard cover and a paperback.

Material Title: **Beneath a Tall Tree**
 Author: Jean Strauss *Books* 2001 268 pages

Strauss begins by telling the story of her childhood with her adoptive parents, whom she loved dearly, and her difficult relationship with her troubled adoptive brother. She goes on to write about her search for, and ultimate reunion with, her birth mother, her birth mother's birth mother, her seven siblings, and, briefly, her birth father. By the end of the book the fifth grader, who knew nothing about her biological roots, has discovered she's a Mayflower descendent, whose ancestors go back to Charlemagne.

Grief and Loss

Material Title: **Beneath the Mask: Understanding Adopted Teens**
Author: Debbie, John Riley, Meeks *Books* 2005 207 pages

This book offers parents and professionals a wealth of case histories; and treatment resources and therapy tools. Parents will discover the 6 most common adoption "stuck-spots;" a deeper understanding of identity, abandonment, grief and loss, and relinquishment issues - and how they affect personal and family development; and how therapy may help the adoptive family learn and grow together.

Material Title: **Beneath the Mask: Understanding Adopted Teens (CD)**
Author: Debbie Riley *CDs* 2007 90 minutes

NACAC Conference presenter Debbie Riley addresses complexities of adolescence for the adopted teen – identity, abandonment, grief and loss, relinquishment – and how adolescence affects personal and family development. Discover six common adoption "stuck-spots," a step-by-step assessment on adoption, clinical intervention strategies, and therapy tools.

Material Title: **Children's Adjustment to Adoption: Developmental and Clinical Issues**
Author: David M. Brodzinsky *Books* 1998 116 pages

This book presents major issues that affect both the process and outcome of adoption for children and their parents. It offers extensive coverage of theory and research on children and families with clinical vignettes punctuating key points. A discussion of intervention and assessment issues that commonly arise in work with adoptees closes this volume.

Material Title: **Child's Journey Through Placement, A**
Author: Vera Fahlberg *Books* 1991 394 pages

Some children wander in and out of foster care, mental health facilities, and juvenile justice programs throughout their childhoods. This book provides the foundation of resources and tools to help professionals and parents support these children as they grow. While a bit technical and "social worky," it helps families understand why kids move and how their moves affect them. Though lacking in information on fetal alcohol effects, it is, overall, very helpful with good information about transitions.

Material Title: **City of One: A Memoir**
Author: Francine Cournos *Books* 1999 253 pages

A distinguished psychiatrist and professor of clinical psychiatry at Columbia University, writes of her childhood in foster care (her father died when she was three, her mother when she was eleven, and her aunts and uncles would not take her or her siblings). It interweaves a tale of loss, abandonment, and despair bordering on hopelessness with a tale of a journey to wholeness.

Material Title: **Eden's Secret Journal: The Story of an Older Child Adoption* (Children's Materials)**
Author: Brenda McCreight *Children's Books* 2003 59 pages

This fictional journal's title character is a 13-year-old, adopted at age 10, who is writing the journal because her therapist told her to. She talks about her years in foster care, her substance abusing birth parents, and her adoptive parents. Her life is far from perfect, but it is getting better and we learn how she feels about things in her world. Author, Brenda McCreight is a Child & family therapist with more than 20 years experience.

Material Title: **Fall of Freddie the Leaf, The* (Children's Materials)**
Author: Leo Buscaglia *Children's Books* 1982 27 pages

This book, illustrated with color photographs, tells the story of Freddie, a leaf on a tree, and his companions, who change with the passing seasons and the coming of winter. It is intended to help children or anyone come to grips with death and life.

Material Title: **Families Change: A Book for Children Experiencing Termination of Parental Rights* (Children's Material)**
Author: Julie Nelson *Children's Books* 2006 32 pages

Over time, all families change. Sometimes, when families have big problems, they need to change so kids will be safe. A child's family might change from a birth family to a foster family or an adoptive family. That kind of change can be hard on kids. They may believe that the change is their fault. They may worry about their birth parents, and they may wonder if they can trust the new adults in their life.

This book can help children and families through this difficult change. The first part is meant to be read and shared with children. Simple words and realistic color illustrations tell and show why some kids get foster parents or new adopted moms or dads. The second part includes information and resources for adults who work to keep kids safe: parents and other family adults, foster parents, social workers, teachers, and caregivers.

With the support of caring adults, children who experience termination of parental rights can move from the pain of the past to the promise of the future.

Grief and Loss

Material Title: **First Person Plural (VHS)**
Author: Deann Borshay Liem *Videotapes* 2000 1 hour

This award winning documentary tells the story of its writer, producer, director, Deann Borshay Liem, who in 1966, was adopted by an American family and sent from Korea to her new home in California. Along the way, the memory of her birth family was nearly obliterated by time and misinformation, but recurring dreams led her to discover the truth: her Korean mother was very much alive. Bravely uniting her biological and adoptive families, Borshay Liem's heartfelt journey makes First Person Plural a poignant essay on family, loss, and the reconciling of two identities.

Material Title: **Grief Recovery Handbook, The: The Action Program for Moving Beyond Death Divorce, and Other Losses**
Author: John W., Russell James, Friedlamm *Books* 1998 166 pages

This book, for those who are grieving any kind of loss, offers a gentle action plan and provides direction during a difficult, confusing and often disorienting time. It is divided into three parts, "Seeing the Problem," "Preparing for Change: Starting to Recover," and "Finding the Solution."

Material Title: **Heart Knows Something Different, The: Teenage Voices from the Foster Care System* (Children's Materials)**
Author: Al Desetta *Children's Books* 1996 211 pages

Divided into four sections, "Family," "Living in the System," "Who Am I," and Looking to the Future," the more than three dozen personal narratives here were written by young people, ages 15 to 20, who have lived in the foster care system. These less often heard voices might provide insight to parents and professionals, and a sense of normalcy and community to adopted adolescents.

Material Title: **Helping Children Cope with Separation and Loss**
Author: Claudia Jewett Jarratt *Books* 1982 226 pages

This step-by-step guide for any concerned adult offers warm advice, specific techniques and innovative ideas for helping children overcome the sadness, anger and anxiety resulting from divorce, death, absence, adoption, foster care, and sibling loss.

Material Title: **Helping Children of Divorce and Adopted Children with Emotional Problems (2 VHS)**
Author: Michael Katz *Videotapes* 4 hours

In this two-tape program, Dr Katz describes behaviors that frequently occur, explains how emotional problems develop and how they produce behavioral problems, demonstrates appropriate responses and positive interventions that help children form healthy attachments, teaches specific ways to help children learn positive behaviors and responses to an often frustrating world, and shows how to reinforce verbal ideas with concrete, real life, experiences.

Material Title: **Lifebooks: Creating a Treasure for the Adopted Child**
Author: Beth O'Malley *Books* 2002 92 pages

This book, expanded from her 2000 issue, presents information on what lifebooks are, why they are so important, and how to proceed with them from just about any standpoint. O'Malley includes a 58 page chapter on the "Essentials." It is all written in a touching, personal manner by someone who spent her first five months in foster care before becoming adopted and eventually started a career as an adoption worker.

Material Title: **Living with an Angry Child (2 Audiotapes)**
Author: Holly van Gulden *Audiotapes* 2002 +2 hours

Adopted children struggling with unresolved loss or poor attachment often exhibit acute episodes of rage and chronic or intermittent patterns of passive-aggressive non compliance. These behaviors can and do trigger angry responses – sometimes even rage – in parents and siblings. This double workshop with Holly van Gulden analyzes anger and rage, and offers techniques for avoiding continual battles, managing healthy anger resolution, de-escalating rage episodes, and establishing a healthy, joyful family environment.

Material Title: **Living with an Angry Child (3 CDs)**
Author: Holly van Gulden *CDs* 4 hours

Adopted children struggling with unresolved loss or poor attachment often exhibit acute episodes of rage and chronic or intermittent patterns of passive-aggressive non compliance. These behaviors can and do trigger angry responses – sometimes even rage – in parents and siblings. This double workshop with Holly van Gulden analyzes anger and rage, and offers techniques for avoiding continual battles, managing healthy anger resolution, de-escalating rage episodes, and establishing a healthy, joyful family environment.

Grief and Loss

Material Title: **Mulberry Bird, The: An Adoption Story* (Children's Materials)**
Author: Ann Braff Brodzinsky *Children's Books* 1996 44 pages

Revised in 1996 from the 1986 version, and with color illustrations, this book tells the story of a mother bird whose best efforts to care for her young chick fall continually short of keeping him safe. So she goes to Owl who helps her find another family for her baby. He adapts well to the new environment, but he also deals with questions and issues related to his adoption.

Material Title: **Multiple Transitions: A Young Child's Point of View on Foster Care and Adoption (VHS)**
Author: Michael Trout *Videotapes* 1997 16 minutes

Young children who have experienced an important loss often express that loss through their behavior, rather than with words. This tape is an attempt to translate the behavior of foster children into words an adult might understand. Visually, it is simply a series of words on the screen. There is music in the background and occasionally a child will voice the words that are displayed. That's it, but the words are powerful and the picture they paint is both sad and enlightening. Anyone who works with such children might benefit from this interpretation of the expression of their loss.

Material Title: **New Legs: Seven Core Adoption Poems**
Author: Penny Callan Partridge *Books* 1999 14 pages

This booklet contains seven poems, each related to one of the "Seven Core Issues of Adoption" described by Sharon Kalplan Roszia and Deborah Silverstein – loss, rejection, guilt and shame, grief, identity, intimacy, and control. Partridge, herself an adoptee and an adoptive parent, is a frequent speaker at adoption conferences and has published other books of adoption poetry.

Material Title: **Nutmeg Gets Adopted* (Children's Materials)**
Author: Judith Foxon *Children's Books* 2001 22 pages

(Ages 4-8) A little squirrel goes to live with a new family because his birth mother cannot keep him safe. This book encourages children to explore their own stories and understand some of the painful memories they might have of their early life. Illustrated by Sarah Rawlings, it is intended to be read to children by their adoptive parents. A removable "Practice Guidelines" section offer suggestions and triggers for further discussion which can be developed to suit the needs of each child.

Material Title: **Nutmeg Gets Cross* (Children's Materials)**
Author: Judith Foxon *Children's Books* 2002 22 pages

Ages 4-8 Nutmeg, a small red squirrel, adopted with his younger sister and brother, is having a hard day. It's his birthday and he gets a card from his birth mom, but his joy is mixed with anxiety and confusion. This story offers a practical way to identify, explore and understand painful feelings that are likely to surface following adoption - often triggered by seemingly happy events such as birthdays or contact with birth siblings, but also by problems at school such as bullying and being behind. A removable "Practice Guidelines" section offer suggestions and triggers for further discussion which can be developed to suit the needs of each child.

Material Title: **Ocean Within, The* (Children's Materials)**
Author: V.M. Caldwell *Children's Books* 1999 275 pages

In this novel for adolescents, 11-year-old Elizabeth is the newest member of the big and boisterous Sheridan family. They try to make her feel at home, but Elizabeth stays apart. She knows from experience in foster homes that one day she'll be sent away. It's only a matter of time before a showdown between Elizabeth and the grandma she calls "Iron Woman" ensues.

Material Title: **Parenting Your Adopted Older Child**
Author: Brenda McCreight *Books* 2002 199 pages

With such chapters as "Attachment," "Loss and Grief," "False Allegations of Abuse," "Maintaining Your Married or Single Lifestyle," "Avoiding Power Struggles," "Self-Esteem for You and Your Child," and many more, this handbook has something for just about any family who has adopted a child older than two years either domestically or internationally.

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.

Grief and Loss

Material Title: **Psychology of Adoption, The**
Author: David M. Brodzinsky *Books* 1990 347 pages

This highly technical book explores theoretical perspectives on adoption adjustment, research and clinical issues, as well as social policy and casework issues in adoption. It brings together the work of researchers and practitioners in the fields of psychiatry, developmental and clinical psychology, and social work in the field of adoption.

Material Title: **Real Parents, Real Children: Parenting the Adopted Child**
Author: Holly van Gulden *Books* 1997 262 pages

This book offers insight into how adopted children commonly think and feel about being adopted. It explains how and why they grieve for their birth parents and suggests ways that adoptive parents can help them come to a healthy resolution of this grief.

Material Title: **Reflection Pond**
Author: Jaiya John *Books* 2007 228 pages

Through allegory and parable, poetry and prose, Jaiya John, author of *Black Baby White Hands*, draws from the natural world around us to unveil the magical inner life of children and youth. Here is a revelatory positioning of the human mirror.

Material Title: **Scientific Basis of Child Custody Decisions, The**
Author: Robert Orlans *Books* 1999 443 pages

This book was written to help lawyers, judges, custody evaluators, social workers, psychologists, policymakers and parents understand the tangle of information and concepts involved in child custody decisions. A seven page chapter by Susan Fisher highlights how to deal sensitively with issues of loss, separation and abandonment.

Material Title: **Separation and Loss Issues for Foster and Birth Families (DVD)**
Author: DVD *DVDs* 2003 120 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.

Material Title: **Seven Core Issues in Adoption, The (DVD)**
Author: Sharon Kaplan & Deborah N. Roszia & Silverstein *DVDs* 1989 2 hours

Adoption is a life long, inter-generational process, which unites birth parents, adoptees and adoptive parents forever. It triggers seven lifelong issues for all triad members -- grief, rejection, guilt, loss, identity, control, and intimacy. Recognizing these similarities, triad members and professionals can reduce the adversarial nature of adoption and improve understanding.

Material Title: **Sibling Connection, The: Keeping Brothers & Sisters Together Through Adoption (DVD)**
Author: DVD *DVDs* 30 minutes

This documentary combines footage of adopted siblings and adoption professionals and dramatizations of the childhoods of some of the adopted siblings to demonstrate the importance of keeping siblings together whenever possible and to keep them in touch when same-home placements are not possible.

Material Title: **Tear Soup: A Recipe for Healing After Loss (DVD)* (Children's Material)**
Author: DVD *DVDs* 2006 17 Min

The Tear Soup video was produced in a documentary style format. All of the original illustrations from the picture book created by Taylor Bills were filmed in digital format. The pictures were then edited together with the voice of Mary McDonald-Lewis as the story teller and then cleverly mixed with an original score of music and all of the sounds that fill Grandy's day to day life.

This story is written in the style of a children's book, and indeed it could be shared with young children, but it appears to be directed at adults as well. Using the extended metaphor of making soup for processing grief, the authors and illustrator offer a wide ranging approach to the process from many possible perspectives.

Material Title: **Tear Soup: A Recipe for Healing after Loss* (Children's Materials)**
Author: Pat and DeKlyen, Chuck Schwiebert *Children's Books* 1999 51 pages

This book, illustrated by Taylor Bills, is written in the style of a children's book, and indeed it could be shared with young children, but it appears to be directed at adults as well. Using the extended metaphor of making soup for processing grief, the authors and illustrator offer a wide ranging approach to the process from many possible perspectives. It is followed by two pages of on-line support sites.

Grief and Loss

Material Title: **Three Little Words: A Memoir**
Author: Ashley Rhodes-Courter *Books* 2008 304 pages

The 22-year-old author of this memoir spent nine years of her life in fourteen different foster homes, one of which was very abusive, while her birth mother spiraled out of control. Now a college graduate and an advocate for adoption and foster care reform, hers is a story of encouragement to anyone who wonders how he or she will endure.

Material Title: **Toddler Adoption: The Weaver's Craft**
Author: Mary Hopkins-Best *Books* 1997 247 pages

Most often, children are joining their permanent, adoptive families past the age of infancy but not yet as "older children." This book covers many aspects of adopting and parenting these young children: the decision whether or not to adopt; preparation and education; forming attachments; behavior management; and more. Until now, few written resources have been available to discuss this special age -- the toddler.

Material Title: **Transitions: Moving Children With Sensitivity**
Author: Kris, Judy Villanueva, Miller *Non-Return Items* 2005 60 pages

This booklet is a hodgepodge including a PowerPoint print-out, a questionnaire, a reprinted magazine article, an activities list, checklists, fill-in-the-blanks materials, and a book list. Some of it is geared toward professionals and some geared toward parents, adoptive and foster.

Material Title: **Twenty Life Transforming Choices Adoptees Need to Make**
Author: Sherrie Eldridge *Books* 2003 270 pages

If you are not put off by frequent quotes from The Bible, and advice such as "Birth relatives may reject us, but God never will," you might discover the nuggets of true wisdom, practical ideas, and support for adoptees scattered throughout this book. It is intended for adult and adolescent adoptees who have experienced pain, guilt or fear associated with rejection.

Material Title: **Twenty Things Adopted Kids Wish Their Adoptive Parents Knew**
Author: Sherrie Eldridge *Books* 1999 211 pages

This book, written by a woman who was adopted, herself, gives voice to children's unspoken concerns and shows adoptive parents how to free their kids from feelings of fear, abandonment and shame. Eldridge reveals twenty complex emotional issues you must understand to nurture the child you love.

Material Title: **Understanding and Helping Adopted and Foster Children with Emotional Problems (VHS)**
Author: Michael Katz *Videotapes* 1990 4 hours

Many adopted and foster children have behavior problems that do not respond to traditional parenting. This video explains how underlying emotional problems involving attachment, identity, values, developmental delays, and anger produced by painful experiences sometimes not consciously remembered, can be the major causes. A variety of methods for reducing these behaviors are demonstrated.

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.

Material Title: **What Children Need When They Grieve**
Author: Julia Wilcox Rathkey *Books* 2004 199 pages

This Book explores the scope of a child's reactions to death, including grief and fear. It gives advice on how to talk to your child and how to recognize their need for privacy and what adults should do and refrain from doing. Rathkey explains the four essentials that every grieving child needs: routine, love, honesty, and security.

Material Title: **Whose Child? An Adoptee's Healing Journey From Relinquishment Through Reunion . . . and Beyond**
Author: Kasey Hamner *Books* 2000 292 pages

This is the author's adoption story in terms of its effect on her life, her relationships, her self-esteem, and her use of food and other substances; and how her reunion with her birth family helped heal her wounds.

Grief and Loss

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.