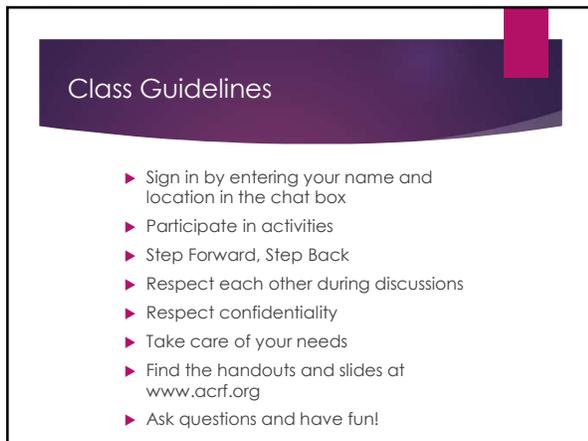
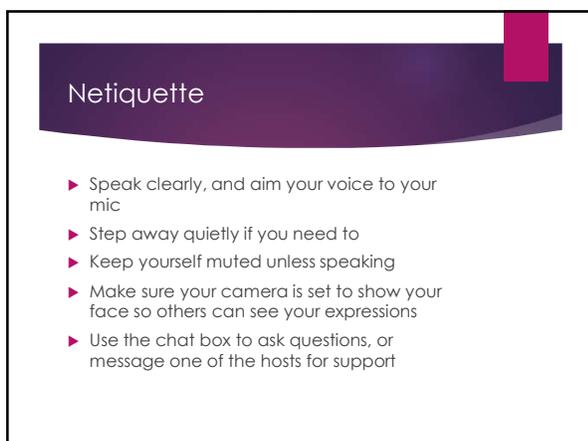


Session Two:
EXPLORING GRIEF AND LOSS IN ADOPTION



Class Guidelines

- ▶ Sign in by entering your name and location in the chat box
- ▶ Participate in activities
- ▶ Step Forward, Step Back
- ▶ Respect each other during discussions
- ▶ Respect confidentiality
- ▶ Take care of your needs
- ▶ Find the handouts and slides at www.acrf.org
- ▶ Ask questions and have fun!



Netiquette

- ▶ Speak clearly, and aim your voice to your mic
- ▶ Step away quietly if you need to
- ▶ Keep yourself muted unless speaking
- ▶ Make sure your camera is set to show your face so others can see your expressions
- ▶ Use the chat box to ask questions, or message one of the hosts for support

EXPLORING GRIEF AND LOSS IN ADOPTION

WELCOME!

ZOOM!

Chat

Post your answer in the chatbox

What does grief look like in children?



Grief and Loss in Adoption

Session Objectives:

- Explore adoption tasks in relation to Erickson's Stages of Development
- Understand the experience of being "taken away".
- Understand the 3-5-7 Model and learn the 5 questions youth must have answers to.
- Explore tools to help a child understand and grieve losses.



Adoption is wonderful, however we need to remember that adoption is born of trauma and loss, and grief.



ACTIVITY

ZOOM!

Chat

Post your answer in the chatbox

As the video plays, write in the chatbox the answer to the follow question.

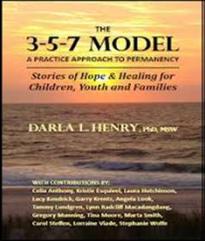
As a result of being taken away, what did these children feel about themselves?

What it's like being "taken away"?



3-5-7

- Sees kids as grieving, not pathological
- Honors their need for clarity and understanding of their story.
- Honors relationships
- Supports the grieving process



3 Tasks

- ▶ **Clarification:** of life events
- ▶ **Integration:** of all significant relationships
- ▶ **Actualization:** the visualization of permanency, safety and belonging to a family

5 Questions
Each question relates to important issues for the child in the process

- **Who am I? (Identity)**
- **What happened to me? (Grief and Loss)**
- **Where am I going? (Attachment)**
- **How will I get there? (Relationships)**
- **When will I belong? (Claiming/Safety)**

7 Skills

1. Engage the Child in the Process.
2. Listen to the child's words.
3. Speak the truth.
4. Validate the child's life story.
5. Create a safe space for the child to do the work.
6. Go back in time -- it is never too late.
7. Recognize pain is part of the process.

Grief is experienced by:

Child

Birth Parents Adoptive Parents

+ Children in the Home

"The Shared Experience of Grief and Loss"

zOOM!

Chat

Please List at least one loss for the following persons.

1. Of the adopted child
2. Of the birthparents
3. Of the adoptive parents
4. Of your current children

Post your answer in the chatbox

Ambiguous Loss

in Foster Care Terms

The child is separated from the parents and it is uncertain if or when they will return home or how long they will be in foster care. Their family is alive, but not available to them.



Loss for the adoptee and foster child is....

“...unlike other losses we have come to expect in a lifetime, such as death and divorce. Adoption and foster care are more pervasive, less socially recognized...”

-David Brodzinski



Name, Claim, Tame

- ▶ Name the Feelings
- ▶ Claim the Losses
- ▶ Tame the Grief





Creating symbolic rituals to clarify, validate, and memorialize adoption loss can be extremely helpful in facilitating children's grief process

Be present in the sadness



“Crying together affirms love”
Adoptee: Christopher Papile, “From Loss to Meaning.”

Concluding Activity

zOOM!

Chat

Post your answer in the chatbox

Think of time you were grieving a significant loss.
What was one thing people did that you found the most helpful?
