


ALPES
center for
RESOURCE FAMILIES



**BUILDING FAMILIES
THROUGH ADOPTION**

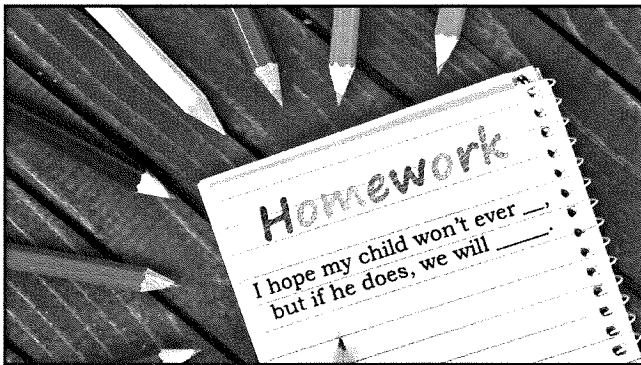
**SESSION TWO:
EXPLORING GRIEF AND
LOSS IN ADOPTION**

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 our 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 microphone
- 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



WELCOME BACK!

ZOOM
Chat!

Post your
answer in
the chat
box

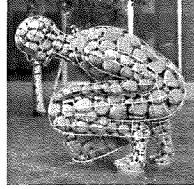
What does grief
behavior look
like in children?

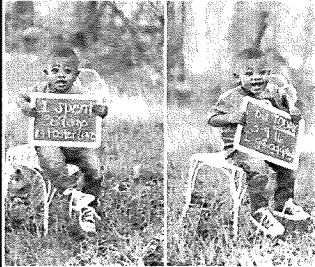


SESSION 2: GRIEF AND LOSS IN ADOPTION

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





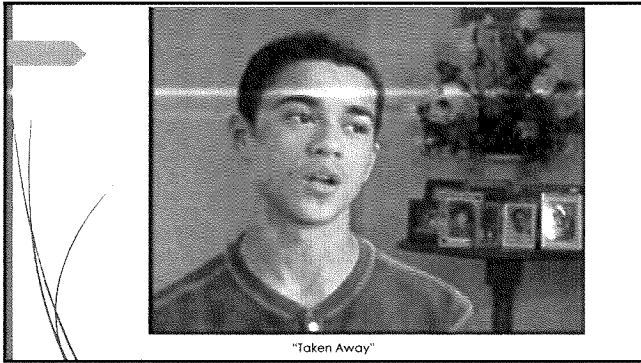
Adoption is wonderful; however, we need to remember that adoption is born of trauma, loss, and grief.

ZOOM Chat!

Post your answer in the chat box

As the video plays, write in the chat box the answer to the following question:




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



3-5-7 MODEL

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

5 QUESTIONS

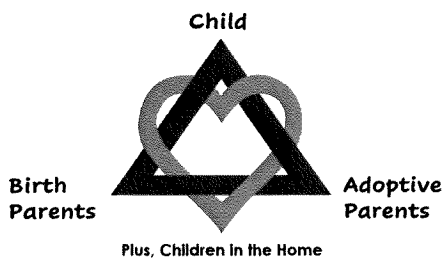
Each question relates to important issues for the child in the process.

- 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...



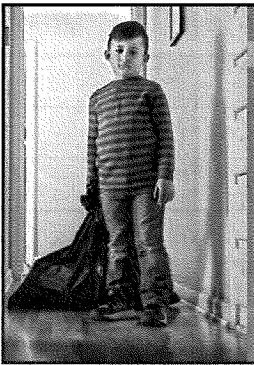
The Shared Experience of Grief and Loss

ZOOM
Chat!

Post your
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the chat
box

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



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.

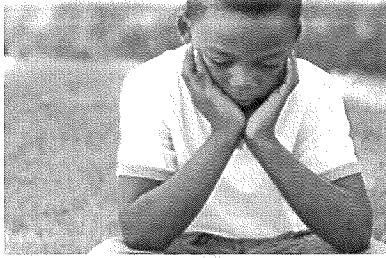
TWO TYPES OF AMBIGUOUS LOSS

1. When the person is physically present but emotionally absent.

2. When the person is physically absent but present and active in the child's thoughts, fears, anxieties, and memories.



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

HOW CAN WE HELP?

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 chat
box

Think of a time you
were grieving a
significant loss.

**What as one thing
people did that you
found the most
helpful?**
