



The Latest News from BPAR

Fall 2021 Newsletter



Dear Friend of BPAR

The trauma in adoption creates very real pain and feelings that need to be heard and validated. **This is a time of year when people are often asking, “What can I do to help?” For the adoption constellation, one small step you can take is just to listen and do so actively.**

As BPAR therapists, we model *active listening* by taking in what a person is saying not only through their words, but also through their tone, rhythm, emotions, body language—and sometimes by what a person *doesn't* say. The active listener is completely present, non-judgemental, and focuses solely on what a person is telling us. As the listener, we take note of reactions we may have, but we let them pass by or save them for later to explore on our own.

When we actively listen and the individual is feeling heard, a powerful connection called *attunement* occurs. This attunement is the foundation for safety; people feel seen, heard, real, important, and connected. When there is attunement, healing can begin.

We invite you to listen as a form of support during this National Adoption Month and every month, as BPAR continually finds new ways to give adoptees a voice in a safe space. **Please read this newsletter to learn about the many upcoming opportunities we have created to give the adoption constellation a true voice.**

Best regards,

A handwritten signature in black ink that reads 'Kelly'. The signature is written in a cursive, flowing style.

Kelly DiBenedetto, Executive Director, Clinical Director
Jennifer Eckert, Founder, Board Chair

Voices In Adoption



Here are some of the creative ways our BPAR team gives adoptees and families a chance to express and share their lived experiences as part of our mission. We invite you to check out each resource, listen, and learn.

Voices Unheard Adult Adoptee Forum Live (Cambridge, MA) & Virtual on November 30, 2021 at 7:30 p.m.



BPAR's live **Voices Unheard forum** at the Lilypad in Cambridge, MA is built on the value of expressive therapy, giving adult adoptees an opportunity to share their adoption-themed thoughts through storytelling, poetry, or other creative expression.

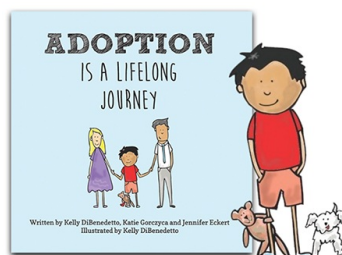
Carla, an audience member at our first Voices Unheard event in 2019, shared what she learned:

"I was deeply moved, hearing first person accounts of the effect of being adopted. When I grew up, the common 'wisdom' was that the children who were adopted weren't affected by it. What I heard at Voices Unheard convinced me otherwise. This event has been transformational for me!"

It's not too late to attend, but tickets for the in-person event are selling fast!

[Buy in-person tickets](#)
[Buy livestream tickets](#)

FREE as an Ebook for One Day Only on National Adoption Day, November 20th! Adoption Is a Lifelong Journey Book



In honor of National Adoption Day, we are offering our book, *Adoption Is a Lifelong Journey*, for FREE in the ebook format on Amazon for one day only. This is your chance to see why twenty renowned **adoption experts enthusiastically endorse** our paperback book for parents, written and illustrated by BPAR clinicians. It's the only book of its kind to give the child adoptee a voice, as we learn how Charlie feels while he adapts to his new home and experiences various stages of child development.

[Order free ebook on Amazon on 11/20](#)

New: Parents of Adult Adoptees Support Group
Tuesdays at 6 p.m. once a month (virtually)
Begins December 7th



BPAR is offering a new therapy group for parents of adult adoptees, where they can meet other adoptive parents or caregivers and share stories and experiences.

Group therapy offers dual benefits: attendees can take turns voicing their thoughts, and all are encouraged to learn good listening practices. In addition to 7 ongoing parenting groups, we offer 5 groups for adult adoptees and 4 groups for child adoptees.

[Learn more and sign up](#)

Wellness Workshops: Listen to Yourself



All of us can be better listeners if we've mastered the skills to tune into our bodies and truly listen to our own needs. BPAR's monthly Wellness Workshop series extends through next spring, and is open to anyone who would like to learn tangible skills for self-compassion, stress relief, and emotional expression. Past sessions are available on video.

[Learn more and sign up](#)

Coming Soon - Watch Your Inbox!

BPAR continually develops new programs to give the adoption constellation a voice. Here are some of the resources to look forward to in the near future. Please watch your inbox so you'll be the first to know when they are available!

Voices In Transracial Adoption: Insights from Adoptees, Parents & Professionals
(free ebook for parents)

Voices Unheard: A Reflective Journal for Adult Adoptees
(guided journal for adult adoptees & support group moderators)

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Our team is incredibly passionate and enthusiastic about reaching all touched by adoption with a growing set of resources. We rely on donations to make these efforts possible. Please consider making a contribution to BPAR today.

New BPAR Team Members



Meet Clinician Alison Cohan

Please welcome Alison Cohan, MSW, LCSW, who has joined BPAR as a full-time clinician. Alison spent five years working with children and families in the Boston area, mainly in roles at the Department for Children and Families and at the Massachusetts Society for the Prevention of Cruelty to Children. She has a trauma certificate for children, adolescents, and adults.

[Alison's Full Bio>](#)



Meet Clinical Intern Elena Li

We are pleased to introduce Elena Li, an international student from Lesley University who is pursuing a master's degree in Mental Health Counseling, Art Therapy. Her experiences of adjusting to a new language and culture inspired her to enter a field where she can address collective trauma, grief work, racial trauma, and multigenerational trauma.

[Elena's Full Bio>](#)

Marta Speaks on Good Morning America

Good Morning America interviewed BPAR clinician Marta Sierra, LMHC, to provide a clinician's perspective on the subject of search and reunion on Thursday, November 18th. The segment gave a glimpse into the upcoming Netflix documentary "Found," in which three adoptees who were adopted from China are reunited and visit their birth country.

[Watch the segment here!](#) Marta appears at about 1:20.



Missing the Court on National Adoption Day

Each year, BPAR clinicians have been honored to be invited to the Essex Probate & Family Court to speak in the courtroom, give our book *Adoption Is a Lifelong Journey* to new parents, and experience the moment of adoption on National Adoption Day.

The pandemic has not made this possible for the past two years, and we truly miss this amazing day! Please reminisce with us!





We Are Grateful That You Listen to Us

Thank you so much for being on our mailing list and reading our messages! We'd like to educate as many people as we can about the need for post adoption support and the resources that are available. You play an important role in bringing our mission to life.

[Donate](#)

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