



VOICES UNHEARD: A Reflective Journal for Adult Adoptees by Lisa Coppola, LMHC

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Book Description

For an adoptee, coming out of the fog often follows self-reflection, therapy, and peer support—processes well understood by author Lisa Coppola, a mental health counselor whose earliest memories include adoption support group meetings in her home. Her 52-week writing journal, *Voices Unheard: A Reflective Journal for Adult Adoptees*, offers prompts based on core themes that arise in therapy, space for writing, resources including a glossary, and guidelines plus a script to help volunteer moderators run peer groups.

- ◇ Adult adoptees can use the journal as a guide individually or under the care of a therapist.
- ◇ Therapists can use the journal as a tool in their practice with adopted clients.
- ◇ Peer-led support group moderators can use the prompts as weekly assignments, enabling attendees to share their thoughts and build connections in a group setting.

Author Bio

Lisa “LC” Coppola is a licensed mental health counselor and a domestic adoptee through the department of children and family services. She is a heartfelt advocate for those relinquished, serves as a therapist, and is the creator of the Voices Unheard: Real Adoptee Stories speaker and writing workshop series in collaboration with Boston Post Adoption Resources. Lisa lives in the Boston area and often writes on themes around relinquishment and addiction.

Praise for Voices Unheard: A Reflective Journal for Adult Adoptees

“This guided journal is long overdue. It offers an adoptee the opportunity to carefully examine their perspectives and feelings about their life and to clarify what is truth.”

—**SHARON KAPLAN ROSZIA**, co-author of *Seven Core Issues in Adoption and Permanency: A Comprehensive Guide to Promoting Understanding and Healing in Adoption, Foster Care, Kinship Families and Third-Party Reproduction*

“*Voices Unheard: A Reflective Journal for Adult Adoptees* is a vital tool for therapists who want to better understand the emotional lives of adoptees and an indispensable guide to help peer group leaders facilitate healing conversation. I highly recommend it.”

—**B.K. JACKSON**, editor of *Severance Magazine*

“An important guide for digging deeper into the emotional landscape we need to explore in this lifetime journey of healing and discovery.”

—**DEBORAH JIANG-STEIN**, adoptee, author of *Prison Baby: A Memoir*, Founder, unPrison Project

“This journal allows us to take control of our narrative, to put our own experiences into our own words, and in doing so find measures of grace, understanding, and healing.”

—**Steve Pemberton**, author of *A Chance in the World: An Orphan Boy, a Mysterious Past, and How He Found a Place Called Home*

“Bravely breaks through the mystery of the unspoken and offers a map for adoptees, one that urges us to listen to the truth of our bodies—the only kind of map we can trust.”

— **JAN BEATTY**, adoptee, author of *American Bastard*

“This is more than a workbook, it’s a mirror and an amplifier for adoptees to reassert our autonomy and rewrite the narratives that are all too often made without us.”

— **NATE BAE KUPEL**, adoptee, President Emeritus, Boston Korean Adoptees, Inc.

About the Publisher

Boston Post Adoption Resources (BPAR) is a nonprofit organization that was founded by Jennifer Eckert in 2012 to support all individuals and families who are touched by adoption. The BPAR mission is to provide specialized therapeutic support, connect individuals and families to resources, and educate the public about post adoption services to ensure that all those touched by adoption lead healthy, productive lives. BPAR’s team of licensed mental health professionals is specifically trained to deal with post adoption challenges with adoptees of all ages, adoptive parents, and birth parents in individual, family, and group settings. Recognizing that every situation is different, BPAR’s goal is to provide support to all in the adoption constellation on their lifelong journey through adoption.

BPAR shares free resources on the BPAR.org website and regularly creates blogs, workshops, and peer training. An illustrated 2017 book, *Adoption Is a Lifelong Journey*, written for adoptive parents in the voice of a young adoptee, is critically acclaimed by twenty adoption experts and has sold thousands of copies.

BPAR.org/voices-unheard-journal

Full media kit is available at <https://bpar.org/voices-unheard-journal/media>

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