



The Latest News from BPAR

Spring/Summer 2024 Newsletter

Dear Friend of BPAR

While most teachers and students are wrapping up the school year, post adoption education doesn't go on break at BPAR. Our clinicians continually create life-changing resources to:

- Provide psycho-education to clients between therapy sessions
- Address questions and informational needs of adoptees, adoptive parents, and birth parents when they first contact BPAR to request help
- Educate the broader adoption constellation plus their loved ones and allies
- Help infuse adoption-informed training among professionals who work with adoptees (teachers, counselors, pediatricians, mental health professionals, and more)
- Build an understanding of the challenges of adoption within the broader community

All of our work combined—more than 6,000 therapy sessions per year, along with our educational programs—are proof of BPAR's commitment to our Vision:

**At Boston Post Adoption Resources, we envision a future
where everyone in the adoption constellation feels
understood, supported, and connected.**

This Spring, we celebrate and share our creative and evolving educational resources, which wouldn't be possible without the support of our generous donors.

Gratefully,
The BPAR Team

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Demystifying Therapy

Everyone's post adoption journey is unique. After an initial evaluation, BPAR's clinicians

create treatment plans using the therapy modalities (approaches or methods) that are best suited to help each individual reach their goals. Those plans are flexible to support changing needs.

We believe it's important to normalize therapy and demystify how it works. Some of our blogs focus on specific modalities that may not be well understood. Here's a sampling from the past six months.



EMDR Therapy

Eye Movement Desensitization and Reprocessing Therapy (EMDR) for Trauma Recovery and Post-Traumatic Stress Disorder

[Read more](#)

Dance/Movement Therapy

Dance / Movement Therapy and Adoption-Competent Therapy

[Read more](#)

Play Therapy

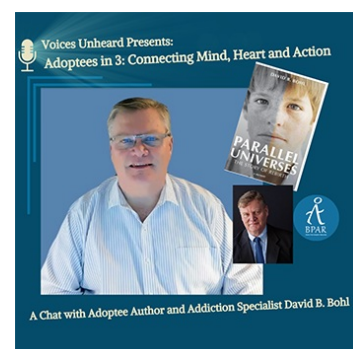
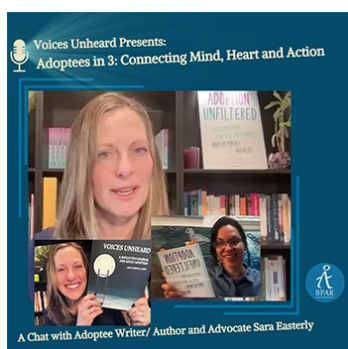
How Does Play Therapy Help Adoptees and Therapists?

[Read more](#)

Video Interview Series Adoptees in 3: Connecting Mind, Heart, & Action

In March, BPAR clinician/adoptee Lisa "LC" Coppola launched her new "Adoptees in 3: Connecting Mind, Heart, and Action" video interview series. In each episode, LC asks an adoptee three enlightening questions about the current state of their adoptee journey and how it's sitting in their mind, heart, and giving new purpose or meaning to their life.

Watch the first three episodes, and keep an eye on your inbox for future installments throughout 2024.



Our hope is that these stories can impact the adoption community and start to open the doors of deeper consciousness for adoptees, as well as their family, friends, partners and therapists!

Adoptee Research Presentations and Adoption-Informed Training for Professionals

Return of Results:
Community Conversations

Intergenerational Issues in Adoption

Oh Myo Kim, Lillian Jiwoo Hexter,
Bastiaan Seo Vin Flikweert

Saturday, May 11th
10am EST | 4pm CEST | 11pm KST
[Register for Zoom Link](#)

Come hear about the results of two new studies exploring intergenerational impacts on adoptees!

Pregnancy & childbirth for Asian American adoptees

Experiences of adult children of Korean adoptees

Presented by: BOSTON KOREAN ADOPTEES, INC.

Sponsored by: 아동권리보장원
National Center for the Rights of the Child

On Saturday, May 11th, BPAR clinician Lillian Jiwoo Hexter, along with Dr. Oh Myo Kim and Bastiaan Seo Vin Flikweert, presented data from two studies. Lillian presented on the first study of 41 interviews of Asian American adoptees who experienced pregnancy and childbirth. The main findings of this study centered on the theme of adopted persons raising their own biological children as a form of reclamation of family, lineage, and genetic connection. The second study focused on both a registry of descendants of Korean adoptees (DoKADs) and 35 interviews of DoKADs that explore issues of adoption, cultural socialization and identity.

In May, BPAR clinicians Darci Nelsen, PhD and LC Coppola, LMHC, were asked to train at Myrtha Counselling, a psychotherapy and research center in Ottawa, Canada, around working with adult adoptees and the themes their clinicians might see arise in treatment.

BPAR hopes to continue training nationally and internationally, as adoption-competent counseling is so needed!

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Working with Adult Adoptees in Therapy

LISA COPPOLA, LMHC, MA PGS
she/hers

Darci Nelsen, PhD, LMHC, BC-DMT
she/hers

On May 15th, LC Coppola was the featured speaker at Square Medical's Tea Time Speaker Series in Woburn, MA, where she spoke to a roomful of professionals on

TEA TIME
SPEAKER SERIES



with featured presenter

LISA COPPOLA
Author, trauma-informed therapist,
specialist in adoption trauma

May 15th 4:30-6:30pm

800 West Cummings Park, Ste 3800, Woburn, MA
RSVP rmmcMahon@squaremedicalgroup.org

SQUARE MEDICAL

adoption trauma and addiction.

You may listen to excerpts from her talk on [BPAR's YouTube channel here](#).

BPAR Team Updates



**Sahita Pierre-Antoine, MA
Clinician**

After a year as a BPAR clinical intern, Sahita Pierre-Antoine, who recently obtained a master's degree in clinical mental health counseling and dance/movement therapy, is now on staff as a BPAR clinician! Sahita also has many years of experience in the nonprofit and international development sectors.

Learn more about Sahita [here](#).



**Naomi Learson
Office Manager**

As our new office manager, Naomi Learson, who has worked for various nonprofits in the past, is dedicated to ensure operations run smoothly and is proud to be a part of "this passionate and hardworking team of caregivers."

Learn more about Naomi [here](#).

Live Voices of Expression in the Community

"Being vulnerable in front of a lot of people can be very challenging, but there is also so much to be said about the benefits of telling your story. Getting hugs from people you just met and people resonating with your words and experience makes all the work and nerves to write it and share it worth it."

—2023 VOICES UNHEARD SPEAKER

Voices Unheard: Real Adoptee Stories



On November 28, 2023, BPAR hosted our fourth Voices Unheard: Real Adoptee Stories creative forum for adult adoptees at the Lilypad in Cambridge.

Since our first event in 2019, 450 community attendees have listened and learned from the lived experiences of adoptees who shared their stories with the audience. [Watch the 2023 video here](#) and [read feedback from speakers and audience members here](#).

SAVE THE DATE!

After 4 years at the Lilypad with a standing-room-only attendance record, it's time for a bigger venue!

Plan to join us:

Tuesday, November 19, 2024 at 7:00 p.m.
The Rockwell at 255 Elm Street in Somerville

Voices Unheard
Real Adoptee Stories

“ The performances motivated me to help an adopted family member better know and connect with their roots. This event has been transformational for me! ”

—Carla, who was reunited with her biological nephew in his adulthood

 Audience Feedback

Voices Unheard
Real Adoptee Stories

“ The setting was perfectly intimate and allowed listeners to really hear and connect to each testimony. Will be looking for next year's dates as it was a profound one night experience. ”

—Friend of an adoptee

 Audience Feedback

Resonate & Roar



On April 12, 2024, BPAR hosted Resonate & Roar, an open mic event at the Lilypad in Cambridge. This affinity event was designed to center BIPOC adoptee voices and provide a space for speaking on their truths.



Teaching with Infographics & Other Visuals

Have you noticed our blog and social media images lately? In recognition that everyone

has their own learning style, BPAR has been developing more customized visuals to help explain particularly complex topics such as [adoption trauma](#).

Just as the illustrations in our book [Adoption Is a Lifelong Journey](#) can build a connection between caregivers and child adoptees, our blog infographics and social media video shorts speak to our audience in different ways, allowing us to touch even more lives with effective post adoption education.

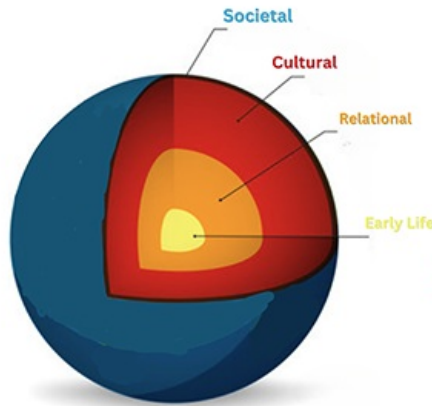
Layers of Trauma

Early Life ●

- In Utero (stress from birth mother, prenatal substance abuse or neglect)
- Separation from birth mother: increase in stress response system and sudden changes in the sensory experience causes changes in the brain
- Experience of abandonment

Relational ●

- Bullying
- Feeling bothered
- Physical, emotional or sexual abuse
- Neglect
- Disrupted attachments
- Lack of security in relationships
- Lack of trust
- Lack of adoptee community



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Learn more about Boston Post Adoption Resources at BPAR.org

Cultural ●

- Racial Isolation
- Racism
- Microaggressions
- Loss of culture (language, people, smells, food, etc.)
- Loss of genetic Information (including medical)
- Loss of birth family

Societal ●

- Adoption traumas invalidated
- Disenfranchised grief
- The “Lucky” narrative and other unhealthy adoption myths
- Systemic wide adoption incompetency

Source: ["ADOPTION TRAUMA – PART 1: WHAT IS ADOPTION TRAUMA?"](#)

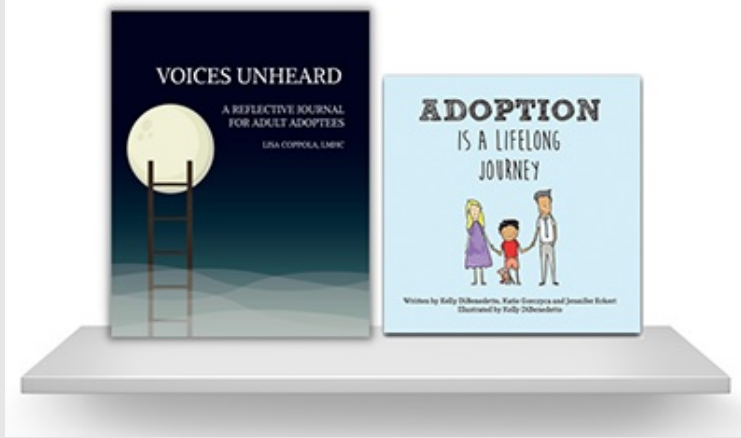
Your Donation Touches Lives

Whether you donate funds, share our posts, or simply read our messages, we appreciate the important role you play as a friend of BPAR. We cannot do all of this essential work without your support. Thank you!

Donate

STAY CONNECTED





Proceeds from the sale of our books [Voices Unheard: A Reflective Journal for Adoptees](#) and [Adoption Is a Lifelong Journey](#) support BPAR's mission.

BPAR.org
617-418-6163