

Fall 2024



## The Latest News from BPAR

### Fall 2024 Newsletter

Dear Naomi,

At BPAR, we feel strongly about educating the community and professionals on adoption and trauma. This is a key part of our mission. Research shows that the typical psychology graduate student spends 7.95 minutes learning about adoption,\* and we are passionate about continuing to spread crucial education.

As an adult adoptee, Jennifer Eckert founded BPAR after she had a life-changing experience with specialized post adoption therapeutic support and realized how rare those sources are. “The legacy of the internship and training piece has always been a cornerstone of BPAR,” she says. “What I’ve always been most proud of is that our interns get to learn from so many different therapists at our agency. They each bring so much to the table—many different perspectives, education, and a wealth of knowledge that I don’t think you can find anywhere else as far as the post adoption piece.”

This year we welcome our 15th clinical intern, Ahmad Butt. Please read on to hear more about our internship, the many other ways we provide post adoption resources to professionals, and additional exciting updates.

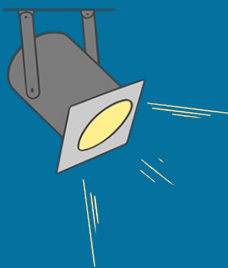
Gratefully,

KC Craig, LICSW, Executive Director

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## Spotlight on Professional Education

# Learn About BPAR's Clinical Intern Program

Each year, BPAR partners with local Mental Health Counseling and Social Work master's training programs to offer a clinical internship, allowing students to conduct their field training within our organization. This program provides us with a unique opportunity to educate future providers in working with members of the adoption constellation, an important part of [our nonprofit's mission](#). To date, we have provided 15 of these internships. (Meet our newest intern below!)

Assistant Clinical Director Darci Nelsen, PhD, LMHC, BC-DMT, explains how the internship works [in this article](#).

The program provides the following benefits:

- **Skill Development:** Equips interns with practical skills in facilitating trauma-informed, culturally sensitive counseling and interventions while enhancing their understanding of adoption-related issues.
- **Community Engagement:** Fosters connections between interns and the larger adoption community, encouraging them to participate in ongoing education and BPAR events that promote awareness about adoption impacts.
- **Resource Familiarization:** Educates interns about both domestic and international adoption systems and familiarizes them with various post-adoption resources, enabling them to assist clients effectively.

[Read About Our Internship](#)

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## Other Ways We Provide Professional Resources & Support

### Internal Supervision and Training

We provide ongoing peer supervision and professional training internally for our clinical staff.

### Community Education

BPAR clinicians educate other professionals on post adoption challenges and resources at speaking events, conferences, and workshops.

### Quarterly Resource Newsletter

In our Quarterly Corner newsletter, we share the resources we're talking about in staff meetings, using for our own personal development, and recommending to our clients to help build a better understanding of their post-adoption experience. [Subscribe here](#)

### Books Professionals Can Use

Professionals and students use our books in their practices. David R. Selden, LICSW, Clinical Director of The Square Medical Group, says [Voices Unheard: A Reflective Journal for Adult Adoptees](#) "is a vital tool for both therapist and client to unravel the effects of adoption and support the healing process." Dr. Sue Cornbluth, author of *Building Self-Esteem in Children and Teens Who are Adopted or Fostered* notes that [Adoption is a Lifelong Journey](#) is a wonderful tool to help professionals and parents talk to adoptive children."

### Professional Consultation

We provide professional consultation services to peers outside of our organization. One supervisee says, "I am a clinical social worker, but also a birth mother who wanted to

explore working with adoptees and other members of the triad. However, because of my personal experiences, I felt it was important to have good consultation and support while doing this work. My BPAR supervisor has been kind and thoughtful and she always asks me thought-provoking questions. I also appreciate her willingness to challenge me so that I can continue to grow professionally. I am so grateful for our work over these past three years and I have learned so much about myself as a person, birth mother, and as a therapist."

## BPAR Team Updates

### Sahita Pierre-Antoine Joins Us Full-Time



#### Sahita Pierre-Antoine, MA

Sahita Pierre-Antoine, MA, has joined BPAR as a full-time clinician. Sahita completed her BPAR clinical internship in June 2024 and has provided part-time therapeutic services since the summer. We are thrilled to welcome her to this new role! Learn more about Sahita in her bio.

[Read full bio](#)

### Meet Ahmad Butt, Our New Clinical Intern



#### Ahmad Butt

Welcome to Ahmad Butt, our 2024-2025 clinical intern. Ahmad is in his final year of the Master's in Mental Health Counseling program at Boston College. Before beginning his Master's, he earned a UK CPCAB Diploma in Integrative Counseling in Pakistan, which included training at an outpatient counseling center. Learn more about Ahmad in his bio.

[Read full bio](#)

**12 Days to Go!**  
**Do you have your tickets?**



**During National Adoption Month, we are hosting our  
5th "Voices Unheard: Real Adoptee Stories" forum  
on November 19th**

**"This event has been transformational for me!"**

Join us as adult adoptees share powerful, honest storytelling  
through poetry, short stories, and more!

This annual event centers adoptee voices in National Adoption Month  
and educates the community.

Live in Somerville at the Rockwell  
November 19th at 7:00 p.m.  
Doors open at 6:00 p.m.  
Ages 18+

[Details and Tickets](#)

Buy online in advance for \$15 + \$0.75 processing fee  
\$20 at the door



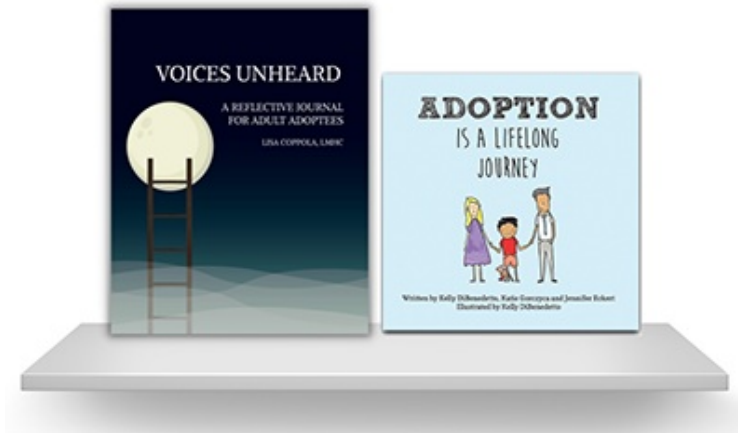
**Thank You!**

Together, we work toward a future where everyone in the adoption constellation feels understood, supported, and connected. Whether you donate funds, attend our events, share our posts, or simply read our messages, we thank you for your support.

[Donate](#)

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STAY CONNECTED



### Your reviews matter!

More reviews => more people find the book on Amazon => more lives touched!  
Please take a moment and post your honest reviews here:

[Voices Unheard: A Reflective Journal for Adult Adoptees](#)

[Adoption Is a Lifelong Journey](#)



\*Source for "the typical psychology graduate student spends 7.95 minutes learning about adoption": Dennis, L. (2014). *Adoption therapy: Perspectives from clients and clinicians on processing and healing post-adoption issues*. Entourage Publishing.

[BPAR.org](http://BPAR.org)  
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