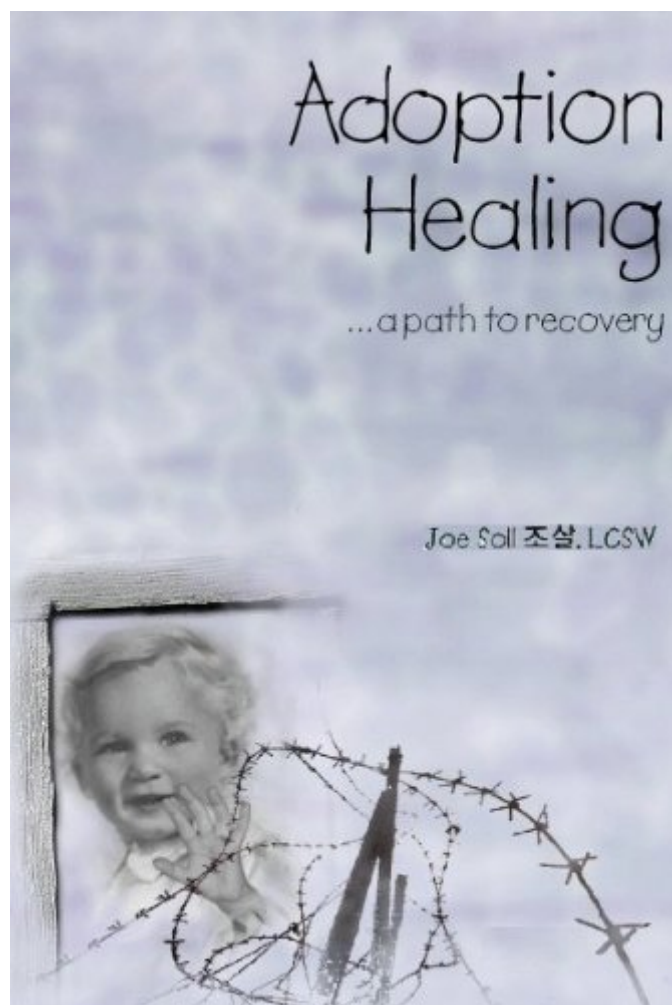


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# Adoption Healing... A Path To Recovery



## Synopsis

In this unique book, the reader is provided with a description of the unfolding of the adoptee's personality from birth, detailing each developmental milestone along the way, followed by different methods of healing the adoptee's wounds, including inner child work, visualizations, healing affirmations, and anger management. Every chapter includes a Myths and Realities of adoption section, a summary of the chapter and exercises to do one's own." Joe Soll has probably worked with adoptees and first parents more than anyone else on the planet. His approach has always involved empathy, intuition and introspection, without which dialogue runs dry. Few know the depth of the adoptee and first parent experience as well as Joe Soll, especially the dark side, where loss and loneliness reside. Combining his experience, or perhaps we should say wisdom, with current therapeutic approaches, Joe creates an environment where growth can occur. Read his work, try it out, see how it works for you." -Robert Andersen, M.D., psychiatrist, author of *Second Choice: Growing Up Adopted and A Bridge Less Travelled: Twice Visited* Review by Jane Jeong Trenka, April 29, 2010 Some books are so good that you can even forgive your friend for borrowing your copy and never giving it back. *Adoption Healing | a path to recovery* by Joe Soll is one such book. As an author, teacher, and therapist, Joe Soll has brought the essence of adoption, its inherent pain to pen. His words offer counsel for the tragic separation that has occurred in the sacred union of mother and child. - Jane Guttman, DC, author of "The Gift Wrapped in Sorrow."

## Book Information

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## Customer Reviews

Adoption Healing...a path to recovery, more than anything else gives HOPE to those of us who have traveled the adoption path, particularly adoptees and birthparents. Having been told in 1966 that by giving up my infant son to be adopted by people who could give him what I could not...a two parent home, a name, even legitimacy; I tried hard to believe when they told me I was doing the most loving thing a mother could do for her child in my circumstance. I was an 18 year old student with no husband in sight. I don't know if they really believed when they said I would get on with my life and I would forget this whole unfortunate experience and that I would go on to have plenty of other children. Joe Soll's book speaks to the fact that THEY were really, really WRONG! You never forget and you really can't even totally get on with your life on some levels. Giving a child up for adoption is a very deep trauma and tragedy for a woman, and many can't even survive it. It's a form of soul-rape. While Joe gives exercises, tools and rituals to adoptees to understand their experience and even begin to heal; he also validates and acknowledges the pain and deep sense of grieving and loss the birthmothers live with. And although I have read several women authors who have written very eloquently about birthmother pain; this is the first male author that I've read who has deep understanding, wisdom and empathy for US. My heart was in my throat during much of this book, but I also felt that Adoption Healing should be required reading for Adoptees and Birthmothers, AND those who love us. This is an excellent and very well written book.

I am thrilled someone has finally written a book that directly deals with self-help treatment for the adopted person. Adoption Healing explains the psychological processes an adopted person goes through in their life, and the effect on him or her. It then gives simple exercises to help overcome the trauma of adoption. Even in a loving supportive adoptive family, the adoptee has suffered from the trauma of separation from his or her birthmother and family of origin. An adoption search and reunion is only part of the process necessary for those who were separated from their birthfamily to heal. This book helps in completing the healing process. Unfortunately, those affected by an adoption need to work on their issues through self-help support groups and books as there are very few mental health professionals who understand the affect of the adoption experience on the adopted person and birthmother. This book helps fill that gap. Adoption Healing is not just for adoptees. Birthparents and adoptive parents can learn a great deal about what their child has

endured through adoption, and ways in which they can help their child, whether a youngster or adult. Therapists can develop a treatment protocol for their adopted clients. I have been waiting for a book like this since I started working with adoptees and birthmothers 14 years ago as a post-adoption emotional support group leader. It will help me help others. Additionally, it will help me deal with my own trauma of being adopted at birth in 1950. Although, my reunion is years past (and a "good" one), I plan to go back through the book chapter by chapter and do the exercises. Just a quick read has already begun to effect my emotions.

Of all the adoption books I have read, *Adoption Healing* goes to the heart of the matter....The truth hurts and Soll pulls no punches. He has taken John Bradshaw's Inner Child work and modified it to help adopted people heal their wounds. He explains the mother/child bond that begins before birth in a very clear fashion and goes on to show how the effects of separation from one's mother at birth radiate through the psychological development of the adoptee and what can be done to help the adoptee deal with the pain of this loss. I've gone to many adoption support groups over the years and heard many adoptees argue that they had no loss, become angry at those who do acknowledge the loss. *Adoption Healing* thoroughly explains why so many adoptees deny their pain, just as victims of sexual abuse have to deny the existence of their experience to survive. If you have been affected by adoption and want to really understand the psychology of the adoptee, this book is for you. It validated my adoption experience and has helped validate the experience of many of my adopted friends as well.

Even if you had a wonderful adoption experience (admittedly, I didn't), adoption brings with it certain issues throughout life. It's about time people realized that the adoption DOES NOT end when the court papers are signed. I've noticed that there doesn't seem to be a middle ground in adoption - adoptees either had a very good experience or a very bad experience, when all we ever wanted was a normal life. Adoption takes part of your normality away when it happens. Should be required reading for prospective adoptive parents, to help them deal with the unique needs of their adopted children

Joe Soll has captured the true essence of the inner workings of an adoptee and I say this from personal experience. On my journey in search of self, I have read many books on adoption, but until now, I couldn't find a book which did more than describe the experience of the adoptee. Joe Soll not only provided me with a great deal of insight into how my adoption experience shaped and defined

the person I am, he provided me with the tools I needed to heal the hurt deep within my soul. His insightful and sensitively written work provides the reader with a very positive and helpful interactive experience. His method of exploration with the reader is experiential in nature, therapeutic in effect and his beliefs are based upon his vast experience working with adoptees as well as his own personal life experiences and is clearly a must read for all members of the adoption triad. I recommend this book highly!

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