

Recommended reading

The Benevolent Society recommends the following books on post adoption issues. Some titles are available through local libraries and quality bookshops. If not, ask for them to be added to your library's collection or place an order at your bookshop. The Post Adoption Resource Centre operates its own post adoption bookshop and a library of books, serials, newsletters, cassettes and videos. **New members always welcome.** Membership fee: \$25. Phone us for library information sheet, membership application forms and mail order information. See **Bookshop** for resources available for purchase from PARC.

General

Adoption and Loss by Evelyn Robinson. *Clova Publications, 2000.* A birthmother talks of her personal experience of adoption and loss as well as looking at the effects on other members of the triangle.

Adoption and Recovery by Evelyn Robinson. *Clova Publications, 2004.* A companion book to Adoption and Loss.

Adoption: The Common Thread by Parramatta Holroyd Family Support. *Australian Print Group, Sydney, 2000.* Personal stories from people affected by adoption.

Adoption Healing, a path to recovery by Joe Soll, *Gateway Press, Inc 2000* Written for all members of the adoption triad.

Adoption Healing for mothers who lost children to adoption by Joe Soll, *Gateway Press, Inc 2003* Joe Soll's new book is intended to help with the healing process of mothers.

Coming Home to Self by Nancy Verrier *Gateway Press, Baltimore 2004.* A sequel to Nancy Verrier's previous book *The Primal Wound*. A book for all members of the adoption triad.

Ever After – Fathers and the Impact of Adoption by Gary Coles. *Clova Publications, 2004.* Moving book about birth fathers, written by a birth father.

Further Down The Track compiled by *The NSW Committee on Adoption & Permanent Care 2001.* Contains a collection of personal experiences of adoption reunions in the authors' own words.

Meetings: A New Beginning ed. Alleyne, Jones & Slaytor. *NSW Committee on Adoption 1987.* A wide variety of experience of reunions from the perspective of adopted people, adoptive and birth parents.

Search Aftermath by Patricia Sanders and Nancy Sitterly. *NSW Committee on Adoption 1990.* United States publication which looks at many issues raised by reunion.

The Colour of Difference compiled by Sarah Armstrong & Petrina Slaytor, *Federation Press for PARC, 2001.* 27 transracial adoptees' stories of self discovery. Wonderful reading for anyone touched by adoption.

The Primal Wound by Nancy Verrier. *Gateway Press, Baltimore 1993.*

The Many-Sided Triangle by Audrey Marshall & Margaret McDonald, *Melbourne University Press 2001.*

A comprehensive account of the history of adoption in Australia.

PARC Research Papers

A child to call my own – A study of adopted women and their experience of motherhood by Phoebe Masso & Victoria Whitfield, *Post Adoption Resource Centre 2003* Explores the impact of adoption and motherhood.

At least now I know. A study of outcomes of contact with relatives separated by adoption by Thea Ormerod, *Post Adoption Resource Centre 2001.* Looks at the effects of contact on people's lives.

Why wasn't I told?: Making sense of the late discovery of adoption by Lynne Perl and Shirin Markham, *Post Adoption Resource Centre.* Addresses adoptees who discovered their adopted status later in life.

PARC Videos

The Path Ahead – adoption, search, reunion. Made by the staff and Friends of the Post Adoption Resource Centre. -Explains the rights of people affected by adoption in NSW in their own words.

At Least Now I Know. Based on the PARC research survey, birth parents and adoptees speak openly about their experiences.

PARC Kits

Adoption in NSW by Alexandra Young, *Post Adoption Resource Centre.* An information kit aimed at professionals who may encounter those affected by adoption.

Intermediary Services in Post Adoption Reunion by Sarah Armstrong and Thea Ormerod, *Post Adoption Resource Centre, 2005.* Resource and training guide for counsellors assisting in family reunion.

Branching Out published quarterly by the Post Adoption Resource Centre. Contains personal stories of adoption, search, reunion and afterwards; editorial,

opinion pieces; book reviews; news about upcoming groups, meetings and seminars; and other events of interest to those affected by adoption.

SOME RECOMMENDED BOOKS AVAILABLE FROM THE PARC LIBRARY

General

Attaching in Adoption – Practical Tools for Today's Parents by Deborah D. Gray, *Perspectives Press, Inc Indianapolis, Indiana*. Provides practical advice and parenting strategies to adoptive parents giving importance to the emotional health of the whole family.

The Adoption Reunion Handbook by Liz Trinder, Julia Feast & David Howe. *John Wiley & Sons, Chichester, 2004*. Based on large-scale research, this book draws from life experiences of adopted people to guide people through the emotional and practical issues of reunion.

The Adoption Triangle¹ by Julia Tugendhat. *London, Bloomsbury 1992*. This book makes use of interviews with adult adoptees, birth and adoptive parents and those professionally involved in adoption issues. Simple, invaluable, clear-sighted advice to anyone involved in search and reunion.

Being Adopted by David Brodzinsky, Marshall D. Schechter and Robin Marantz Henig. *Doubleday, New York 1992*. A very clear outline of the developmental aspects of being adopted from birth to old age. Recommended for professional and lay people alike.

Birthbond¹ by Judith Gediman & Linda P. Brown. *New Horizon Press, NJ 1991*. A comprehensive book about adoption reunion in America. Covers issues for siblings, birth fathers and adoptive parents as well as adoptees and birth mothers. Addresses questions such as 'Why do reunions happen?', 'What are the patterns of reunion?' and 'What are the post reunion issues?' Poignant stories of adoption and reunion particularly from a birth mother's perspective. Highly recommended by PARC.

Half a Million Women by David Howe, Phillida Sawbridge, Diana Hinings. *London, Penguin 1992*. This British publication examines all aspects of the experience of placing a child for adoption, from the point of view of the birth mother. A scorching indictment of the way young women undergoing traumatic, life-changing decisions were treated by a judgmental society. Currently out-of-print: try libraries or second-hand bookshops.

Inside Transracial Adoption by Gail Steinberg & Beth Hall. *Perspectives Press, Indianapolis, 2000*. Explores the complexities of transracial adoption and offers tools to navigate the challenges of racism.

Intercountry Adoption from China by Jay W. Rojewski and Jacy L. Rojewski, *Begin and Garvey 2001*. Examines Chinese cultural heritage and other post adoption issues.

Journey of the Adopted Self: A Quest for Wholeness by Betty Jean Lifton. *Harper Collins, New York, 1994*. Further explores the inner world of the adopted person. Looks at both the effects of separation and the attachment of adopted people to their adoptive parents.

Letter to Louise by Pauline Collins. *Transworld Publishers, Sydney 1994*. -A narrative by actress Pauline Collins of her experience working in the theatre in the 60s, becoming pregnant, giving birth and placing her daughter for adoption. A well-written and well-rounded book.

Orphans of the Living by Joanna Penglase, *Freemantle Arts Centre Press, Freemantle, 2005*. A former inmate of a children's home - come academic, traces the history of the institutional care of children in twentieth century Australia, and explores how they could have been treated so badly.

The Other Mother¹ by Carol Schaeffer. *Soho Press, NY 1991*. An American birth mother's story which does not move too rapidly from adoption placement to reunion, but focuses on the "lost" years. It more fully exposes the ongoing trauma suffered by many birth parents.

Parenting the Hurt Child: Helping Adoptive Families Heal and Grow by Gregory Keck and Regina Kupecky, *Pinon Press, USA, 2002*. Explores how parents can help their adopted or foster children who have suffered from neglect or abuse. The authors examine attachment issues and parenting techniques that work.

The Stranger Who Bore Me: Adoptee-Birthmother Relationships by Karen Ruth March. *University of Toronto Press, Toronto, 1995*.

Searching for Charmian² by Suzanne Chick. *McMillan Sydney, 1994*. An extraordinary story of the author's discovery that her birth mother was the late Charmian Clift; eminent Australian novelist & journalist. The lives of the two women are unravelled as the author embarks on a journey of self-discovery.

Wasn't Love Supposed to be Enough? by Vanslyck, Wristen, Dupre-Clarke, Mague & Haggerty, *USA, 1998*. An adoptive parents' support group offers biographies of six families and advice on handling the challenges of raising adopted children.

Within Me, Without Me: Adoption - an Open and Shut Case by Sue Wells. *Scarlet Press, London, 1994*. Based on research spanning 40 years, this book is a collection of personal stories by mothers who placed their children for adoption. Challenges the need for secrecy in adoption and illustrates the healthy relationships that can develop in open adoption.

From a Male Perspective

A Mother's Disgrace by Robert Dessaix. *Angus & Robertson Sydney, 1994.* A thought provoking and riveting personal account of the author's (ABC broadcaster Robert Dessaix) search for his origins. Insightful and exceptionally well-written.

An Australian Son by Gordon Matthews. *William Heinemann Australia, Port Melbourne, 1996.* The true story of an adoptee who grew up understanding himself as being of Aboriginal descent and his search for his identity.

Finding Family by Rick Ouston. *New Star Books, Vancouver, 1994.* A Canadian journalist's search for

birth relatives. Issues include non-disclosure, birth sibling search and reunion. Offers many insights into male adoptees' issues.

The Magician's Son – A Search for Identity by Sandy McCutcheon, The Penguin Group, 2005. A well written account of an Australian radio broadcaster's search for his identity.

Second Choice by Robert Anderson. *Badger Hill Press, Missouri 1993.* An adoptee psychiatrist's perspective. Honest and insightful, some harsh truths. Exposes many previously 'unvoiced' ideas about adoption.

A reading list is also available from PARC specifically for people adopted transracially and their families and for adopted children.

Please phone us if you wish to talk further about any issues raised in this information sheet.

NSW/ACT

Post Adoption Resource Centre
PO Box 239
Bondi NSW 2026
T 02 9365 3444
F 02 9365 3666
E parc@bensoc.org.au
www.bensoc.org.au

QLD

Post Adoption Support Queensland
PO Box 5347
West End QLD 4101
T 07 3170 4600 or 1300 914 819
F 07 3255 2953
E pasq@bensoc.org.au
www.bensoc.org.au