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**BOOK PAULA TODAY!**



**Speaker**

**Writer**

**Advocate**

**Awareness**

**Education**

**Advocacy**

“...the ego of the adopted child, in addition to all the normal demands made upon it, is called upon to compensate for the wound left by the loss of the biological mother.”  
– Psychiatrist Frances Clothier, 1943

”Adoptees are more likely to have a psychiatric diagnosis than non-adoptees.”  
– Therapist and adoptee Leslie Johnson

“Many of the issues inherent in the adoption experience converge when the adoptee reaches adolescence.”  
– Silverstein and Kaplan, 1982

“International adoptees had significantly more symptoms of major depressive and separation anxiety disorders.”  
– Margaret Keyes, University of Minnesota

“Separating a child from its birth mother creates a traumatic event that deeply impacts the adoptee, creating special needs that must be addressed throughout the adoptee’s life.”  
– Adoptee, educator and speaker Karl Stenske, 2012

“Infants do not think but they do process emotions and long term memories are stored as affective schemas.”  
– Geansbauer, 2002

“Attachment starts in the womb, so even for children relinquished at birth, this represents a significant trauma and attachment wound.”  
– Theodora Blanchfield, AMFT

Adoption trauma (also called relinquishment trauma) is a fresh topic not often found in mental health or adoption and foster care meetings.

If you want your audiences to be engaged and leave with invigorated thinking around adoption trauma, Paula’s presentations are just what you need!

And there’s nothing cookie-cutter about Paula’s content ever. She prides herself on understanding her audience’s information needs and curating precisely what they want.

## Featured Topics

### **Finding Joy in the Journey:**

#### **A Playbook for Living with Adoption Trauma**

This presentation takes audiences on a journey from the early years of her child-rearing to current parenting of two young adults. You’ll hear how she evolved her thinking and actions based on the knowledge she acquired throughout tumultuous times. She’ll share how she found joy despite the roller-coaster years of drama, frustration, and tears.

### **Mind Over Circumstances:**

#### **The Power of Brain Training for Turbulent Times**

This presentation focuses on how Paula used various techniques to help manage vicarious/secondary trauma. Through trial and error, much research and attention to her own self-care, she demonstrates how she retrained her brain from being reactionary to prepared.

### **Compassion Resilience:**

#### **Battling the Fatigue of Adoption Trauma**

This presentation discusses the fatigue of parenting children living with adoption trauma. The daily and long-term impact of emotional, mental and physical exhaustion left her empty and numb but never stopped her from loving amidst her own challenges. She openly shares her resiliency secrets!

### **Inner Peace:**

#### **The Power, Place and Perspective of Prayer for Adoption Trauma**

This presentation is a spiritual lesson demonstrating how Paula relied on and grew her faith in the darkest of times. She shares her prayer process that carried her into light of daily living and continues to provide the foundation for her passionate decision to share her journey as part of her life’s purpose.

### **Secondary Trauma:**

#### **The Impact of Adoption Trauma on the Family Unit**

This presentation shines a spotlight on the family dynamics. Exposure to symptomatic behaviors is overwhelming, scary and even traumatic, often leaving marks on family members into the future for years to come. Thus, they often need their own mental wellness support.