

This is Why I was Adopted

Navigating Loss on a
Journey Toward Hope



A Reunion Discussion Guide

by Cam Lee Small, MS, LPCC

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6 Themes to Help Adoptees and Families Process “Reunion”

1. **Community** | Who’s going? Who’s with me? Who knows I’m going on this trip? How long have I planned for this? What did it take to get here? Who’s cheering for me, praying for me, checking in on me?

2. **Anticipation** | What are some hopes I have for this experience? What will it look like to have a “good” trip? What do I expect to happen? What would need to happen in order for me to feel like it went well? What about this makes me feel excited? What am I looking forward to?

3. **Disruption** | What are some fears I have about this experience? What do I desire? And what will happen if I don’t get it? What do I hope to avoid? What does “deviation from the plan” look like? What would “wreck” me?

4. **Therapeutic Connections** | Who can I turn to for support during these next few weeks? Who do I know there? Who could I call? Who is in email contact with me? Text? App? And for when I return to the U.S?

5. **Self-awareness** | What might be some things I need to be mindful about overall? What are some personal cautions I bring to this trip? What are situations that are typically stressful/difficult for me, temptations, trials, tendencies, emotional struggles, and how would I know they’ve come up? What are my “warning” signs? What will support or self-care look like in those situations?

6. **Narrative Progression** | What does it look like to “seek first...” before, during, and after this trip? And how might each person in my family and support system experience that uniquely, specifically and generally, here and now as well as there and then?

Cam is an internationally recognized thought leader on adoption and mental health. Trans-racially adopted from Korea and founder of Therapy Redeemed, he holds a Master's in Counseling Psychology from University of Wisconsin-Madison and is a licensed professional clinical counselor. He has received training for adoption competency through [Center for Adoption Support and Education](#) and is a vetted clinician with [MN ADOPT](#).

In addition, he is trained in biblical counseling, certified in non-violent crisis intervention and is a member of the American Psychological Association's Minority Fellowship Program. Cam's mental health and education services are accessible 100% online and uniquely tailored for individuals and families on the adoption and permanency spectrum. He has presented trainings and workshops in a variety of professional and clinical settings.

For counseling and consultation,
visit <https://therapyredeemed.com/wordpress>

**Registration is currently open for Cam's 12-week
[Online Adoptive Parent Workshop | Summer 2020](#)**

**[Visit Cam's Book Tour Page](#) for his recently published book,
[This is Why I Was Adopted: Navigating Loss on a Journey Toward Hope](#)**

****If you're using this discussion guide for a group and want to hear from***
Cam directly, you can email him at therapyredeemed@gmail.com
and schedule a live Skype/Zoom Q&A*



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