

Reflecting on Shang-Chi (sneak preview*)

A Group Discussion Guide for Transracial & International Adoptees

By Cam Lee Small, MS, LPCC

*You saw it!!! Or you're supporting someone who's seen it. Or, you really like **spoilers**. No matter what though you're welcome here and I can't wait to chat about this movie with you! :) -Cam*

First, what are your first impressions after watching Shang-Chi?

How did you feel afterwards? Personally, I left the theater feeling seen, *and* inspired to keep pressing on toward everything a movie like Shang-Chi represents. How about you?

What three or four adjectives would you use to describe the movie?

How would you summarize to a friend about how this movie had an impact on you?

Are there any particular scenes that stayed with you afterwards?

Here are mine in the pages that follow, and some questions to go along with them. You can take time to think through these deeply, or scan through and see if anything pops out. Enjoy this dialogue with family and friends, or as a solo mission whenever and wherever you'd like. It's an exciting experience to be processing a film like this in the social-emotional-political landscape we all navigate today. My hope is it supports you, and us, our communities, and our meaning-making process as we continue working together toward good things, here and now and for ages to come <3

*****This is a sneak preview, check back later this season for your complete guide! SPOILERS*****

1) My First Words

First words of Shang-Chi are [spoken in Mandarin](#):

How did it feel to hear that, did you have any reactions?

What does it mean, in the U.S., for such a widespread box-office hit to open with a “foreign” language, to lead such a debut performance with words from “home”? And how does that sit next to the social commentary [Parasite](#) offers by situating the first words of the script in English?

“As Korea’s present colonizer, the United States is implicated throughout Parasite. No single character exemplifies Americanness definitively. Rather, Americanness is an aspirational status. The United States’ presence is thereby marked by its absence, which paradoxically illustrates the totalizing nature of its hegemony. This is most immediately established through the use of English... English is the contemporary language of capital; in Parasite, it delineates class and maps power... Every English word in the first five minutes of Parasite establishes the Kims’ class position in South Korea’s contemporary economy... From the onset, Bong and Han deploy English to chart South Korea’s neoliberal class system from below.” ([“Reading Colonialism in Parasite”](#) via tropicsofmeta.com)

I’m struck similarly by Crazy Rich Asians and its use of language throughout the film, especially in the beginning, did anything come up for you when you saw that [opening scene](#)?

2) Origin Story

The entire opening story seems to be a story told to Shang-Chi (aka Shaun) by his mother, Jiang Li, which includes the disclosure, “that was the first time I met your father.”



Adoptees aren't always afforded such an experience, to hear how our parents met. Or even how events transpired afterwards (not to mention, such an epic or semi-heartwarming tale).

Is that the case for you? Have you ever found yourself wishing to know more about your origin story in that context? Maybe you haven't, that's common and normative as well.

How did your adoptive parents tell you your “origin” story? Was it one time? Was it over the course of many times? Did they give you all the details? Did they leave some out? Did you discover information as you got older? Are you still looking for information?

3) The Club

Sitting at the table with friends, talking about how Shaun and Katy first met. “We were in high school, getting made fun of, for the reasons we all get made fun of.”

Talking with others who are also BIPOC, this kind of storytelling (about our past bullying) took on a particular meaning - Shaun didn’t need to explain further about the bullying - it’s like they already get it - what did you make of that? Do you have people in your life who (don’t) get it?

Please take a moment to read Kim Thai’s article at The Cut; [Shang-Chi Isn’t Letting Us Hide Anymore](#). I think they do a wonderful job of articulating these relational dynamics.

4) Breakfast at Katy’s

Katy tells her mom, “You’re American, too, mom.” What does she seem to be saying here? Why would she need to remind her mother of this fact?

And in a box-office film like this, who else needs to be reminded of that? Do you? Or/and anyone else around you?

Why do we need that reminder? It’s not as if we need to make America the standard of value on earth, so why is it so important for us and communities around us to make that distinction?

4) The Bus - “You have the wrong guy. Does he even look like he can fight?” –Katy



This scene brought me to tears for multiple reasons:

I wish, as a young boy, I could have defended myself in this way, physically and emotionally, from all of it.

And I wish I had this kind of superhero to look up to. Yes, there were people like Bruce Lee and Jackie Chan and Teenage Mutant Ninja Turtles. However, this resonated somewhere deeper, I wonder if you feel similarly to any degree? If so, why do you think that is?

Let me check in with y'all:

Was there a time in your childhood or adolescence when someone bullied you? Any instances you remember vividly?

What was your response, how did you respond, and why?

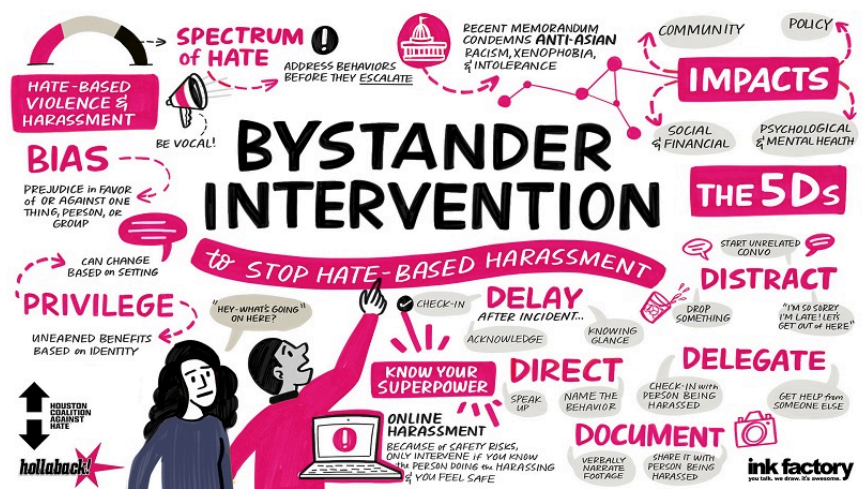
What's that like for you right now to think back on that experience, any particular feelings or thoughts come up, could you describe them here?

Who was there to help you during or after that event?

What do you wish you had back then? If you could go back in time and change some aspects of that situation, perhaps even aspects of that stage in your life, what would it be?

What resources would you want to give yourself? What message would you want your younger self (and those around you) to know?

Have you taken the [Hollaback](#) training yet? Please do check it out and even recommend to others if you get the chance.



Side note: the fight scene on the bus reminded me of the hallway scenes in [Old boy](#) and [Daredevil](#). Did you happen to notice that, too?

5) “What’s your real name?”

On the plane, Katy asks Shaun about his name, “What’s your Chinese name?”

Has anyone asked you that, or some variation of that, depending on your background?

Maybe it was, “What’s your birth name?” or “What’s your real name?” Or maybe it literally was “What’s your Chinese name?”

Back then, how did that feel, do you remember?

How about currently, does it ever happen to you? How do you feel about it when it happens?

For those on Zoom or virtual meetings, at work, do you ever have interactions complicated by your name(s)? Are there any in particular that stick out to you?

Back to Katy on the plane - names can be sacred... Katy asked, “What’s your Chinese name?”

Shaun explains, “My real name is.... She was the only one who called me that...” Did you have any reactions during this moment?

I’ve sometimes wondered about what my birth parents called me when I was a baby/toddler, any nicknames or terms of affection. How about you, have you ever thought about that?

When we met in person, my mom kept calling me “Heseong-ah.” With the “ah” attached at the end. Someone told me that’s added on to express another layer of closeness / relationship.

6) Reunion with Sister

Shang-Chi meets his sister Xialing in her underground “empire” / “dark web” fighting ring.

I’m reminded how many of us have unique stories of how we searched for or were invited to meet our birth parents, and/or other birth family members.

Have you met any birth siblings? If so, what was that experience like for you?

What do you remember most about it?

Any feelings or particular memories come up for you?

Are there any key takeaways of wisdom you’d offer to others who are in that process?



7) “Let’s go home”

After an epic side-of-the-building battle with Wenwu’s hired hands ([reminded me of Neo trying to escape the office building](#)), Wenwu (Shaun’s dad) stops him from stabbing Death Dealer and eventually says, “Let’s go home.”

“Home” can take on different meanings, depending on who you are and the context in which the term is used.

How has that term “home” been defined for you? And how has it taken on new layers or how has it shifted throughout your life?

Where do you consider home?

When do you feel “home?”

With who?

How might that kind of phrase mean something different for adoptees? Shang-chi and his sister Xialing hear it one way, how would you hear it if you met your birth parent and they said, “Let’s go home.”?

And then, when they get back to Wenwu’s compound, he proclaims to everyone, “My son is home!”



There’s a “prodigal son” vibe there. Additionally, I wonder what it says about the situations where our birth parents are not so excited to tell their family and community about us.

What's that experience been like for you? Do other members of your birth family know about you? What feelings do you have associated with that?

8) "I've waited so long to meet you."

When they arrive at the village, a woman (Ying Nan) approaches Shang-chi, "I'm your aunt. I've waited so long to meet you."

What did that moment mean to you when you saw that? Anything come to mind?

9) "Hi I'm Katy, I'm not a threat 😊"



Surely some comic relief here, when the group is standing face to face with the Ta Lo army. And yet, I thought of that idea, "I'm not a threat."

It made me think about adoptees' role within their ethnic community. I wonder if we're often not a "threat" in terms of significance. I've noticed conversation about whether we're anything to them at all.

In other words, for example, an Asian adoptee being told they're not Asian enough to matter within the Asian community, or the Asian-American community, perhaps even going so far as to being bullied for trying to identify as Asian. The argument generally being that we're not fully or authentically Asian because we lack some degree of cultural background (e.g., language, parents who are Asian, knowledge about the culture, etc.).

How do you feel about that conversation, has it ever come up for you? Any thoughts on how that relates to you personally?

10) "We had a culture."

Shang-Chi's aunt, Ying Nan, gives them a walk-through history lesson along a beautifully crafted wall of sculptures.



Talking about how they were already an established people group with all the things you can imagine that contribute to a vibrant, meaningful set of values, rituals, language, food, connections and relationships; a rich community of individuals making up a collective universe of hopes and dreams and skills and possibilities.

How do you see adoption intersecting with that conversation as it relates to culture or birth culture?

Ying Nan talks about the “attack” and how cities were decimated.

Could we call the practice of adoption an “attack” on birth culture? [Or on people and communities in general](#)? If so, who’s attacking? And what have been the costs? Does it seem as if we’re still in the process of protecting and fighting off those “attackers”?

11) What Can We Learn from Our Elders?

What did you notice or feel as you see the elders teach Katy how to shoot a bow and arrow?

Does the archery skill symbolize anything? It made me wonder about what kind of “wisdom” my Korean grandparents might have passed down to me had I stayed with my mom. In a way there’s a kind of mourning over those interactions that never were. And the realization that yes I do have these extended family members in Korea who exist in the world right now. What are they doing? Who are they? What are they like? Do they have any hobbies? Do they have things they care about deeply, that they’ve committed their lives to? And so on...

What’s been your experience reflecting on your grandparents, or other elder birth family members?

12) Your Mother Prepared Something For You

Ying Nan (aunt) tells Shang-chi and Xialing, “You were everything to her... she knew that one day you would find your way here... she prepared something for your arrival.”

What did you think about when you saw that scene?

For adoptees especially, I think there’s something tucked inside those phrases.

“You were everything to her.”

“She knew that one day you would find your way here.”

“She prepared something for your arrival.”

Can you imagine if any one of those phrases were true of your birth parent(s)? How would that make you feel to know that? Perhaps as you’re reading this, you have first hand experience with this kind of scenario, take a moment to free write about how that unfolded for you.



And by the way, what a gift, an awesome super hero outfit! They echo the [Daredevil](#) threads in my opinion, very cool.

I'm imagining what that would be like, to know your birth mother somehow planned for your return, that she knew you were coming back for her.

Also, in this situation I couldn't ignore the somber nature of this concept, that many of our stories involve death.

My dad died when I was 3 years old, one of the main factors (so I'm told) in my mom's decision to relinquish me.

Nothing can replace a person. Not a super hero outfit. Not money. Nothing. My mom bought me a wallet the morning after our reunion. It's a pretty neat accessory, sure, I appreciated the gesture and I keep in on the shelf in eyesight in my office as I meet with adoptees for counseling sessions... but it's not her.

Ying Nan says, "After losing someone like her, it's easy to feel alone. But you are not. You are children of this family and I welcome you home."

How do you feel about that sentiment, being "welcomed home" as a child "of this family"?

And have you ever felt alone in the way Ying Nan is describing? If so, what helps get you through that? And/or what or who helps you carry that loneliness? Has it changed over the years?

"You are a product of all who came before you. The legacy of your family. The good and the and. It's all a part of who you are."

What do you make of that quote from Ying Nan? How does that sit with you as an adoptee? Any additional meanings come up for you?

She continues, “Stop hiding who you are. It only prolongs the pain.”

Have you ever felt that you had to hide parts of who you are? When was that? Around who?

And what’s that been like to not show pieces of yourself?

Do you think there’s anything we can learn from this process of exploring and expressing parts of who you are?

What would need to change in order for that to happen or become more possible for you?

13) “Your mother knew who she was... do you?”

Ying Nan asking Shang-Chi during their sparring match.

How about you, what’s this layer like in your personal story? What information do you have about your birth mother / birth family? What does this question bring up for you as an adoptee?

14) Who is Katy?

Sidekick? Comic relief? Best friend? A person with her own dynamic context and history and strengths and needs...? I thought about Rick Moranis' character, Louis, in Ghostbusters II, Katy is obviously way more than that, but her character seems to function as a plot device in several ways, especially with her weapons during the peak battle, similarly to Louis in GBII. However, the role she plays in the dragon battle is the antithesis of [Louis](#) shooting the proton pack lasers at the pink slime-covered museum as the Ghostbusters defeat Vigo inside... Katy actually does contribute significantly to the real conquering of the soul-sucking dragon.



Anyway...

This part is about a mental health intervention called [Internal Family Systems](#). It's a model of counseling that sees the mind as divided into multiple parts or sub-parts. I found myself imagining Shang-Chi acting as just one member of a broad cast of personalities/interpersonal patterns within our own psyche, each working together to serve the purpose of navigating relationships and experiences in the world. Each character representing different parts of you.



For example, there are patterns we've developed to help keep us alive, protect us. I think of Wenwu here. In the movie he's a villain, and yet we see he also has a layer of humanity that grieves the loss of Jiang Li, his wife, and he's on a mission to bring her back, perhaps even enact some kind of further revenge in the wake of her death, but it seems so come from a place of rich, robust and tender love.

In this case it's as if Wenwu's behaviors are a function of his heart, reaching out for the connection that mattered most in his life. Have you ever felt that way?

And then part of the Internal Family Systems model would ask, how can we *not* eliminate this part of our self, but help this part find a less extreme role to play within the internal family system. Perhaps in a way that promotes and adds to our relationships rather than disconnects us from them.

It feels complicated to think through, but do you notice how you respond when stressors come at you? How have these different "family members" taken over in ways that leave you (or those around you) feeling unsatisfied or hurt?

15) "What's mom doing? What's happening to mom?"

Younger Shang-Chi and his mother are standing outside when a group of henchmen approach. They are seeking revenge and his mom tells Shang-Chi to go inside. He watched from a window.

One layer of this, to me, captured a wish to know and see my Korean mother. I've wondered over the years about who she was, what she liked doing, what was her day-to-day life like, her hobbies and interests, her strengths and skills, what made her eyes light up, what made her excited, where did she find joy, what was she good at... those kinds of wonders. Have you ever felt anything similar as you think about your birth parents?

A second layer is the knowing. The knowing that my mother may have done what she could - to “protect” me - by placing me for adoption. But maybe did not, or could not, have foreseen how even in that process she wasn’t able to protect me from other ultimate concerns.

In a sense, I wonder if birth mothers, unknowing of what the future holds or the realities of adoption, do relinquish their children naively, perhaps inviting more pain and struggle into the child’s life than they realize.

A third layer here is the loss. Shang-Chi seemingly witnesses his mother’s death. It’s a confirmed death. He sees it with his own eyes. Not all adoptees experience that, to any degree. Not that it’s a thing to be coveted. But it’s the finality, the closure that we often miss. And so we must face that ambiguous loss instead. The kind of loss that leaves us wondering who is still alive, who’s not, and the complexities of mourning and healing from that, from one life stage to the next.

What has that mourning process been like for you? How have you gotten through it? Do you think you’ve begun, have you finished, are you still in it? Is it a process that’s ever completed?

16) “A blood debt has to be paid by blood will you help me?”

What do you think about that phrase?

It seems like Wenwu goes on a kind of killing spree to avenge his wife’s death. We see something a bit similar with Hawkeye in Avengers Endgame, and perhaps any kind of revenge movie where the protagonist is responding to a tragic, unjust kind of loss in their life. Another example is [I saw the Devil](#).

Further, thinking about children who hold dynamic truths about their birth parents, their safety and non safety, terms that sometimes even lead to involuntary termination of parental rights, what’s that been like for you in your story? Have you had to navigate birth parent struggles or “hard parts” of your birth family that feel heavy to hold or process? What’s helped you in that journey? Did you know the [Inclusive Family Support](#) model can be helpful even when birth parents are deceased?

17) “I’m not who you think I am.”

Sitting outside, Shang-Chi confesses to Katy he plans to go after Wenwu. And further admitting he did in fact enact revenge on those who murdered his mother, and holding shame about it.

That layer of being more than what others think... did that bring anything up for you?

It made me think about that moment when I’d disclose to others I was adopted. Especially in a setting with other Asian folks or Asian-Americans, and that feeling that I’m not fully like them or included in the context of what it means to be Asian.

Have you ever felt yourself dealing with that?

Another layer here is the community’s response to injustice. What’s that been like for you personally to witness the headlines, with various protests throughout the years and recently, and draw conclusions about what’s an appropriate way to respond to shootings, unjust police brutality, mass incarceration, etc. Katy provides a validation in the moment about all the events and circumstances that would compel a younger Shaun to kill the people who murdered his mother. She seems to somehow show some layer of grace and understanding there for his past behaviors. How does that sit with you?

18) “She would hate the person I’d become.”

Have you ever wondered what your birth parents would think about the person you’ve become?
How much does that weigh on your heart?

How much do your adoptive parents’ opinions of you matter to you?

19) Whose Fault?

Shang-Chi disclosing his plan to Katy, “My mom is dead because of him and now he’s going to destroy her home.”

Take a look at this poem:

“Your Fault” by Elyse (“Beneath the Mask,” 2006)

It’s your entire fault
For causing this pain
You destroyed my life
It’s not a game
It’s all your fault
I turned out this way
Now I’m stuck with this feeling day to day
It’s all your fault
It’s your entire fault for making me feel so sad

How does that poem resonate with you? Have you ever wondered about the adoption industrial complex, the families that have been separated and destroyed, and landed on who’s fault it is?

20) “We needed you.”

Shang-Chi says this to his dad when they fight head to head near the end of the film:

She was gone and we needed you
You trained your son to be a killer
Is this what you wanted?



I’m thinking about the long-term impact of adoption on our lives. And wonder how in-depth expectant and birth mothers go in thinking about the power of their decisions.

I also thought about what we might say to our birth parents when we meet them. If you’ve had that experience, of reunion, how would you describe that, what guided you in the moment in terms of what you said (or didn’t say), questions asked, etc.

In my personal story, I’m not sure if my dad was a “bad father” in terms of this kind of character arc. He did die when we “needed” him. However I’m unsure of the complete context of his death. And I wonder how other adoptees make sense of their stories, unfolding the way they do

sometimes because of the decisions of others. There's the loss of agency there, loss of choice. Any thoughts on this?

21) “What makes you think she wants anything to do with you?”

Wenwu is bent on rescuing Jiang Li. Going to these great lengths to answer the voice that seems to visit him in private, the voice of his wife beckoning him to come and save her.

As they battle, Shang-Chi challenges his dad, “What makes you think she wants anything to do with you?”



I couldn't help but think about when birth parents keep their children a secret, and society endorsing so many barriers that keep us from finding them (e.g., sealed birth records, false birth certificates, etc.). And then, for some adoptees, who do locate or identify their birth family, even when they're located the birth parents don't want anything to do with them.

What do you make of that, has that been the case for you by chance?

21) “We are mighty!”

Wenwu’s soldiers are attacking Ta Lo’s people, holding them and tying them up. Wenwu breaks open the wall and out come the flying monsters who being ravaging anything in their way; eating and killing everyone without any partiality.

Razor Fist (villain with razor arm, one of Wenwu’s main henchmen) proudly declines to join forces with Ta Lo against these flying soul-suckers. Ying Nan (Shang-Chi’s aunt) urges him, “We need to work together!”

He declares something like, “We are the mighty...” And then sees a monster suck out Death Dealer’s soul.



He then yells, “Release them!!” He’s convinced that working together is good for everyone.

Does that scene remind you of anything?

“We’re now living in a world where half the universe can just disappear.” –Sue

I just thought about all that’s going on these days with COVID, the variant and all the things, especially related to masks and mandates and vaccines.

What is it that changes Razor Fist’s heart? How does he turn from enemy to some kind of ally?

And then of course how are we able to work together as adoptees and transracial adoptees and the adoption community at large, work together to reform child welfare and the professionals who practice, and the laws that regulate them... how do we unite? What does that look like for us?

22) “Take everything we’ve given you and make it your own.”

In the flashback, Shang-Chi remembers his mother telling him, just before her death... (it’s almost as if she knew she was going to die)...

“Take everything we’ve given you and make it your own.”

What have your birth parents given you?

What has your birth culture given you?

What have your adoptive parents given you?

What have you discovered along the way?

What does “your own” look like in your life?

Ying Nan tells Shang-Chi, “[I’m so proud of you.](#)”

“Nan tells Shang-Chi ‘I’m proud of you.’ (According to the English-language subtitles.) But, according to Reddit, the literal translation would be closer to “You are mom’s pride.” While this hits a bit harder emotionally even for those who don’t understand the Chinese cultural context of the phrase, Reddit user yawnandshrug elaborates: ‘It’s more than just saying his mum would be proud of him, there are connotations like ‘you are the pride and joy of your mum’s life’ and culturally stuff like that is just not said unless you are really close/really mean it. It’s basically short hand for saying that Shang-Chi’s aunt adores him.’”

How does that resonate with you? _____

23) “Dad. Please. Your family needs you.”

I thought of Internal Family Systems again... and [research on trauma](#), imagining dad representing a “trauma response,” that it does develop for a very good reason, to protect us, but it sometimes hinders us from attending to important relationships and tasks and joys of our daily functioning...

Also thinking about how we need our dads. Our moms. Our siblings. One another.

Any other reactions come up for you in this epic final battle and dialogue between Wenwu and Shang-Chi?

24) Wenwu sees his son.

What a heart wrenching moment... when Wenwu is caught by a monster and he’s looking down at his son... Who does he see? What’s he feeling? Regretting? Hoping? What does he pass down to Shaun in this moment? I wonder what the ten rings could symbolize...

And are they life-giving? Life-restricting? Didn’t Jiang Li (Shang-Chi’s mother) not want the family to use them in the first place?

How about Shaun, what does he see as he looks up at his dad. What does he receive?

And how does this speak to the adoptee’s journey? Any thoughts on that?

25) “I’m not leaving you again.”

Of course we know the sibling history from the beginning of the movie. Shang-Chi and Xialing are up in the air on dragons, Xialing about to fall supposedly to her death if Shang-Chi lets go, she tells him to let go... and he responds, “I’m not leaving you again.”

Makes me think about reunion, in those situations where adoptee and birth parents do connect, how do they negotiate that relationship moving forward?

And what amounts of strengths and supports and time and energies and heart and conviction does it take, for anyone involved, to maintain the labor of an open adoption?

And what’s the fruit?

Do you have an open adoption experience? How have you navigated that? What have been the challenges? The rewards?

26) “We release them to rest with our ancestors.”

Paper lantern ceremony at the end... to recognize those lost in battle.

Have you created a ritual for your losses? What are they, and how do you observe them?

How do you imagine your death being memorialized? Who would you want to recognize it?

In what ways do you feel connected to your ancestors?

Or/and, in what ways do you struggle to know or hold that connection?



27) Endings

How do you feel about the ending? Specifically when Shaun and Katy are back at the restaurant/club telling the story to their friends?

In some ways it minimized the entire experience. And, because the story is set up as kind of a “voyage and return,” it makes sense to have this scene as a way to recap what just happened. *And* I’m not a movie director or writer so I can’t really judge too much.



Side note: Wong appearing through the spark circle calling Shang-Chi and Katy to come with him - this to me felt like the [ending to the first Back to the Future](#)... plot device where a guide somehow returns from another world (or from wherever) to call the protagonist(s) back into action in some way, setting viewers up for the next chapter in the story; aka I can’t wait for the upcoming Marvel films!

What's the next chapter in your story?

Who are the guides, who do you look to for inspiration, support, help, mentorship?

What do you feel called to do?

Thanks for going through this guide with me!!! Here are some next steps:

1) If you do feel comfortable sharing, tag me on social media (insta: @therapyredeemed) and let me know how you answered any of these prompts, I'd seriously love to hear about it.

2) Check back later in the fall when the movie is released, I'm hoping to set up some kind of showing/discussion group for adoptees, as well as provide the complete version of this guide.

3) There's so much more to talk about, and I know I missed a ton when it comes to making this guide a totally inclusive event (I'm recalling all this from memory after seeing it in the theater one time), recognizing all the experiences of the adoption constellation and people's lived experiences in general. Thank you for your grace, and please feel free to contact me if you have any feedback or movie references that would make this guide more useful to those who read it. therapyredeemed@gmail.com

4) Thank you for being here and for being you, I truly appreciate your fellowship as an adoptee and partnership as we keep working together for a better world <3



Resources

[https://www.vice.com/en/article/5db88k/the-complicated-relationship-between-hollywood-asian-representation-and-marvel-movie-shang-chi-legend-ten-rings?](https://www.vice.com/en/article/5db88k/the-complicated-relationship-between-hollywood-asian-representation-and-marvel-movie-shang-chi-legend-ten-rings?fbclid=IwAR24YRg3mOqSuNaAhHnPWBJ7FfrUXlqgXt9fJL1rLHF5NWeZ6iohLiwAjoY)

[fbclid=IwAR24YRg3mOqSuNaAhHnPWBJ7FfrUXlqgXt9fJL1rLHF5NWeZ6iohLiwAjoY](https://www.vice.com/en/article/5db88k/the-complicated-relationship-between-hollywood-asian-representation-and-marvel-movie-shang-chi-legend-ten-rings?fbclid=IwAR24YRg3mOqSuNaAhHnPWBJ7FfrUXlqgXt9fJL1rLHF5NWeZ6iohLiwAjoY)

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Cam Lee Small has been working to raise consciousness about faith, child welfare, and mental health since 2012, after meeting his biological mother in Korea. Trans-racially adopted 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. Cam is [PACC certified](#), and registered as an accredited service provider through [TAC via Center for Adoption Support and Education](#). He is also a vetted clinician with [MN ADOPT](#). He provides therapy services online from Minneapolis, Minnesota, where he lives with his wife and family. Find Cam's adoption-related dialogue on instagram at [@therapyredeemed](#).

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 also provides trainings and workshops in a variety of professional and clinical settings.

Services

[Workplace Open Forums](#) are tailor made for your team to process themes and gain tools related to AAPI and BIPOC experiences.

[Premium Video Training Series: Impact of Adoption on Identity Formation](#)

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

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

Free mental health training videos at
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[Visit the Shop for full resource catalog](#)
including the workbook for adoptees.



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