

# A Korean Adoptee's Perspective on Heritage & Mental Health

Curated by Korean adoptee and therapist Cam Lee Small, MS, LPCC  
February 2023

Thank you for being here! Please browse through this portfolio of publications, videos, and essays, all of which have been produced and released within the past 12 months.

If you'd like to use or collaborate further on any one of the following items, please email me and I'll be happy to discuss next steps. I look forward to serving the community together with you!

## Community Impact

1. [Cam Addresses Adoption Trauma with CBS News](#)
2. [Cam's Response to "Imagine Being Adopted and Complaining About It."](#)
3. [Cam's Response to Continued Criticism About CBS Interview](#)
4. [10 Facts About Adoptees](#)

## Current Events

[Advocacy statement regarding Olivia Atkocaitis, her adoptive parents, and the communities who failed her.](#) (re: white adoptive parents enslaved Chinese adoptee; adoptee escaped and has now filed a lawsuit)

## Dialogue Regarding Race & Adoption

1. [Red Carpet Interview for Found adoptee film](#)
2. [20 Alternatives to #adoptionislove](#)
3. [Does Worship Lead to Family Separation?](#)
4. ["Are You in China to Adopt?"](#)
5. [What role do adoptees play in the American Dream?](#)
6. [Should We Teach Children About Microaggressions?](#)
7. [10 Practices to Support Anti-Racism in Your Local Church](#)
8. [The Impact of Birth Country Travel for International Adoptees](#)
9. [30 Ways to Support Adoptees' Racial/Ethnic Identity Development](#)
10. [Office Hour with Your Therapist Season One](#)

## Statements on Purdue Northwest & Anti-Asian Speech

1. [Initial Dialogue About Anti-Asian Rhetoric & Chancellor Keon](#)
2. [My Response to Purdue Northwest Chancellor's Anti-Asian Speech](#)
3. [The Social Relationship Between "slant eyes" and Purdue Northwest Chancellor Keon](#)
4. [Here's Why We Can't Move Past White Privilege & Purdue So Quickly](#)

## Prayer & Adoption

[Is Adoption a Community Problem? \[Proverbs 17 Prayer for Love & Justice\]](#)

## Letters of Recommendation

### [View Full CV Here](#)

Cam Lee Small, MS, LPCC is an international adoptee from Korea, an experience that informs and inspires his current professional work as an author and licensed professional clinical counselor. He formed his own private practice, Therapy Redeemed, in 2018, to raise awareness and respond to the mental health needs of adoptees and their families wherever they may be in their adoption journey. Cam's vision for adoptee-centered advocacy is evident through his 1:1 counseling services, live workshops and support groups, Masterclass trainings, and his active content creation/collaboration in and through various media platforms. His work has been featured in Christianity Today, National Council for Adoption, University Minnesota School of Social Work, and Center for Adoption Support and Education. He is currently working on a manuscript for a book to be released through InterVarsity Press to address the intersection of adoption, mental health, and social justice. Cam brings value and much needed perspective to the adoption community, personally and professionally.

## **Recorded Presentations**

**[Access all of the following one-minute clips here](#)**

- A Conversation About Split Loyalty
- Do Adopted Children Only Gain?
- Fundraising, Adoption and the Local Church
- Non-Adopted Siblings Can be Adoption Informed, Too
- Prayer, the Church, and Adoption
- Praying for Adoptees: a Message for Prospective Adoptive Parents
- What Would a Birthmother Letterboard Look Like?
- Why Doesn't the Church Fund Reunion Trips?

**ADDITIONAL RESOURCES (TAP IMAGES TO ACCESS ADDITIONAL MATERIALS)**

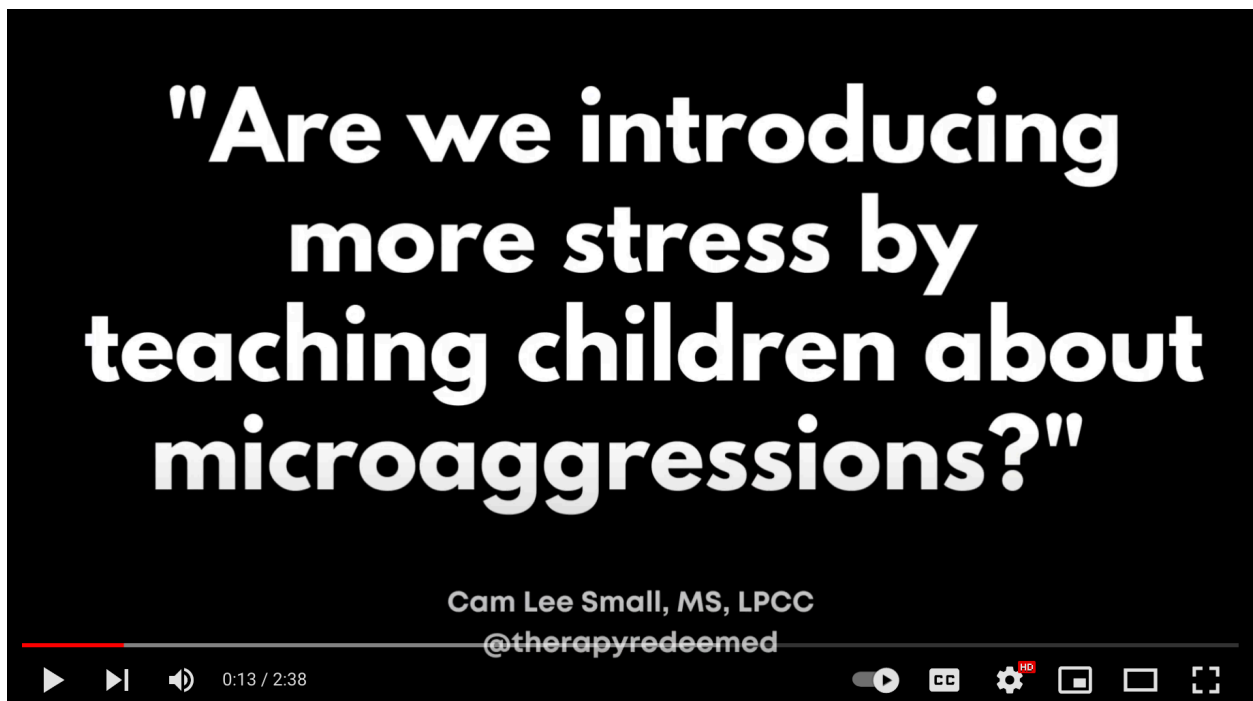
1. [Cam Addresses Adoption Trauma with CBS News](#)
2. [10 Facts about Adoptees](#)
3. [Currently accepting speaking requests for Summer and Fall 2023](#)
4. [An Ethos for Adoptee Speakers](#)
5. [Subscribe to Monthly Resource Package for important updates and exclusive support options](#)
6. [Access the January 2023 Resource Package](#)
7. ["Should we Teach Children About Microaggressions?"](#)





*Click image to view topics and schedule*

**Currently Booking for Summer/Fall 2023**  
**[Schedule Your Event Directly with Cam Here](#)**





## BIO

Cam graduated from University of Madison-Wisconsin with a BS in Psychology. He then served as the adoptee summer camp director for Holt International, before earning his Master's in Counseling Psychology. After earning his clinical licensure, he self published his memoir [This is Why I Was Adopted](#) as an interactive workbook for adoptees and families to explore grief, loss, restoration and hope. He earned his [Permanency & Adoption Competency Certificate](#) through the [Center for Adoption Support and Education](#), and is partnered as a vetted clinician both with [MNAadopt](#) and the post-masters directory curated by [Training for Adoption Competency](#). Cam 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 has written adoption-informed essays for [Christianity Today](#), [National Council for Adoption](#), [University Minnesota School of Social Work](#) (p. 19), and [Center for Adoption Support and Education](#). He has also been interviewed on [podcasts/radio/video shows](#) such as Empowered to Connect, The Cha Show, Let's Grab Coffee with University of Memphis professor SunAh Marie (WYXR 91.7), The Archibald Project, The Forgotten Initiative, and Asians for Mental Health with Dr. Jenny Wang ([access all interviews here](#)).

In addition to appearing on panels for [Angela Tucker \(This Adopted Life\)](#), Holt International, Catholic Charities, [Be The Bridge](#), [I Am Adoptee](#), [Expert Voices in Adoption Conference](#), and [Camp Choson](#), he has also taught and facilitated workshops and video trainings for churches, universities, and child-welfare organizations around the nation, including Children's Bureau, Replanted Ministries, Southeast Christian Church, Foster Love Project, Catalyst Foundation, United for Adoption, Korean American Adoptive Family Network, The Minnesota Society for Clinical Social Work, and Wisconsin Child Welfare Professional Development System ([view full list and access presentations here](#)).

## WHERE YOU'VE SEEN CAM



Cam's personal experience as an international adoptee from Korea has informed and inspired his professional path, through which he formed his own private practice Therapy Redeemed, in 2018, to raise awareness and respond to the mental health needs of adoptees and their families wherever they may be in their own adoption journey.

Therapy Redeemed's mental health and education services are accessible 100% online and uniquely tailored for individuals and families on the adoption and permanency spectrum. Cam produces and provides all of his services from Minneapolis, Minnesota, where he lives with his wife and family.

You can follow Cam on instagram @therapyredeemed - view his show Office Hour with Your Therapist on YouTube - and access his adoption-informed mental health content/resources at the websites listed below.

## Services

### [Letters of Recommendation](#)

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

### [Masterclass courses for adoptees and parents](#)

Register for the next monthly parent training  
[Online Adoptive Parent Workshop](#)

### [Join the next online Teen Adoptee Group](#)

### [Hire Cam for your next event as your keynote speaker and trainer](#)

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

Free mental health training videos at  
[Office Hour with Your Therapist](#)

### [Free General Resources & Discussion Guides](#)

[Visit the Shop for full resource catalog](#)  
including the workbook for adoptees.



For questions, contact Cam  
at [therapyredeemed@gmail.com](mailto:therapyredeemed@gmail.com)  
<https://therapyredeemed.wordpress.com>  
Connect on IG: @therapyredeemed