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NY STATE CERTIFIED

Author: Adoption Healing ...a path to recovery for adoptees

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To whom it may concern:

I am a psychotherapist and author specializing in adoption issues. For the past 28 years I have been counseling adopted persons and mothers of adoption loss. I have worked with individuals from around the world, including both adoptees and mothers from Australia.

I find no difference between the adoption practices in the United States and Australia that were used to coerce pregnant women into relinquishing their babies to adoption. There are approximately eight million mothers of adoption loss in the U.S. and of the thousands I've worked with, I've not met one who was not brainwashed into adoption. This coercion continues today in the U.S. Specifically: Being told that if they "really loved their baby" they'd give "it" to a worthy couple who could "really love it." Being told that they should be ashamed of themselves and that they were not fit to raise their baby. Being told they'd be forced to go on welfare if they kept their baby. Being told that no one would marry them if they had a bastard child. Being told to forget that they had a child and to go on with their life as if it never happened.

The psychological effects on these mothers are profound and life damaging.

Anna Freud said, "The horrors of war pale beside the loss of a mother." As a mental health professional, I'd have to say that the Horrors of war pale beside the loss of one's baby." The loss of a baby is a trauma of the highest order. Without a doubt, the mothers have Post Traumatic Stress Disorder. Difficulty with interpersonal relationships, Severe depression, Lack of self-worth are a few of the long lasting effects of the loss of their baby. The mother child relationship is a sacred one, the strongest force in nature, and to disrupt it is a cruel and unusual punishment. For most, survival means becoming numb to

one's feelings and pretending that "It" never happened. The result is a walking shell of a woman, smiling on the outside and emotionally dead on the inside. To make matters worse, in the U.S. and Canada, tens of thousands of mothers were sterilized as punishment for the "sin" of being pregnant out of wedlock. This additional cruelty is enough to destroy even the strongest of human beings.

As a society we need to stop these barbaric practices and apologize to those whose lives have been so horribly affected.

Respectfully submitted

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Psychotherapist