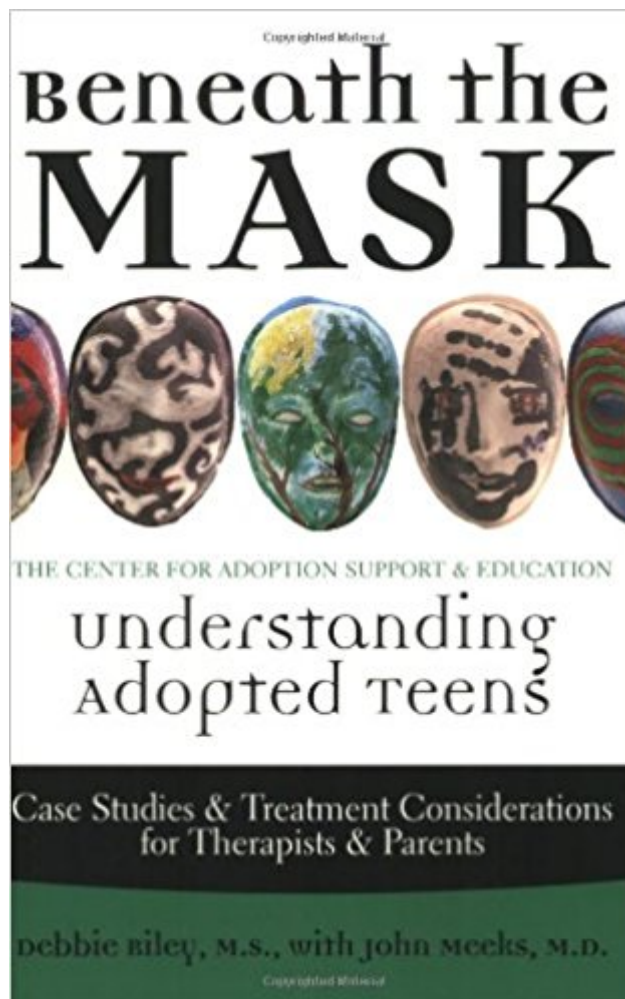




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# **Beneath The Mask: Understanding Adopted Teens**



## Synopsis

Working with adopted adolescents is complex. The key to successful therapy and healthy development is to help the adolescent discover and accept the person within. Parents will discover: the six most common adoption stuck-spots the complexities of adoption the adopted teen's quest for identity how therapy may help the adoptive families learn and grow together. Therapists and clinicians will discover: a broad knowledge base on adoption a step-by-step assessment process clinical intervention strategies a wealth of case histories treatment resources and therapy tools writing and art therapy samples.

## Book Information

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## Customer Reviews

| an invaluable contribution to our understanding of the developmental challenges and psychological issues that adopted adolescents and their families experience. --Madelyn Freundlich, Director of Policy, Children's RightsThe most powerful feature | wealth of specific, concrete suggestions for dealing with issues like rejection, depression, secrecy, and identity confusion. --William Burnet, M.D., Director of Forensic Psychiatry, Vanderbilt UniversityOriginally conceived and written as a guide for therapists working with adopted adolescents | also an extremely valuable resource for parents. --Susan Freivalds, editorial advisor to Adoptive Families magazine

Debbie Riley, M.S. is the Executive Director of the Center for Adoption Support and Education, Inc. She received her master's degree from the University of Maryland, Department of Family studies. She has been a practicing marriage and family therapist for twenty-three years, focusing on

adolescent mental health, and treating teens in outpatient, inpatient, and community mental health settings. She is the co-founder of Operation Runaway - a unique public/private partnership between one of the country's largest suburban police departments and a community psychiatric hospital. Since 1993, she has focused exclusively on the field of adoption, creating an innovative post-adoption family support center in the Washington metropolitan area. Services include a continuum of comprehensive adoption mental health services, education and support services for the adoption community. Ms. Riley is an accomplished presenter both locally and nationally on adoption issues and writes for various adoption-related publications. John E. Meeks, M.D., has been a practicing child and adolescent psychiatrist for more than forty-five years. He received his medical degree from the University of Tennessee. He has taught at the University of Texas Southwestern Medical School and the Georgetown University Medical School. He has served as director of several child and adolescent divisions in psychiatric hospitals. He is co-founder and has served as the president and medical director of The Foundation Schools since 1975. The foundation Schools operate three K-12 schools for students with emotional disturbance. He has authored several articles on individual and group psychotherapy, behavioral disorders of childhood, treatment of adolescent suicide, adolescent substance abuse, hospitalization and inpatient treatment and adolescent depression. Dr. Meeks is best known for his classic textbook *The Fragile Alliance*; another book on depression, *High Times, Low Times the Many Faces of Adolescent Depression*; and his most recent publication, *The Learning Alliance*. Dr. Meeks received the prestigious national Schonfeld Award from the American Society for Adolescent Psychiatry for his lifetime contributions to child and adolescent psychiatry.

A fantastic, eloquent, evidence-based, inspiring book. Especially helpful for me as an adoptive parent of a teenage son is the opening, which honestly discussed the difficulties that many adopted adolescents experience, their emotional and behavioral struggles, their need for therapeutic programs and the challenges for adoptive parents which they are not necessarily articulated or supported when parents start the adoption process or as they raise their children. I found this book transformative--personally and for my family. Very grateful to have found it and full of admiration for the author.

As parents, we all have concerns about what will help us to guide our children to have happy and productive lives. We have a 19 year old son who was adopted at birth. He has had information about his birthmother since he was 11 and actually had a reunion with his birthmother and birth

sister last year. I picked up the book to try to gain more collective wisdom as a parent. The book was thoughtfully written with specific case studies. It brings to the forefront that adopted children all wonder about their genetic history, even if they have difficulty verbalizing it. The book reinforced our beliefs about supporting a reunion and although it was daunting, a good thing for our son. Many of the stories concern children adopted at an older age and the complexities of that. Some have no information about their birth families, some search and some do not. It addresses specific help for parents and therapists including art therapy. It addresses the turmoil of adolescence with the added ingredient of adoption. I would strongly suggest this book for any adoptive parents and all therapists to take from it what fits your situation.

Excellent book for therapists or parents or mature adoptees.

This book is excellent for anyone raising an adopted child or working with one. The author addresses issues that are present for most adopted children in one form or another. I am an adoptive parent and a therapist who has worked with adopted children. I have recommended this book to parents of adopted adolescents.

It was very helpful and came right to important points. Anyone working with adoptive teens should read it.

Always a favorite.

A deeply revealing book about the minds and hearts of adopted children. Time to face reality -- the ONLY reason a child is eligible for adoption is because their first family can't or won't take care of them -- and can't or won't keep them safe. They have been abandoned, abused, neglected, traumatized or all of the above. Normal reactions to grief, trauma, and loss are sadness, depression, anger, rage, and indifference expressed as attachment issues. The BAD NEWS is: Foster/adoptive kids will often display at least one of these perfectly understandable behaviors. The GOOD NEWS is: effective parenting techniques for these hurting youngsters can be LEARNED! There are many groups that teach them (and most states make attendance at these classes mandatory to get certified to adopt/foster.) Often, these techniques are counterintuitive, and although you may have raised a houseful of your own, normal biological kids, adopted/foster kids really ARE different! The ways they need to be understood and compassionately handled are put forth very clearly in this

book, and while you are reading it, your heart will be expanded.

I have internationally adopted teens and this book was most helpful. A doctor suggested it to me, and I in turn have given it to many other to read. Every adoptive parent should read this! It makes sense of how adopted/ foster kids act at times and explains what they're going through mentally. They are often labeled bipolar, but, in reality, they're "just adopted", and struggling each day with the ramifications of that. Excellent book.

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