

## **Helping Adopted Children Heal From Past Trauma and Loss Outline**

- What is trauma?
- What types of events/things create trauma?
- Why are trauma, abuse, and neglect so harmful to children?
- Is neglect a form of trauma?
- How trauma impacts children and what factors influence how much the trauma impacts the child later in life?
- How to tell the difference between typical developmental behavior and behavior that is the result of trauma or loss?
- What is triangulation?
- How to break the triangle?
- Helping our kids integrate their birth, adoptive or foster, and self-identities. Many children who do not live with their birth families struggle to incorporate parts of their birth families, foster or adoptive families, and who they innately are into a whole that is their identity. What can parents do to help their children form a healthy, complete identity?
- Practical tips for helping children heal. Often, we do not know exactly what trauma our children have experienced. Either they don't remember, or it happened before they were verbal, or they cannot or have not told us. How can we help them if we do not know what happened to them?