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**May is the last month for  
Early Bird Registration!**



## Conference Program Highlights

**P.O. Svanberg:** Using the CARE-Index for Intervention

**Arlene Vetere:** Domestic Violence

**Augusto Zagmutt:** Psychological Effects of Extreme Political Repression

**Franco Baldoni:** Attachment & Preterm Babies

### Video Workshops!

CARE-Index (Infants) ▪ CARE-Index (Toddlers) ▪ PAA

Family Forensic Programs ▪ CASE STUDIES

DMM versus ABC+D: The Data

See the whole program at [www.iasa-dmm.org](http://www.iasa-dmm.org)

### TREATMENT & THE DMM

Cognitive, Family Systems Treatment, Psychoanalytic, Psychodrama

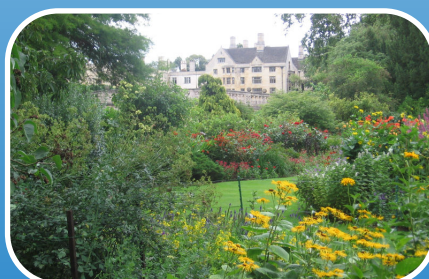
### PLENARY ADDRESSES:

**Peter Fonagy:** Treatment of Borderline Personality Disorder

**Michael Meaney:** Epigenetics and Parenting

**Penelope Trickett:** Long-term Effects of Childhood Sexual Abuse

**Sverre Varvin:** Treating Trauma





**Raul Ventura Junca**

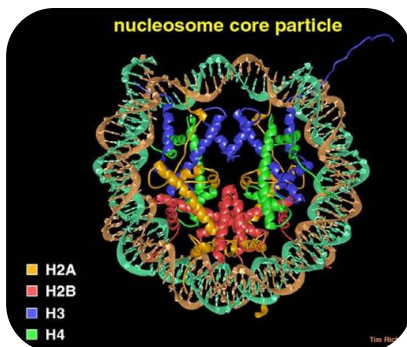
# Michael Meaney: Building a House for Life

Building a weather-proof house is like building a person who can survive life's storms. In house building, you have to consider at least two stages. First, all its requirements: doors, windows, roof, heating, pipes, etc. However, the

basic design requires fine-tuning. The climate in Alaska is very different from Brazil! The second stage requires adaptation to local conditions.

## Adapting Genes to Specific Environments

In humans and higher mammals, something similar occurs. The original DNA gives information about the organization of the body and instinctive behaviors for survival and reproduction. Then there is a second level of local adaptation that allows us to find the best way to survive and reproduce, considering our specific context. The strategies are very different depending on whether the social context is safe and peaceful or tense and violent. The best local adaptation promotes survival.



Michael Meaney's studies reveal the molecular basis of this 'local adaptation'. Animal work shows how the mother, in the offspring's first days of life, passes information about environmental conditions to her young. Meaney calls this local adaptation **Perinatal Maternal Programming**. **Perinatal**, as these adjustments occur primarily around birth. **Maternal** because the mother is primarily responsible for delivering this information (rat studies show that the father's role is to support the mother). **Programming**, because the mother 'programs' or 'informs' the offspring, by way of attachment, about environmental conditions.

These adjustments occur by epigenetic mechanisms that mask or unmask certain genes, preventing or promoting their expression. This does not change the gene's sequence. It's like masking the words in a book without erasing them; the information is available, but you cannot read it. Thus, some things that we thought were genetic are actually the result of early post-natal adaptations.



## Two Types of Mothering

There are two types of mothering in rats. One involves little care from the mother; these

others don't lick their pups. Their offspring are fearful, explore less, and tend to be promiscuous; as mothers, the females repeat the same neglectful behavior. The other adaptation involves caring mothers whose pups are less fearful, explore more, and delay sexual activity.

## Good and Bad Mothers?

One might be tempted to call them 'good' and 'bad' mothers, but Meaney explains that, when there is danger or not enough food, the first strategy yields pups who are more resistant in adversity, such as famine and infections.

The similarity of Meaney's findings to what we see in humans is surprising. Each child adapts to their own family or social group. This is why Crittenden calls for carefully observing behavior, as well as its meaning to the individual, and for caution before rushing to intervene. It is very likely that Meaney has discovered the neurobiological basis of the array of attachment strategies.



**Michael Meaney**

Meaney's revolutionary studies of early epigenetic adaptations are carried out rigorously. His step by step explanation makes complex issues clear and leads to fascinating discussions.

## Michael Meaney's Achievements

Dr. Meaney works in McGill University, Montreal, Canada. He is the Program Director for the Study of Behavior, Genes and Environment and the "James McGill" Professor in the Departments of Psychiatry, Neurology and Neurosurgery. He has received a Senior Scientist Career Award from the Canadian Institutes of Health Research (CIHR) in 1997 and a NARSAD Distinguished Investigator Award in 2002. In 2007, he was recognized by the Institute for Scientific Information (ISI) as the "Most Highly Cited Scientist" in neuroscience. According to some scientists, he is a potential Nobel Laureate candidate.

**Raul Ventura-Juncá, M.D., Universidad de Los Andes, Santiago, Chile**

## References

- Epigenetic programming by maternal behavior. Weaver et al. *Nature Neuroscience*, 7(8): 847-854 (2004).
- Variations in Maternal Care in Infancy Regulate the Development of Stress Reactivity. Caldji. *Biol Psychiatry* 48(12): 1164-1174 (2000).
- Glucocorticoid "programming" and PTSD risk. Seckl and Meaney, *Ann. N.Y. Acad. Sci.* 1071: 351-378 (2006).
- A Dynamic-Maturational Model of Attachment. Crittenden P, *ANZJFT* Volume 27 Number 2: 105-115 (2006)



# What's Been Published Recently?

**Can Clinicians Write? Yes! They Can!**

**Check out these four terrific articles written by working clinicians!**



Chris Purnell

**Purnell, Chris, *Childhood Trauma and Adult Attachment, Healthcare Counselling and Psychotherapy Journal*. Vol.10, No. 2. April, 2010.**

Chris Purnell's article is one of those treasures we all hope to find: a short,

clear article about complex ideas that gives clinicians clear guidelines about how to deliver better intervention.

Chris highlights the roots of adult psychological trauma in unprotected and uncomforted exposure to danger in childhood. He carefully, but quickly, points to the two psychological effects that trauma can have (dismissing the trauma versus pre-occupying on it). Then he shows how recognizing these can change the way professionals deliver services:

- Dismissing trauma suggests avoiding cognitive treatment and focusing on inhibited negative affect;
- Preoccupying on trauma suggests using treatment strategies to regulate affect.

Although Purnell attributes the DMM to Crittenden, in fact, it began under Ainsworth's supervision (in 1981!) and developed with her input until after her retirement. To read her ideas, you might want to read Crittenden and Ainsworth (1989), especially where we say that organization, not disorganization, is children's response to threat (pp 442-3). You can download both articles from [www.iasa-dmm.org/resources](http://www.iasa-dmm.org/resources).



Kasia Kozłowska

**Kozłowska, K. (2010). *The bowl of terror: A case study of an adolescent perpetrator of sexual abuse*, *The Australian and New Zealand Journal of Family Therapy*, 31, 43-59.**

**Kozłowska, K. (2010). *Family-of-origin issues and the generation of childhood illness*. *The Australian and New Zealand Journal of Family Therapy*, 31, 73-91.**

Did you take Attachment & Psychopathology and wonder how to apply what you learned to treatment? Have you asked yourself how to use that AAI course that you took?

Kasia Kozłowska has written two detailed articles describing how to apply the DMM to treatment. In each article, she takes a case that presents one way (sexual abuse in one

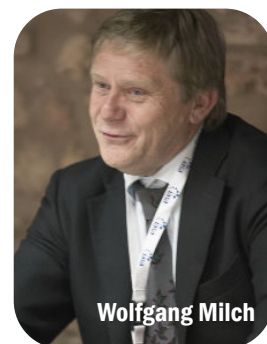
Be sure to get a copy of 'Childhood Trauma and Adult Attachment.' It is one of the best 8 pages you'll read on attachment. Then come to IASA's conference in Cambridge this August to hear Chris discuss a case treatment of childhood trauma.

**W. Milch, N. Sahhar: *Zur Bedeutung der Bindungstheorie für die Psychotherapie Psychotherapie 15. Jahrg. 2010, Bd. 15, Heft 1* @ CIP-Medien, München**

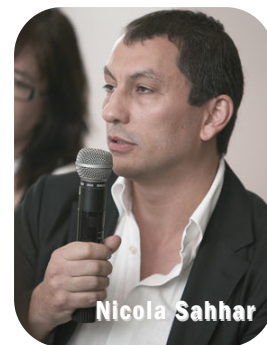
**The Use of Attachment Theory for the Psychotherapy with Adult Patients**

## Summary

Milch & Sahhar review studies on the effects of attachment-oriented psychotherapy with adult patients for psychopathology, disturbances of affect regulation, personality and the patient-therapist relationship. They note that manifest attachment behaviour is usually motivated by anxieties and the threat of repeating painful attachment experiences rather than the search for secure attachment. The range and limits of attachment-oriented diagnostics (DMM system) and the therapeutic procedure are exemplified by patients undergoing analytic psychotherapy.



Wolfgang Milch



Nicola Sahhar

case and chronic unexplained pain in the other) and step by step, peels back the covers hiding psychological distress. As so often happens with the DMM, the problem needing treatment is quite different from the symptom presentation. In fact, the presenting patient is often not even the person who needs treatment.

Kozłowska takes the reader from the symptoms through a careful assessment (in these two cases, using Adult Attachment Interviews, classified with the DMM method). Then she adds the family history (child, parents, and even grandparents) to understand how protection from danger in one context became dangerous in another. (Think about Michael Meaney's work when you read about family-of-origin issues.) These are two clear examples of how to develop a functional formulation and transform it into a successful treatment plan. Plus, they are a really good read!

**Be sure to see the Special DMM Issue of Clinical Child Psychology and Psychiatry, coming this July. Copies will be available for purchase at IASA's conference in Cambridge.**



Patricia Crittenden

## Stories of Adoption Told by the Families

Adoption is the hope of families without children and of children without families. In this issue of the **DMM News**, we hear directly from four families with adoption: a parent who gave her child for adoption, a

therapist treating an older adopted boy and his mother, a couple who adopted an institutionalized child, and a grown adopted child.

### Three Types of Adoptive Families

To understand their personal stories, we may need to remember that there are at least three sorts of adoption: adoption in infancy of a baby quite similar to the adoptive family itself (Sally was such a baby and Marianne was the birth mother of such a baby), adoption of an older or handicapped child (like Carson who feared crocodiles) and adoption of a child reared in an institution in another country (such as Beppe and Alida). Each has different risks, but all, according to Gogarty (2002), are typified by Type A strategies and discourse.

### Risks in Adoption

We know that adoptive families experience higher risks of needing psychological intervention than do other families (Miller, Fan, Grotevant, Christensen, Coyl, & van Dulmen, 2000), but which families and what risks and why? The most recent data indicate that children adopted from over-crowded and understaffed institutions face life-long risks, especially if the child experienced social-emotional deprivation for more than the first 6 months of life (cf. Rutter, Sonuga-Barke, Beckett, et al., 2010). But that is the extreme case; most adoptions, even from institutions, do not carry such great risk.

### Who Are Adoptive Families

We know less about adoptive parents, but they have sustained a long bureaucratic process before being able to adopt. One might imagine that they would be more tenacious than other families and even that they would adjust to having professionals almost like members of their families. Especially when there has been intensive medical intervention around fertility and conception, the socialization of the family might be affected. How these factors affect adoption is not known.

### Epigenetics & Adoption?

Meaney has shown that rat pups carry epigenetic information about survival strategies from their mothers, but when cross-fostered to different contexts, the pups learn new strategies. Adoption is 'cross-fostering' in

humans. When children are adopted from endangered mothers to safe homes, do they carry genetic information about surviving danger? Can they learn strategies for safety? When the child has directly experienced danger (maltreatment, institutionalization) is change more difficult? Meaney's data suggests it is more complex than genes and environment, but the meanings for humans are still unclear.

### A Leap of Hope

What is clear – and it shines out of the articles in this issue – is that adoptive families and adopted children hope and work hard to make hope their reality. Having a baby is always a leap of faith and every experience is different. Whether there is adoption or not, this universal truth about families remains. We hope these four stories of individual families will enable us all to find the special characteristics of each adoptive family that we meet.



### References:

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- Rutter, M., Sonuga-Barke, E.J., Beckett, C. Castle, J., Kreppner, J., Kumsta, R., Scholtz, W. Stevens, S, & Bell, C. A. (2010). Deprivation-specific psychological patterns: Effects of institutional deprivation. *Monographs of the Society for Research on Child Development*, Serial No. 295, 75:1.
- Gogarty, H. (2002). Attachment relationships in the triad of foster-care: A retrospective analysis. Thesis submitted in partial fulfillment of the requirement for Doctor of Philosophy, University of Ulster, Coleraine, Ireland.

Patricia Crittenden, Chair IASA





**Julie Ribaldo**

## Attachment in Action: Go Away You Crocodiles!

Four-year-old Carson runs into the treatment room, fairly stumbling over himself to see if his favorite action figures are still there. He calls out, “Where are the Power Rangers? I can’t find them!” before he even looks, as if to underscore his fear that what he wants will not be available.

### Loss and Adoption

Loss, aggression, and fear are frequent themes in his play. Carson was exposed to domestic violence and maternal substance abuse, and consequently removed from his birth mother’s care. In the process, he also lost his grandparents, a theme that has only recently been elaborated. His adoptive mother is just beginning to understand the depth of her son’s fears and aggression. It has been a startling journey.

After a cursory check for his favorite toys, Carson moves to play with the Robin Hood Forest Playset. Just learning how to play symbolically, he looks to his mother, saying, “Me need someone to climb it.” The toy figure (a boy) he chooses, with the help of his mom, runs through the forest, swinging through the trees, checking under rocks and in rivers. Suddenly, as his mother and I watch attentively, he shouts, “Momma! He’s in the water...Momma, there’s a crocodile!” His mother replies with matching affect, “What should we do?”

### How Can a Therapist Help?

As the therapist, I am faced with an immediate dilemma. Do I let them negotiate strategies or do I intervene? From an Adlerian or non-directive play therapy perspective, this child might need to find his own solutions, with or without the help of his mother. With an attachment lens though, knowing the history of a child who most likely felt terrified in the face of watching his first mother beaten and unprotected, I know he needs a strong message that adults will protect him. So I say, “The momma needs to keep the boy safe!”

### Helping Mothers Helps Children

Being an increasingly competent co-therapist, Ms. Preston, notices my cue and takes her son and the figure to another part of the playroom. The scene continues:

*Carson - “He doesn’t see the crocodile anymore.”*

*Ms. P. - “Is it still there?”*

*“I have a ‘prise for you, momma...it is still there!”*

*“Do you want me to chase him away?”*

*“Yes!”*

*“You go away you crocodile!”*

*“Still there!”*

*“What else can we do to chase him away?”*

*“I dunno.”*

*“We can trap him and move him, will that work?”*

*“I dunno,” Carson repeats.*

Ms. Preston offers two other strategies, but with a tone that suggests the final decision rests with Carson.

Puzzled by Ms. Preston’s inability to take charge in the face of Carson’s fear, it feels like forever as I try to let them resolve it. I wonder if I have in some way failed to respond quickly enough to their need for help in the same way Ms. Preston seems unable to answer her son’s plea for protection.

### Understanding!

But before I intervene, I want to make sure I understand. I finally say, “Momma, I think Carson is saying he needs you to figure this out. I think it is too scary for little kids to have to figure out how to keep safe by themselves.”

Ms. Preston turns to me with a stunned, but knowing, look. The theme of danger will play out for several weeks, with Ms. Preston increasingly able to convey a strong message that she can protect her child. Concurrently, Carson begins asking for help, is able to voice what scares him and his aggression begins to decrease.

### The Effects of Adoptive Parents’ Trauma

What blocked his mother’s ability to respond confidently from the start? In individual sessions with me, Ms. Preston reveals that she was abused in a previous relationship. Her own ghosts had asserted their power in that exchange with her son. Something about his fear activated a formerly adaptive strategy from long ago: stay put do not act (behavioral), I’m powerless (cognitive), and don’t feel (affective).

Seen through the lens of her history, her weak response made sense. Fortunately, she had had her own course of therapy so that my acknowledgement of her son’s need was enough to help her recapture a sense of her own power. Had she not had her own earlier treatment, the work might have unfolded much differently.

Therein lies one of the dilemmas of adoptive parents of older-adopted children. Their children’s experiences often evoke memories, conscious or unconscious, of their own past, but because they have been “chosen,” there tends to be less safety in exploration of and finding support for dealing with their own histories of trauma or loss.

Parenting a fearfully aggressive child is difficult and often not what parents have “signed up for.” Their feelings of competency and efficacy are taxed for prolonged periods. (This is especially true if the parent is unduly influenced by workers or therapists who emphasize behavioral approaches to discipline while neglecting to understand and contain fear).

### Helping Children and Adoptive Parents

It is easy to fall into the trap of thinking adoptive parents should know how to react, forgetting that ghosts know no boundaries. If we are to assist in the development and protection of budding relationships, we must hold and contain not only the child’s experiences, but also those of adoptive parents.

## A Birth Mother's Thoughts about Open Adoption



Our adoption story is certainly a good one; we have all been blessed! Lindsay Marie Richards\* was born in March, 1980 in Denver, Colorado. Her birth father, Dan, and I drove to the town of Ft. Collins and met with her adopted parents, Mark and Missy Richards, at the adoption agency that very same afternoon! They were able to take home their new baby daughter within hours of her birth, and Dan and I celebrated with pizza!

Through the years we have stayed in touch, sharing birthdays, weddings (both mine and Lindsay's!) and other fun events! I am an avid gardener, and I helped Lindsay to plant her very first garden! My parents have been part of the family as well. We have one precious photo, taken on Mother's Day, that includes my parents, the Richards, myself, my sister Pamela, and the Jones, who adopted Pamela's son William at his birth!! That's four special moms in one photo – quite the celebration, I'd say!!

I feel so fortunate to have had such a wonderful friend and case worker, Karen Takahashi, as she was instrumental in her support of open adoption back in the late 70's. Without her, it might not have been so easy and for that, I am forever grateful! The way it all came together so easily feels like a divine hand was guiding us along!!

The Richards are so dear to my heart, and Lindsay has grown into such a delightful, kind, and beautiful woman! I know open adoption is not for everyone, but, for our family, we couldn't imagine it any other way!! Lindsay has

always known where she came from and how much she is loved, as I have watched her grow and been part of her life from the start. And Mark and Missy have been spared the pain of feeling that somehow their gain was someone else's loss, because they have always been able to share their love and their daughter's love with me!! It's been a beautiful experience from the start, and the love just keeps growing! Now we have the love of Lindsay's husband Lorenzo to share too! The more love the better, I always say!! Lindsay's sister Sheila was also part of an open adoption and her birth mother Barbara is another branch of our expanding family tree!!

So, there's a definite place in the world for open adoption and, when it's good, it's a beautiful thing! Lots of sharing and caring and love, and that is priceless!

**Marianne Brettell-Vaughn (USA)**

*\* Pseudonyms for both people and places are used throughout, except for the author.*

**From a later e-mail**

P.S. Today is my daughter's 30th birthday!! The Richards drove through here and spent the night!!! They took us to dinner and we had a wonderful time catching up, as always!! Missy was so glad I wrote the article for you!! She told me, again, that I have no idea how grateful she was and is and always will be for the unconditional gift of Lindsay!!! The family connection is as wonderful as ever for all of us!! Thought you'd like to know!!



## Adoptive Parents: Alida and Beppe

Alida and Beppe, together for 25 years, have been the parents of Gianpiero\* for 12 years, and for 25 years of Angelina, their natural daughter. Gianpiero came from Romania when he was 3 years old.

### Deciding

The desire to adopt for a mother has deep roots; in an essay written when Alida was 11 years old, she wrote: "I've been so lucky to be born in a beautiful family. Because of this, when I'll be a grown up, I'd like to give a family to orphaned children, at least to one of them."

This was the start then; the family was born and, in the beginning on father's side, the adoption wasn't to be considered. There were, rightfully, many 'perplexities'.

10 years after the birth of Angelina, being parents of a mature and aware daughter, we returned to the topic. 'Strong with this family situation', we decided to start the long and complex pathway of the bureaucratic sort that precedes every adoption. Since that moment, we had anxieties, doubts, waiting and hope.

### Waiting

To start the international adoption process, usually one affiliates to an association: in this case, it was CIAI to guide the family through the complicated, but necessary, legal pathways to carry out in a transparent and regular way, the process, full of exhausting waiting and repeated unforeseen events. With this association, the family found the expertise to face, with technical preparation, the moments of meeting the child and the adoption regulations. The explanations were mainly about all the problems regarding his physical health, but we learned very little about the damage to his psyche.

### Facing the Problems

The preparation to face the psychological problems of the post-adoption time was very little, insufficient any-



way; the problems that the abandonment generates in a child are important and serious: it's a mistake to think that love and affection can, on their own, heal the wounds that these children carry inside of themselves.

It's like a very long chess match in which every decision,



every move, even the most trivial one, has to be pondered, nothing should be overlooked. One learns not to rejoice too much for a little bit of progress, but one must also learn not to be discouraged in facing the daily problems in educating these children so fragile and helpless in facing the outer world. It's not easy now, and it's not been easy in the past: only a few people helped us along the way. It's hard to understand, but also to accept. Guided by instinct, never letting go and supported by able collaborators, the parents went along with Gianpiero until adolescence.

Now, at the critical age of adolescence, Gianpiero is giving his best fruits, he learned how to better control his anxiety, his internal fire that keeps tormenting him: the terror of being abandoned a second time.

His goal is to learn to live with it, and to be able to control the emotions and fears that this lacerating wound gives him. Time will never be an ally of an adoptive parent, because our society doesn't allow the weakest to recover, the world goes ahead inexorably. If you are left behind, you always lose something.

School is a determining variable, and a crucial phase in the socializing processes of the adolescent. It is really very easy to turn a day of school from a serene moment to a nightmare which is then hard to get over: being lucky in getting in the right class at the right moment is important. The duty of the parents is to lend a hand, for his whole life, every time he needs help.

### Living Normally

Gianpiero's parents don't like to attend meetings of adoptive parents, or the centers for troubled families, and try as much as possible to make him live a "normal" life of relationships, never losing sight (impossible anyway) of his problems, waiting for "something extraordinary" to happen, sooner or later.

### Alida and Beppe, Italy

*\*All names are pseudonyms except the parents'.*

# Who am I?

**At 8 years old, being told that you are adopted, that you were chosen especially, has little relevance to your existence.**

You have a mother, father, family home, pets and friends that constitute the world as you know it. Duty done, my parents never referred to my adoption again unless pressed and even then it was apparent that they found it too difficult to discuss. The only information I gathered was that my adoption had taken place when I was three months old.

The first time the notion of difference entered my world was in my middle teens. At a somewhat raucous family gathering (my mother's extensive family were farmers), I was conscious of lots of comparisons in the "you are just like Uncle Sid" vein. At this point, it suddenly occurred to me that I could never be compared to any of them. Nobody knew who I was like – I didn't know who I was like. Although I knew that they all cared about me, the experience left me feeling like an outsider and not really one of 'them'.

By my late teens, I knew I wanted to find out who my birth parents were. I was probably quite lucky in that I had a godmother in the same place where I was born, but I hardly knew her. Her answer to my letter was both encouraging and frustrating. She had indeed been responsible for my adoption, but felt unable to give me any information as she had promised my birth mother that she would keep her secret.

## Meeting My Birth Family

When, in my early 30s, my son was born, all the unanswered questions surfaced again. Who were his ancestors and what genes were in his make up? My unknown parentage, whilst not dominating my life, was a persistent question in my being.

I was 40 years old when I wrote again to my godmother as I had heard that she had become very frail and any information could be lost forever. Amazingly, this time she wrote with the name and address of my natural mother. After some correspondence, I drove to meet the woman I had waited so long to know. I imagined the scene would be one of tears, great emotion and many questions. In the event, it was not at all as anticipated. She was a delightful, very poorly (although only in her mid 60s) lady who did indeed burst into tears and explained that she had never told anyone in her family about her 'shame' but she had lived all her life with its knowledge. She had gone on to marry and have another daughter, but she did not feel able to tell this daughter about me.

My own reaction to this meeting surprised, upset, and puzzled me. No tears and little emotional reaction apart from noticing our physical resemblance. Most of our meeting was spent with her giving more than adequate apologies and explanations of the unbearable stigma in 1945 attached to being an unmarried mother. In fact, it had the unexpected effect of making me go home to my adoptive mother, who was not given to displays of affection, and giving her an unaccustomed hug instead. I didn't tell her then and never told her that I had met my natural mother.

Some weeks later, I received a phone call from my newly discovered half-sister. She had been shocked, but delighted

when her mother had, after all, decided to tell her about me. We all met just once before my natural mother died, but my sister and I have become the best of friends and meet on a regular basis. I have met other family members who have welcomed me very warmly after being so surprised at my existence. It was interesting that it was they who shed the tears fearing that they may hear that I had been brought up in a children's home whereas I, again, felt interested and delighted to meet them, but the same feeling of detachment prevailed.

## Who Was My Father?

My mother's early death left one huge question. Who was my father? The only information I was given was that he was a wartime RAF pilot and there is no record of him anywhere. The final piece of the jigsaw will always be missing and, even now, it is and always will be a huge gap in my life. I feel so strongly that it should be the basic right of any child to know who their parents were.

## Who Am I?

### What has adoption meant to me?

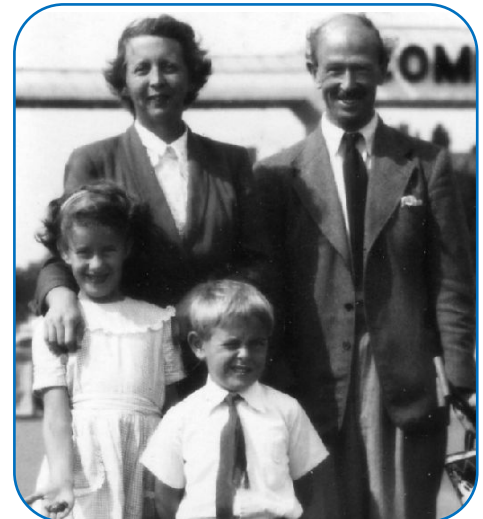
In the beginning, nothing at all. The intensity of questioning 'who am I?' has increased as the years have gone by. Insecurity has always been a prevalent part of my personality, but who is to say that is due to the trauma of early separation. My adoptive parents were my rock and home was always a place I could go to. My new family have made com-

ments about welcoming me into my REAL family but, in truth, they are not my real family but a lovely appendage to my life. The aunts, uncles and cousins I have grown up with are my real family. Blood is thicker than water? I don't think so!

However, within the last year, a comment by one of my cousins, made in a totally non-malicious way, referred to me as the 'adopted daughter of.....' I was so surprised that it hurt so much and she was absolutely mortified to have caused me to feel this. So perhaps adoption has caused me to feel I belong nowhere except rooted in the present with two peripheral families. Perhaps being born in 'shame' has left its mark.

My 'rocks' are now my husband, my son and my home. My husband (Steve Farnfield) tells me that I am mildly compulsive in that I need order around me, but I am also a 'normative A3' – you, I think, will therefore be able to work out my personality more than I can.

**Sally Farnfield (UK)** (name at birth: Angela Jayne Pethen)



**Sally & her family, circa 1955**