

Late Discovery Adoptee Workshop

WHAT IS A LDA?

- LDA is an acronym, meaning Late Discovery Adoptee, coined by Ron Morgan, who started an online website and group, www.latediscovery.org
- He says on his website, "Ron Morgan discovered he was adopted in 1991. He began outreach to other LDA's on the internet in 1995, creating the term 'Late Discovery Adoptee' to describe those who discover their birth status as adults."

WHAT ARE THE DIFFERENCES BETWEEN LDA'S AND THOSE WHO ALWAYS KNEW THEY WERE ADOPTED?

- Reactions to secrecy, not being told by their family and by others about their adoption
- Possible feelings of betrayal and lack of trust, especially with those who knew the secret
- Confusion and misinterpretation of events and reactions of others from childhood/adulthood
- Event of discovery precipitating five stages of grief (Kubler-Ross)
- Identity crisis after discovery of adopted status
- Not having to deal with being adopted until revelation of this new status

WHAT ARE THE CHARACTERISTICS OF ADOPTEES WHO ALWAYS KNEW THEY WERE ADOPTED?

- No secrecy about their adoption status
- Possible better connection with a-parents since relationship was real/honest.
- More understanding of events and reactions of others from childhood/adulthood
- Ongoing process of dealing with stages of grief at different times in their lives
- Working out their identity in an ongoing process throughout their lives
- Always having their adopted status to deal with at each stage of life

WHAT ARE POSSIBLE STEPS TO RECOVERY AND HEALING?

- Getting support and validation (from groups/ individuals experienced with adoption issues)
- Making time and space for
 - Processing grief and other feelings
 - Working out identity problems
 - Education (knowledge and understanding)
 - Creative Expression (writing, painting, etc.)
 - Spirituality
 - Forgiveness
- Getting DNA testing to determine ethnicity
- Being sensitive to timing of others (and self), especially in searching, reunion, and healing
- Helping others in the adoption constellation
- Getting involved politically with the open records movement in States