

From: [REDACTED]
To: [lsic assembly](#)
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LA LSIC - FORCED ADOPTIONS INQUIRY
SUBMISSION NO. 47
RECEIVED 11 MARCH 2020 - NAME WITHHELD

Final submission:

I was adopted in the early 1970's.

My young birth parents were 'forbidden' to keep me.

I grew up with my adopted family, entered a reunion process with my biological parents in my 20's, and went on to meet the remaining members of my biological families. This was not an easy journey and, whilst in hindsight I can say it was healing on the whole, it was also re-traumatising in many respects.

Two decades later, I am grateful to have created a family, to work as a professional & live in a beautiful place. I am blessed with inspired, loving & supportive friends.

From an objective perspective my life story sounds wonderful and blessed, and on the whole, it is. I am incredibly grateful to live as a privileged, white caucasian in western society & for the love & support I have received throughout my journey from my adoptive family, biological family and many others over the years.

However, my lived experience & inner world as an adopted person has been far from what I would imagine from the stable & solid picture written above - it is fraught with ongoing challenges in all areas of my life; personally, interpersonally & professionally.

As a unborn child I grew in my mothers womb, accompanied by her constant fear, sadness, distress, disempowerment, uncertainty & separation from her partner & her family; for the most part living interstate in an uncaring, unnurturing home for unmarried mothers.

As a newborn I experienced the death of both of my parents, separation from my entire family, my roots, my place and I experienced the psychological death of my self as connected to my mother.

As a child I experienced parenting styles that were unavailable and mis-attuned, in a family dynamic affected by substance addiction and consistent disharmony & separation. Subsequently, neither healthy relationships nor self-love were modeled.

I have been a consumer of multiple types of therapy over the last 20 years in an attempt to develop my ability to live a full life and contribute effectively to my society; to increase my capacity to engage in and maintain a functional relationship; develop and strengthen a career etc, however, I continue to experience anxiety; depression; stress intolerance; sensory overload; self-esteem issues & emotional dysregulation.

A psychiatrist report stated that these adverse childhood experiences of adoption & the subsequent childhood family dynamic, have led to my 'long history of psychological & relational distress' and diagnosed aspects of generalized anxiety disorder, obsessive compulsive disorder & borderline personality disorder.

My intimate relationships have suffered the ill-effects of this with an insecure attachment style & codependency dynamics, including feelings of profound loss, rejection, fear & distrust, resulting in consistent emotional triggering, disharmony and relationship breakdown. The duration of my longest relationship has been five years and the challenges to support myself & my family in this regard continue day to day.

My biological mother passed away in her 60's, having never met her grandchildren, as she was too unwell to travel. She had multiple chronic diseases which drastically reduced her quality of life for many decades in the most profound way & reduced our ability to connect and fully nurture our relationship. This has been incredibly painful to experience - both the limits of the situation and the loss due to an early death; her second death for me; way too early for us all.

It is my desire and mission to continue to develop myself and integrate these wounds of the past, for myself & for my family.

My desire from this inquiry is for authorities to provide financial trauma support to myself and others affected by adoption due to the profound effect this experience has had & continues to have, on the personal & professional lives of those affected.

I have invested a significant amount of hours in therapy over the last 20 years, and incurred out of pocket expenses as a consumer of mental health services, including professional fees & travel costs. Compensation for this investment is desired.

Moving forward, my desire is to also receive redress in the form of flexible financial support for fortnightly trauma-informed therapy sessions, including but not limited to psychotherapy (in addition to standard counselling or psychological services/talk therapies); experiential & somatic therapies such as Somatic Experiencing, nature / ecotherapies, animal / equine therapies; craniosacral therapy & yoga / dance / movement therapy. I have experienced some of these therapies & find them very helpful, however, cannot afford to continue full fee paying/unsubsidised (many of these therapies/therapists are unsubsidised in the current system). In addition, being a consumer for 20 years, I experience talk therapies to be somewhat limited & sometimes re-traumatizing.

I desire for this to be ongoing compensation, at minimum for three years in order to significantly address insecure attachment patterns and to integrate incomplete trauma material as a result of the adverse childhood experiences I have lived with.

I recommend funding be allocated to state level organisations with extensive professional expertise rather than federally based organisations.

I also recommend follow up research as to the experiences of the adoption community and their chosen therapies in order to add to the evidence base with respect to the effectiveness of broader interventions, providing funds are not taken from those allocated to individual support to do so.

Thank you for supporting the healing journeys of so many in this community negatively affected by the practices of forced adoption.

(Name withheld)