Friday: Challenges & Opportunities with Bill Fenberg

We also have Significant Others/Loved Ones: Challenges & Opportunities with Bill Mackinnon (back by popular demand)
Fri 1:00pm-2:30pm
SPEAKER PANELS I
Moderator: Dr. Abbey, Maria Leonard Olsen, Melanie Borner, and other guests

Cultural Identification, Family, and DNA
This panel brings together individuals who've experienced a significant shift in their ethnic identity due to unexpected DNA results or who were raised in a family with a different ethnicity than their own. It delves into the profound emotional journey of cultural identification and explores the impact on one's sense of self and identity. Panelists will share insights into how they have navigated integrating their ethnic identity, rebuilding family connections, and finding a sense of belonging in this transformative journey of self-discovery and acceptance.

Echoes of the Past: Unraveling the Hidden Threads of Intergenerational Trauma
Moderator: Marykee MacDonald. Jennifer Falking, Monica Hall, Amy Barker, Kidgus
This panel delves into the deep-ruoted impacts of intergenerational trauma. It features individuals who were adopted and later placed their own child for adoption, exploring how past traumas experienced by one generation can unconsciously influence the coping mechanisms and stress responses of the next, even when the initial trauma predated their birth. The discussion aims to shed light on the often unseen emotional legacies passed down through generations and their complex influence on familial patterns and behaviors.

Harnessing the Power of Social Media to Amplify Our Voices
Moderator: Alexis Houselt. Kendall Austin Stiles (Family Twist Podcast), Abbi Johnson (Voiceless Birthmother), Karlo Dillard (ward of the State 1.0), Miki O'Brien (a.net.so.perfect mom)
In an era where digital connectivity shapes our lives, this dynamic panel explores the influential role of social media in amplifying voices within the adoption, assisted reproduction, and NPE communities. Featuring prominent social media influencers, the discussion will delve into the strategies for effectively using online platforms to raise awareness, foster community support, and advocate for change. Attendees will gain insights into leveraging digital narratives to create impactful conversations and build stronger, more connected communities.

Sacred Plant Medicine for Healing Deeply-Rooted Trauma
Moderator: Beth Syvrson. Moe Ok, Lena Shahil, Leslie Mackinnon, and Brian Stanton
Attendees will learn about the intersection of ancient practices and modern therapy, the legalities involved, and how to find reputable psychedelic guides. The expert panelists will cover the safety, historical context, and integration of psychedelics, and address their specific benefits for anyone impacted by loss of genetic continuity and genetic identity issues. We will hear from a diverse panel who have experienced psychedelics therapeutically for themselves and/or to help others.

Sharing is Caring: Let’s Make a Podcast - this is publicly recorded
Eve Storges, MA, LMFT (Everything’s Relative), Lily Wood (NPE Stories), and Don Anderson (NPE Pieces)
People start to heal the moment they feel heard,” Cheryl Richardson. Three podcast hosts invite attendees to take part in a unique podcast experiment by sharing their own stories for a unique version of two episodes for NPE Stories and Everything’s Relative. Don Anderson of Missing Pieces - NPE Life will act as guide and moderator to Eve and Lily, and audience members who wish to participate in a community conversation about changing family narratives and TSB. Note: this session will be recorded for public use.

Managing LARGE Sibling Groups
Moderator: Lynn Spencer. Amanda Schneider, Nichole McLendon, and Susan Ellis
We focus on the unique challenges of managing large sibling groups. The panel will cover strategies for supporting new sibling group members, keeping track of siblings and their families, planning inclusive gatherings, and facilitating meaningful conversations amidst growing numbers. It addresses the emotional complexities of these relationships, including feelings of being overwhelmed, and what “family” means in this context. Emphasizing community and support, we explore how to foster a sense of belonging and navigate this complicated web of relationships.

Fri 2:45pm-3:15pm
Leslie MacKinnon Presents with guests

Fri 3:15pm-4:00pm
BREAK & SNACK

Fri 4:00pm-5:30pm
SMALL GROUPS
meet with your affinity support group, you will have two facilitators

Fri 7:30pm
A walk through genetic identity with Rich Uhrlaub, M.Ed. We are excited to offer a musical extravaganza tonight. We'll warm up with songs from For the Good of Humanity about a cryobank that cares. Then we're in for a treat with For the Records which is based on the little-known true stories lived by millions of adoptees and their families by birth and adoption in the last half of the 20th Century – a time dubbed “the Baby Scoop Era.

SATURDAY

Sat 7:00am-8:00am
Tai Chi with Theresa Knorr - room announced at Summit

Sat 8:00am-9:00am
HOT BREAKFAST

Sat 9:00am-10:30am
PLENARY PANEL
Angela Tucker, Shirley Muñoz Newton will each share a 15-minute glimpse into their unique journey, conveying on the evolving meaning of family. The session highlights the distinct yet intersecting paths of these communities, followed by an engaging Q&A. Discover the shared threads that bind their experiences, fostering a deep understanding of identity, heritage, and connection in today’s world. Moderator Kara Rubinstein Deyerin.

Fri 10:30am-10:45am
Jennifer Fahlen, President of NAAP & Kara Rubinstein Deyerin, CEO of Right to Know

Sat 11:00am-noon
CREATIVE WORKSHOPS Part I
Answering the Call to Write Your Memoir & Claim Your Story.
Patricia Knight Meyer and Marykee MacDonald
Caring for Our Ancient Biology: Neurographic Art & Mindfulness
Lorah Gerald
Connecting to Your Inner Child
Annette L. Becklund, MSW, LCSW, NBCCH
Funny Side Up: Boosting Your Narratives With Humor
Lauren LoGiudice
Healing Through Songwriting
Cory Goodrich
Your Story, Your Power: How Telling Your Story Can Change Your Life
Alexis Houselt, DNA Surprises Podcast

Sat noon - 1:00pm
LUNCH
We guide participants through the healing process of memoir writing and focus on embracing and owning one’s unique life story, highlighting how personal narratives shape our identities and futures. The workshop will cover how to start, structure, and enrich your memoir, tackle self-doubt, and use writing as a tool for growth, with resources for further development in the craft of adoption-centric memoir writing, as well as steps to publishing.

Explore the synergy of Kundalini yoga and neurographic art in this immersive workshop, designed to enhance mood regulation, creativity, and well-being through ancient and modern mindfulness practices. Participants will engage in accessible breathwork and gentle physical movements, suitable for any position, to regulate the nervous system. Learn to create your own neurographic art as a tool for daily mindfulness, offering a personalized and interactive experience in self-awareness and stress relief.

This workshop offers a nurturing space for personal healing and connection, focusing on rekindling the spirit of the inner child. Through engaging activities, participants will rediscover the joy and freedom of creativity and play. Emphasizing fun as a fundamental aspect of well-being, the session includes creative healing writing exercises designed to inspire and maintain a lasting bond with one’s inner child. Attendees will leave with practical tools and a renewed sense of joy, fostering ongoing self-care and inner harmony.

This is a unique opportunity to learn how to inject humor into every story you tell. We’ll survey multiple methods of communicating in the modern world so you can impart your new skills on the daily – all skill levels and experience welcome. “I know what it’s like to have a unique life experience, yet you’re unsure how to best impart it. This was me 10 years ago, feeling like I wasn’t able to fully communicate. Being a relentless learner, I hit the road to study with some of the funniest people in the world. I used those tools to write an Amazon Kindle bestselling humor book, do standup comedy, and elevate my social media with my unique brand of heartwarming irreverent comedy. My intent is to bring you the essence of what I know in easy-to-use steps that you can use.

Explore the healing power of songwriting. No prior musical experience is needed, making this creative workshop accessible to everyone. Through this session, you’ll learn to transform your unique experiences and emotions into song. Engage in writing lyrics and composing melodies, all within a supportive community. This workshop is more than just an opportunity to learn songwriting; this space will be a therapeutic tool for emotional expression and connection. Discover the cathartic power of music and leave with a personal anthem that resonates with your journey.

There is power in telling your story. Discover the transformative impact of breaking silence within the MPE, adoptee, and DCP communities. We’ll explore why some stories stay hidden and how this affects us. Learn healthy ways to tell your story and find safe places to share it. You’ll also have the opportunity to share your own story in a supportive environment. Let’s use our authentic selves and break the cycle of silence to create real change in our own lives as well as others.

Career Identity and Work Satisfaction: Tangled Roots as an Opportunity for Growth
L. Michelle Tullier, PhD
See how complex familial backgrounds from adoption, NPEs, and assisted reproduction can impact career identity and satisfaction. Reflect on your career choices and work attitudes and understand the influence of their unique origins, and use this self-awareness for positive growth. Through discussion and exercises, attendees will learn to navigate their professional paths with greater understanding and to redefine their work identities for enhanced fulfillment.

Impacts from the Loss of Genetic Mirroring.
Jeanette Yoffe, MA, MFT
We define genetic mirroring – the recognition of familial traits in oneself—and the implications of its absence for people who are raised without being genetically related to one or both of their parents. We review the eight genetic markers that contribute to this phenomenon. Participants will explore what genetic mirroring entails, its significance in identity formation, the emotional impact of missing this reflection, and strategies for coping with this loss throughout life.

Debbie Olson
Self-care is a vital skill. Participants will recognize the need for pauses in life and how to care for themselves without guilt. We address the common barriers to self-love and provide actionable strategies to incorporate regular self-care practices into daily routines. Learn not just the ‘what’ but the ‘why’ and ‘how’ of self-care, moving beyond lists to practical applications, with the ultimate aim to make self-care part of your daily life.

Spirituality Salon: Finding, Reconnecting, and Sharing Your Origin Story
Michele Kriegman
Based on the research behind ‘Finding Faith’ and the rest of the books in The Birth-Fathers’ Club Series, this interactive and experiential session supports you finding the redemption (or ‘recovery’) of your life experience, yet you’re unsure how to best impart it. This was me 10 years ago, feeling like I wasn’t able to fully communicate. Being a relentless learner, I hit the road to study with some of the funniest people in the world. I used those tools to write an Amazon Kindle bestselling humor book, do standup comedy, and elevate my social media with my unique brand of heartfelt irreverent comedy. My intent is to bring you the essence of what I know in easy-to-use steps that you can use.

Using DNA’s Biomarkers to Solve Mental Health Mysteries
Beth Syverson and Dr. Evelyn Higgins, cofounder Wired BioHealth
Wired BioHealth helps people struggling with addiction, mental health issues, or trauma by providing them a window into their own genetic biomarkers. It’s a way to literally see epigenetics in action. Beth’s adopted son Joe, who has struggled with addiction and suicidality for several years, and who had a closed international adoption, took the Wired BioHealth test in August 2023. Then he was placed on a protocol of supplements and lifestyle changes that were customized to his exact DNA. Attendees will find out how Joe is doing now, several months after he started this protocol. We will use Joe’s experience as one example of what is possible nowadays using this genetic coding technology.
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<th>Time</th>
<th>Event</th>
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<tr>
<td>Sat 4:00pm-5:30pm</td>
<td><strong>SPEAKER PANELS II</strong>&lt;br&gt;<strong>Stranglement in the Adoption, NPE and Assisted Reproduction Communities</strong>&lt;br&gt;<strong>Moderator Lora K. Joy, Lily Wood, Cassandra Adams, and Justin Hvitfeldt-Matthews</strong>&lt;br&gt;The conversation, featuring representatives from our communities, will address personal stories and societal pressures related to estrangement as we examine the prevalence of estrangement and its impacts. The session aims to frame estrangement as a step towards liberation and authenticity and will explore the importance of support systems and the health benefits of setting boundaries over remaining in toxic environments.</td>
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<td>Sat 7:30pm</td>
<td><strong>MOVIE</strong>&lt;br&gt;&quot;Filing in the Blanks&quot; with Jon Baime and &quot;Closure&quot; with Angela Tucker</td>
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<td>Sun 8:00am-9:00am</td>
<td><strong>HOT BREAKFAST</strong></td>
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<td>Sun 9:00am-10:00am</td>
<td><strong>KEYNOTE SPEAKER</strong>&lt;br&gt;Join our keynote speaker Dr Abigail Hasberry as she talks about how our memories are a blend of personal experiences and external influences, shaping our identities and how we perceive the world. During her presentation &quot;The Power of Owning Your Narrative&quot;, Dr. Abby Hasberry invites us to explore the transformative journey of self-discovery and the profound impact it can have on our lives. Whether through personal awakening or a revelation thrust upon us, we have the opportunity to not only uncover the truth about our past but also shape our future. Through this process, we reclaim agency over our experiences, focusing on empowering aspects of our stories and fostering healing. Ultimately, we unlock the potential to live authentically and intentionally.</td>
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<td>Sun 10:15am-11:15am</td>
<td><strong>CLOSING ACTIVITY</strong>&lt;br&gt;We’ll come together to spend our last bit of time together to reflect and rejuvenate. While we walk in the shadow of our ancestors, parents, and loved ones we do so in our own light. We have a right to know who we are. We have a right to heal. We will turn our past into purpose and power. We will stand together.</td>
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<td>Sun 11:15am-11:30am</td>
<td><strong>Closing Remarks</strong> Jennifer Fahlsing, President of NAAP &amp; Kara Rubenstein Deyerin, CEO of Right to Know. Check out is at noon.</td>
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**BONUS!** Anyone who will still be around Sunday evening 4/28 is invited to **Rise Comedy** (1260 22nd St, Denver, CO 80205) for the Misfits Variety Show (doors open at 6 pm, show at 7 pm). Comedienne Lauren LoGuidice is hosting with guest appearance by Kara Rubenstein Deyerin and others along with a couple of songs from the musical For The Record(s) by Rich Uhrlaub along with lost of great entertainment. https://risecomedy.com. Tickets are $15