ADOPTION EDUCATOR · REUNION COACH

Elizabeth Barbour, M.Ed.

Helping individuals, families, and clinicians navigate the profound journey of adoption reunion — with clarity, compassion, and grace.

Reunited adoptee · Adoptive mom · Author · Creator of the G.R.A.C.E. Method



Elizabeth Barbour, M.Ed., brings 25+ years of personal and professional experience in adoption reunion. As both a reunited adoptee and an adoptive mom, she helps adoptees, birth parents, adoptive parents, and the clinicians who serve them navigate one of life's most complex and emotionally layered journeys.

SIGNATURE KEYNOTES

KEYNOTE 01

When Your Family Story Gets Rewritten

Navigating Identity, Loss, and Belonging After Life-Changing Discovery

DNA tests. Reunion searches. Unexpected siblings. The moment a family story shifts, everything shifts with it. This keynote speaks to the universal, and deeply personal, experience of discovering that the family you thought you knew is more complicated, more layered, and ultimately more human than you imagined. Elizabeth draws on 25 years of adoption reunion experience to offer a compassionate, practical roadmap for what comes after the discovery.

KEYNOTE 02

Navigating Reunion with G.R.A.C.E.

A Framework for Building Healthy, Long-Term Relationships in Adoption Reunion

Reunion is not a destination. It's a relationship that must be built, maintained, and continually renegotiated. Elizabeth's signature G.R.A.C.E. framework (Genesis · Reconnection · Authenticity · Communication · Evolution) offers a structured, practical approach for constellation members and the clinicians who support them. Available as a keynote, workshop, or CEU-eligible training for mental health professionals.

PROFESSIONAL HIGHLIGHTS

- **Award-winning author:** *Sacred Celebrations* won the Independent Press Award and the NYC Big Book Award; Literary Titan Award recipient
- **CEU-eligible** trainings for social workers, counselors, and other licensed professionals
- **Media:** PBS, WCTV CBS, WLOS ABC, Martha Stewart's Body + Soul, Experience Life
- **Speaking engagements:** Adoption Knowledge Affiliates, National Association of Adoptees and Parents, Untangling Our Roots, American Adoption Congress, BASF, University of Texas-Austin, Florida Bar Association, City of Asheville, March of Dimes

WHAT CLIENTS SAY

> *"Terrific choice as our opening and closing keynote speaker."*

> *"Absolutely phenomenal — her presence is magnetic."*

> *"Best retreat guest speaker we have ever had."*

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