

Finding Mother Series

PROFESSIONAL DEVELOPMENT

FURTHER DISCUSSION POINTS

Deeper discussion prompts for mature learners, educators, counselors, book groups, and adult/professional discussion.

Includes Discussion Points for:

Book 1 - *Finding Mother After Five Decades*

Book 2 - *Reuniting with Mother*

Book 3 - *After the Reunion*

Book 4 - *Diary of Emotions*

FREE PROFESSIONAL DEVELOPMENT RESOURCE

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Inspirations by Grace LaJoy, LLC

Finding Mother Series

Book 1 - Finding Mother After Five Decades

Further Discussion Points

Use these deeper discussion prompts to explore themes and experiences presented in the memoir. They are designed for mature learners, educators, counselors, book groups, and adult/professional discussion. Questions should be considered in the context of the author's memoir and the experiences described in the book.

Symptoms

Unable to Perform Daily Activities

According to the author's father, Geneva was unable to work, cook, clean house, or dress properly. Discuss how difficulty performing daily activities affected Geneva and the family.

Child Abuse

The author recalls stories and memories of Geneva physically harming her children during episodes. Discuss the effects these experiences may have had on the family and on the author's understanding of her mother.

Coping Behaviors

Denial

Geneva apparently did not tell people in her later life that she had children. Discuss why someone might avoid or deny painful parts of their past and how this may affect family relationships.

Additional Discussion

Did you notice any other symptoms or coping behaviors while reading the book? Identify examples from the story and discuss them.

Finding Mother Series

Book 2 - Reuniting with Mother

Further Discussion Points

Use these deeper discussion prompts to explore themes and experiences presented in the memoir. They are designed for mature learners, educators, counselors, book groups, and adult/professional discussion. Questions should be considered in the context of the author's memoir and the experiences described in the book.

Symptoms

Hallucinations

Geneva often referred to “people upstairs on the third floor,” although there was no third floor in the boarding home. Discuss how these experiences affected conversations about her past and her relationship with her family.

Coping Behaviors

Denial

When the author and her siblings reunited with Geneva, she initially denied them and later accepted them. People who had known Geneva for years did not know she had children. Discuss what denial may have meant for Geneva and for her children.

Guilt

The author believed Geneva may have experienced guilt about leaving her children. What details in the story support or challenge that interpretation?

Avoidance

Geneva repeatedly said she had “business” to take care of and sometimes changed the subject when conversations became painful. Discuss the role avoidance may have played in her responses.

Treatments and Support

Medication

Discuss the challenges described in the story surrounding Geneva's medication and why medication management was part of her support.

Psychosocial Intervention

Geneva received support through her boarding home and mental health treatment center, including meals, housekeeping, life skills, group counseling and therapeutic activities. Discuss how these services supported her daily life.

Social Support

During the author's visit, the treatment center allowed Geneva to spend time with her family instead of participating in regular activities. Why might family connection have been viewed as therapeutic?

Hospitalization

The story describes several periods of mental-health hospitalization. Discuss what the memoir reveals about Geneva's experiences with hospitalization and how those experiences may have influenced her.

Effects on the Author

Feeling Emotional

After the reunion, the author sought a nonjudgmental person with whom she could discuss her feelings. Discuss why emotional support can be important after a long-awaited reunion or other major life event.

Additional Discussion

Did you notice any other symptoms, coping behaviors, treatments, or effects on the author? Identify examples from the story and discuss them.

Finding Mother Series

Book 3 - After the Reunion

Further Discussion Points

Use these deeper discussion prompts to explore themes and experiences presented in the memoir. They are designed for mature learners, educators, counselors, book groups, and adult/professional discussion. Questions should be considered in the context of the author's memoir and the experiences described in the book.

Symptoms

Hallucinations

Geneva again referred to people on a nonexistent “third floor.” Discuss how the author interpreted these experiences and how they affected communication between mother and daughter.

Abandonment

Geneva said she had wanted only two children but ultimately had ten. Discuss how this information changed or complicated the author's understanding of her mother and the family's history.

Coping Behaviors

Denial

Geneva initially denied that the author and her siblings were her children. The book also discusses denial within the family more broadly. Discuss how denial affected reunion, trust, and family relationships.

Avoidance

Geneva often referred to unfinished “business” or shifted to other subjects when stressful topics arose. Discuss what these patterns may reveal about her willingness or ability to address painful memories.

Treatments and Support

Medication

The story describes difficulty getting Geneva to take medication consistently. Discuss why this became an important concern for the people supporting her.

Psychosocial Intervention

Geneva's living environment and treatment center provided practical and social support. Discuss how these supports helped her maintain a degree of independence.

Effects on the Author

Feeling Hurt

After Geneva initially denied the siblings, the author felt deeply hurt even while gaining a greater understanding of her mother's circumstances. Discuss how understanding someone's circumstances can coexist with feelings of hurt or rejection.

Additional Discussion

Did you notice any other symptoms, coping behaviors, treatments, or effects on the author? Identify examples from the story and discuss them.

Finding Mother Series

Book 4 - Diary of Emotions

Further Discussion Points

Use these deeper discussion prompts to explore themes and experiences presented in the memoir. They are designed for mature learners, educators, counselors, book groups, and adult/professional discussion. Questions should be considered in the context of the author's memoir and the experiences described in the book.

Effects on the Author

Motherly Instincts Took the Author by Surprise

After decades apart, Geneva occasionally responded to Grace in ways Grace experienced as motherly, including offering advice when she was ill and singing to her on her birthday. Discuss why these moments created mixed emotions for Grace.

Feeling Unwanted by Her Mother

Although Grace was grateful to have found her mother, she sometimes questioned whether Geneva truly wanted a relationship with her. Discuss how inconsistent contact and perceived rejection affected Grace's thoughts and feelings.

Additional Discussion

Did you notice any other effects on the author while reading the book? Identify examples from the diary and discuss how Grace's emotions changed over time.